

# Fennel

Fennel is a member of the carrot family; the vegetable has a white bulb at its base and stalks with fern-like leaves. Rich in potassium, fiber, and Vitamin C, fennel is a delicious vegetable to try in your next dish.

## SIMILAR TO

The bulb is similar to onion, but has a licorice flavor when eaten raw. The fennel fronds, or leaves, are similar to dill. The stalks are similar to celery and can be eaten.

## HOW TO USE

The bulb can be eaten raw, roasted in the oven, or pan-fried in butter and/or oil.

The fennel fronds can be used as an herb in many pastas, soups, or salads!

## A RECIPE TO TRY:

### Roasted Fennel

*from Simply Recipes*

Takes 50 minutes. Serves 4.

#### INGREDIENTS

2 fennel bulbs with their stalks cut off,  
bulbs cut in half lengthwise, and cut in 1-  
inch wedges lengthwise  
2 tablespoons of cooking oil  
Salt and pepper to taste

Image credit: Lopez Island Kitchen Gardens



Image credit: Susie Weinrich

1. Preheat the oven to 400°F (205°C).
2. Toss fennel wedges in a bowl with cooking oil.
3. Put aluminum foil on a roasting pan. Put fennel wedges on pan and roast at 400°F (205°C) for 40 minutes.