

# FENNEL

*Foeniculum vulgare*

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## ECHO® PLANT INFORMATION SHEET

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### Uses

Can be used in IPM to attract beneficial insects.

### Common Names

### Cultivation

Soak seeds for improved germination. Direct seed, thinning to 30 to 45 cm (12 to 18 in) apart, when they are approximately 10 cm in height (4 in). Prefers a well-drained area with sun. Plants will grow to be 0.5 to 1 m in height. Short-lived perennial. Will start to produce flowers after 90 days and will produce better in the second year.

### Cooking and Nutrition

The seed has a similar taste to anise and is used as a spice. The fruit (green, immature seed) is even more aromatic and is used both in cooking and as a flavoring for desserts such as licorice. The feathery leaves can be cooked in a variety of dishes, in either their fresh or dry form. The base can be used for similar purposes, and is both sweet and aromatic.