



Fennel

Preparation

You can use all parts of the plant: bulb, stalk and leaves. Wash well in cold water then chop to desired size. Fennel is usually used as a seasoning in soups, stews and stir-fries. It also goes well on salads.

Storage

Store in the crisper drawer in your refrigerator for up to two days.

Nutrition

Fennel has many antioxidant benefits that boost the immune system. Its also a good source of fiber and vitamins that help promote digestive health. Fennel is good in soup or stew.

