Fennel is another fall delight that has a surprising flavor. At first, it looks unfamiliar, but this hearty aromatic plant is actually in the same family as carrots! It is a great addition to a fall salad, or it can be sautéed as you would use an onion. The big surprise is that fennel has a very floral and licorice-like flavor.

**Growing Tips:**

**Light Requirements:** Full sun.

**Soil Requirements:** Nutrient rich, and well-draining soil. Keep mulch off the stem to prevent any rot.

**Water Requirements:** Keep the plants well-watered.

**Harvesting:** Takes 80-85 days to mature.

**Storage:** Separate the leaves from the stalks. Both can be kept in the refrigerator in a plastic bag for a few days.

**Nutritional Information:**

- **Calories:** 72
- **Total Fat:** 0.5 g
  - **Saturated Fat:**
  - **Trans Fat:**
- **Cholesterol:** 0 mg
- **Sodium:** 122 mg
- **Total Carbohydrate:** 17.1 g
  - **Dietary Fiber:** 7.3 g
  - **Sugar:**
- **Protein:** 2.9 g
  - **Vitamin A:** 314 IU
  - **Vitamin C:** 28 mg
  - **Calcium:** 115 mg
  - **Iron:** 1.7 mg