



# Know What You Grow!



## Fennel

**Scientific Name:** *Foeniculum vulgare*

There are two types of fennel. One is treated as an herb, (*Foeniculum vulgare*) and one is treated like a bulb type vegetable (Florence fennel or Finocchio)

### Recommended Varieties:

**Sweet Fennel** – Standard variety for fresh and dry leaf production.

**'Purpureum'** – A bronze leaf type/also used as an ornamental.

**'Rubrum'** – A deep bronze to red leaf type/also used as an ornamental.

**Companion Plant For:** Fennel is actually a poor companion plant and care should be given to its placement in your garden.

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## Growing Information

### Cool Season

Full sun, moderate water. Grows 3-6' tall, depending on variety. Fennel self-sows and can become invasive. Similar in appearance to dill, fennel has yellow, umbel-like flowers. Bronze fennel has a bronzy-purple foliage. Fennel is best used fresh. Leaves, bulb and seeds have a mild licorice flavor.

### Ideal Planting Window

Interior Valley - Aug

Desert Valleys - Sept -Nov

### Growing Guidance

Sow in early Spring after frost, soak seeds for better germination.

### Harvesting

Fennel is best harvested when the plant is about to bloom. Snip the leaves and use immediately for optimum flavor.



## Interesting Facts

All parts of the fennel plant, from the stem to the leaves, seeds and root, are edible. However, Bronze fennel is largely valued for its seeds, which have a milder, more delicate taste than the other fennels. Bronze fennel is often grown as an ornamental in home gardens.

**Fun History** - Fennel is an herb with a history of medicinal, magical and culinary uses. Fennel was used by the ancient Egyptians as a food and medicine, and was considered a snake bite remedy in ancient China. During the Middle Ages, it was hung over doorways to drive away evil spirits. Fennel is also associated with the origin of the marathon. Ancient Athenian Pheidippides carried a fennel stalk on his 150-mile, 2 day run to Sparta to gather soldiers for the battle of Marathon with Persia in 490 B.C.

**Fennel** attracts many beneficial insects: bees, hoverflies, ladybugs, lacewings, and syrphid flies will often be found hovering around the flowers or laying their eggs in the foliage. Bronze fennel is the preferred host plant for swallowtail butterflies. If you plant some near your roses it will definitely help to keep the aphids at bay.

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Fennel Photos Creative Common

## Drying and Storing

The bulb can be stored in the refrigerator, it can also be frozen provided you blanch it prior to freezing. Seeds can be stored in an air tight container. Stocks can be dried.

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## Suggested Uses



### Ingredients:

- 1 fennel bulb (bulb, stalks & leaves used)
- 1 head Romaine lettuce, chopped
- 2 oranges, peeled and cut into bite sized segments
- 1 red onion, sliced thin
- 1/4 fresh mint leaves

### Dressing:

- 2 oranges, juiced
- 1 lemon, juiced
- 2 Tablespoons apple cider vinegar
- 3 Tablespoons water
- 2 heaping Tablespoons whole-grain mustard
- 1 Tablespoon maple syrup

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## Contact Information



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