

# FENNEL



- Bulb fennel is an easy crop to grow and stands well into the colder months when home-grown fresh vegetables are harder to come by.
- It is easy to grow, but when weeding around the plants take care not to damage the bulb with over-enthusiastic hoeing.
- The bulbs can be harvested when still fairly small, or allowed to swell much larger. Fennel has a subtle aniseed flavour and can be sautéed, stewed, braised, grilled, or eaten raw., while the fern-like foliage can be used for garnishes and to add flavor to salads.
- Bulb fennel is not to be confused with herb fennel, which can be found in our range of herbs.