

Fennel_1994.txt

FENNEL =====

CULTIVATION: ===== Fennel is a hardy biennial or perennial often cultivated as an annual plant, with feathery green leaves and heads of tiny yellow flowers. It grows to about 5 feet high.

Sow in late spring to early summer. Germination time is about 12 days and plant matures in about 90 days. Grows in zone 3-10. Divide plant in autumn. Location should have full sun, and well drained loam soil. Clay soil should be avoided.

Thin or transplant to 20 inches apart. Do not grow near dill, seeds will cross-pollinate. Do not allow stem to become too large, because they are tough and stringy.

Pick young stems and leaves and use as required. For drying pick just before flowering. Freeze leaves or infuse in oil or vinegar. Drying seeds is difficult, but they retain their flavor well if successful. Leaves are not recommended for drying as the flavor is easily lost.

CULINARY USES: ===== Fennel is traditionally considered one of the best herb to use with fish dishes.

Roots and stalks may be boiled and eaten as a vegetable. The stem can also be chopped when tender and added to a salad. The swollen bulb of Florence fennel can be eaten raw in salads or cooked.

Stuff the leaves into oily fish such as Mackerel, and sprinkle finely chopped on salads and cooked vegetables.

The seeds and leaves have a distinctive aniseed flavor, but the aroma of the leaves is volatile so they are used in rather generous quantities. The seeds are more potent and 1-2 teaspoon in a sauce or stuffing recipe is

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usually sufficient.

In baking, you can substitute fennel seeds for aniseeds.

MEDICAL USES: ===== Fennel seeds contains large amount of Anethole, a volatile oil with an antispasmodic effect on the intestinal smooth muscles, that inhibits gases from building up. Simply bruise 1 to 2 tablespoons of seeds and steep them for 10 minutes in a cup of hot water. it taste like licorice.

Fennel seeds help maintain the tone of the stomach muscles and fight infection of the intestinal tract. The dried ripe seeds are the portion of the plant most commonly used in healing.

Its stomach-soothing properties can be a big help when the body is adjusting to dietary changes. You find fennel in many weight loss products. for minor eye problems, add 1/2 a teaspoon of fennel powder to 2 1/2 ounces of clear cold water. Strain the liquid and use it as a lotion. Fennel oil with honey in warm water is an old-time cough remedy. Used externally, the oil is a folk remedy for joint inflammation. Rub the oil on affected parts of the body to alleviate the pain of arthritis and rheumatism.

WARNING: ===== Fennel seeds are safe, but fennel oil when taken internally may cause vomiting, and possibly seizures.

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OTHER USES: ===== There are several varieties of fennel, including Florence fennel, which produces thick stalks that can be eaten like celery.

COSMETIC USES: ===== FENNEL CLEANSING MILK : Gently heat 1/2 cup of buttermilk and 2 tablespoons of fennel seed for about 30 minutes, leave to stand for about 2 hour. Strain and bottle. Store in refrigerator and use within 1 week. This will help with oily skin. Chew seeds as a breath sweetener.

GENTLE CLEANSER : Add 5 ounces of unflavored yogurt to 2/3 cup of fennel infusion. Mix well and pour into a jar. Store in the refrigerator.