### Fennel
**Suggested species:** *Foeniculum vulgare* (botanical name)

#### PLANT
Sow seed 0.1 cm deep. Thin or transplant seedlings to 25 cm 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 150 cm, 45 cm wide
- **Family group to grow with**
  - Apiaceae: coriander, parsley
- **Seed saving group**
  - 4 - Biennial, needs isolation
- **Key nutritional content**

#### Sow indoors
<table>
<thead>
<tr>
<th>Spring Term</th>
<th>Summer Term</th>
<th>Autumn/Winter Term</th>
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</thead>
<tbody>
<tr>
<td>J</td>
<td>F</td>
<td>M</td>
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<tr>
<td>Sow outdoors</td>
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<tr>
<td>Plant out/transplant</td>
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<tr>
<td>Harvest</td>
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<tr>
<td>Use cloche</td>
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2.5 cm = 1 inch  30 cm = 1 foot

www.gardenorganic.org.uk
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