

FENNEL



HOW DOES IT TASTE?

Raw fennel is crunchy and has a slightly bitter, licorice-like taste. Cooked fennel has a milder, sweeter taste.

HOW DO I PICK IT?

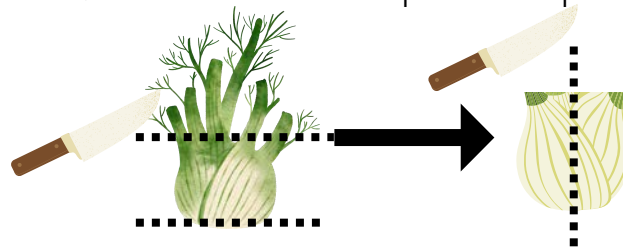
Look for tennis ball sized white fennel bulbs that are firm with bright green feathery leaves. Avoid brown spots or wilted leaves.

HOW DO I STORE IT?

Cut the stalks off of the bulb and store the bulbs in plastic bags in the refrigerator. The bulbs will last for up to 10 days in the refrigerator. Eat greens (if using) within 2-3 days.

HOW DO I PREPARE IT?

1. Rinse fennel under cool running water to remove dirt.
2. Slice off the stalks and fronds. Use or discard.
3. Remove the root end with a sharp knife. Cut bulb into quarters.
4. Remove the core from each quarter and peel away the layers.



Peel and **slice** the fennel bulbs and cook until wilted. Eat **raw** and add to **salads** or cook in **soups, stews, pizza, or pasta**. The leaves can be added to **salads, dressings, marinades, and sauces** to add flavor.

ROASTED FENNEL WITH GARLIC & HERBS

Ingredients

- 2 large fennel bulbs
- 3 tablespoons olive oil
- 2 cloves garlic, minced
- ¾ teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon thyme
- ¼ cup parmesan (optional)

Directions

1. Preheat oven to 400°F.
2. Remove stalks and fronds and cut the bulbs in half lengthwise.
3. Cut each halved bulb into ½ inch thick slices and place in a single layer on a greased baking sheet.
4. In a bowl, combine olive oil and minced garlic and brush it over the fennel. Then sprinkle with salt, pepper, and thyme.
5. Roast the fennel bulbs in the oven for 25 minutes. Take out of the oven and sprinkle parmesan on top. Put back in the oven for another 10 minutes until tender.
6. Remove from oven and serve warm.

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KITCHEN TIP!

The leafy fronds of fennel are also edible. Try pulling them off the stalk and tossing them in a salad.