

FENNEL

- TYPE:** Annual
SUN: Full Sun
HEIGHT: 18 inches
GROWING IT: Well drained soil and moderate watering, although is very drought tolerant. Do not plant near dill or coriander as these herbs will affect fennel's seed production.
PARTS USED: Leaves, seeds
HARVEST: Use leaves as needed. Seeds will drop off easily when ripe. Snip off seed head and store in paper bag to catch seeds.
CULINARY: Leaves can be used in soups, sauces, salad dressings, and fish. Seeds can be used in baking, sauces, and sausages.

TRY IT!

FENNEL AND DILL OIL

- 18 fl. oz. bottle of sunflower seed oil
- 4 sprigs of fresh fennel leaves, washed
- 4 sprigs of fresh dill leaves, washed

Pour a little oil out of the bottle and push in the fennel and dill sprigs. Make sure the oil comes up to the very top of bottle. Re-seal and let stand in a sunny windowsill for 2 weeks. Every so often, give the bottle a little shake to mix it. After 2 weeks strain the oil and re-bottle, you can freshen it with a few sprigs of fennel and dill. Use within 3 months.

Recipe Suggestion:

This combination makes an excellent summer salad dressing.

- 2 Tbs. of Fennel and Dill Oil
- 1 Tbs. of lemon juice
- Salt and pepper to taste

Combine the oil, lemon juice, salt and pepper and pour over green salad.