

Fennel

Suggested species: *Foeniculum vulgare* (botanical name)

Herbs

PLANT



Sow seed 0.1cm deep. Thin or transplant seedlings to 25cm apart. Can also dig up and split established clumps in spring. Choose well drained fertile soil in sunny site

GROW



Stake flowering stems for support. Cut back after flowering to encourage more growth. Don't plant near dill as may cross-pollinate (offspring lose distinct flavour)

EAT



Pick young leaves before flowering for use fresh or freezing. Pick flowers as they open and gather aromatic seeds as they ripen in summer (seedheads turn brown)

Growing guide

Give it a go...

Average growing period

12 weeks (leaf); 16 weeks (seed)

Equipment needed

Stakes

Germination time

7-10 days

Average plant size

Up to 150cm, 45cm wide

Family group to grow with

Apiaceae: coriander, parsley

Seed saving group

4 - Biennial, needs isolation

Key nutritional content

Boiled: folate. Raw bulb: vit. C

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D
		■	■	■							
				■	■	■	■	■	■		

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot

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