FENNEL

*Foeniculum vulgare*

[fen-IK-yoo-lum vul-GAY-ree]

**Family:** Umbelliferae

**Names:** Sweet fennel; wild fennel, King Cumin, Large Cumin, Sweet Cumin; Koper wioski, Koper Lekarski (Polish); Dill, Gurkenkraut, Fenchel (German); fenouil (French); finocchio (Italian); Shatapushpa; marathon (Greek); hinojo (Spanish); samouksaba (Burmese); wooi heung, hui xiang, xiao hui xiang hui hsiang (Chinese); barisaunf, madhurika, sonf, saunf (Indian); adas (Indonesian); jintan manis (Malaysian); maduru (Sinhalese); yira (Thai); shouikyo (Japanese); sohoehyang (Korean)

**Pharmaceutical Name:** Fructus Foeniculi

**Description:** A perennial it will grow up to 4 feet or even more. It is a plant of waste ground, growing best in sandy soil over chalk subsoil and usually close to the sea. It has an erect bright green stem, thickened by rings at the nodes, bearing leaves with swollen sheaths, pale-edged and three or four times pinnatisect, in the form of very fine, thread-like segments. The general appearance of the leaves is of delicate lace. From a distance the plant has a blue-green appearance. The yellow flowers are borne in large terminal umbels during July and August in the second year and are followed by narrow ovoid fruits with blunt ends and with eight longitudinal ribs almost ½ long and slightly curved like caraway. They are pale green but to obtain their maximum fragrance must be harvested fully ripe and then dried. The plant itself gives off a strong anise scent.

The seeds of commerce are frequently graded as longs and shorts. The longs are premium. Commercial fennel varies in quality, partly because of the care taken during harvest, but also because the product is very often adulterated.

**Cultivation:** It is a perennial to zone 5. In mild areas of the country, sow seed of fennel in early spring in rows 20 inches apart. It will grow in any well drained soil, but prefers rich, moist, well-draining and chalky. Can tolerate some afternoon shade. Temperatures of 65F will produce germination in 2 weeks and needs dark to germinate. Space 12 inches in soil with pH of 4.8-8.2. In colder areas, seed fennel into the garden in July. Plants can be planted anytime in spring after danger of frost is past. Water is needed to encourage germination. Thinning and hoeing operations are also necessary to keep down weeds. Var. *dulce* is cultivated annually, while in the case of biennial varieties the mericarps should be collected at intervals in late summer, when the leaves start to fade; in order not to lose the seeds, umbels with fruit should be cut as soon as they begin to ripen, and then the fruits must be carefully destalked and thoroughly dried so that nothing goes wrong with the fermentation processes. For herbal use the leaves may be removed several times before flowers appear, while the roots, harvested several times before flowers appear,
while the roots, harvested in autumn, require washing and subsequent drying. Fennel is most frequently cultivated for eventual extraction of the essence known as fennel oil. Watch for aphids as it ripens as the anise-flavor will attract the ants which carry aphids for their own use. Treat with insecticidal soap. The Swallow-tail caterpillar also likes to feed on fennel’s sweet leaves and stems. Occasional light applications of manure, fish emulsion or compost.

History: The plant received its name from the Latin *foeniculum* (hay) because of the appearance of the finely divided leaves also perhaps because of its use as feed for goats to increase the quantity and fat content of their milk. It has been cultivated since antiquity as a herb, both for its green parts and its seeds. However, anethol forms the chief constituent of its essential which is used to perfume soaps and shampoos. Like dill, fennel water, obtained from the seeds is a carminative and for 2000 years it has been used slightly warm, to bathe the eyes, removing any inflammation and tiredness and giving them brightness. New England’s Puritans called fennel “meeting seeds.” One story is that since their meetings were long fennel served as an appetite suppressant. Others say many Puritans steeled themselves for church with whiskey, then chewed fennel seeds to mask the odor. In Mediaeval times it was known as ‘Fenkle’; and was thought to ward off evil spirits and dog fleas.

The ancient Greeks called fennel *marathon* because it grew wild about the village of Marathon. The Anglo-Saxons who settled England around the 5th century used fennel both as a spice and digestive aid. They also hung fennel over their doors to protect against witchcraft. By the 17th century, fennel was a mainstay of herbal healing and a standard seasoning for fish. Folk healers mixed fennel with strong laxatives, such as buckthorn, senna, rhubarb and aloe, to counteract the intestinal cramps they often caused. Colonists brought fennel to North America.

**Chemical Composition:** Fennel contains up to about 8% essential oil, the main ingredients of which are anethole, 50-60%, and fenchone, 10%. Also present are limonene, phellandrene, anisic acid, camphene, anisaldehyde, myrcene, ocimene, apiole, pinene and other organic compounds. Fennel also contains 10% of a fixed oil plus protein, starch, cellulose and mineral elements. The bitter compounds are Saponins (Stigmasterol); Flavonoids (quercitin-3-glucuronide, rutin, isoquercitrin, quercitin-3-arabinoside, kaempferol-3-arabinoside) and coumarins (umbelliferone).

**Nutritional profile:** One teaspoon fennel seed has 7 calories. It provides 0.3 g protein, 0.3 g fat, 1 g carbohydrates, 24 mg calcium, 0.4 mg iron and 3 IU vitamin A.

**Properties:** carminative, diuretic, stimulant, antispasmodic, anti-inflammatory, aromatic, expectorant, aperitif, antisepic, depurative, emmenagogue, laxative, orexigenic, splenic, vermifuge, anti-microbial, tonic, calming, stomachic, bechic, digestive, vaso-motorial, cardiac, galactagogue and diuretic.

**Energetics:** pungent, warm, dry, sweet

**Meridians/Organs affected:** spleen, stomach, liver, kidney

**Aromatherapy:**
*Description:* Essential is colorless and has a very sweet and somewhat warm, anise like aroma; slightly earthy or peppery-spicy with a clean, sweet aromatic dryout, a hint of fruity-fresh top note.

*Blends Well with:* anise, caraway, lavender, chamomile, angelica, cardamom, clove, orange, ginger, geranium, rose, sandalwood, basil, lemon, rosemary

*Extraction:* essential oil by steam distillation of seeds

*Dosha effect:* V P K=

*Note:* top to middle

*Uses:* An excellent carminative and digestive remedy for indigestion and flatulence; tones the
muscles of the digestive tract; counteracts the
effects of alcohol consumption; clears toxins
from the body through its diuretic action; helps
to regulate menstruation when periods are
scanty and painful; promotes milk flow; helpful
for gouty conditions; valuable for treating
cellulite by helping to detoxify the
accumulation of wastes; energizes, comforts
and enlivens the mind; induces a sense of
courage, caution and calmness.

BLENDs

Digestive: 6 drops fennel, 4 drops orange, 2
drops peppermint
Urinary: 6 drops fennel, 4 drops juniper, 3
drops rosemary
Emotion: 5 drops fennel, 4 drops lemon, 3
drops juniper
Skin: 5 drops fennel, 4 drops celery, 4 drops
juniper
Cellulitis: 10 drops fennel; 15 drops grapefruit;
5 drops red thyme; 10 drops cypress; 10 drops
birch; 10 drops geranium; 20 drops lemon; 20
drops rosemary

Medicinal Use: Fennel’s effects have a
warming, respiring and loosening nature. It
warms and stimulates the digestive organs,
especially when they become sluggish. This
relieves gas and headaches that are related to
improper digestion. An excellent stomach and
intestinal remedy for treating flatulence and
colic conditions, while also stimulating healthy
appetite and digestion. Russian scientists
recently discovered that one serving of fennel a
day can soothe even chronic cases of belly
cramps, bloat and indigestion by 65% in just
one week. That’s because the bulb’s anethole
has an antispasmodic effect that hinders pain-
producing intestinal-muscle contractions.

Crunching on fennel every day can
eliminate the occurrence of black-and-blue
marks in eight weeks, suggests a French study.
Fennel frees the respiratory system, rendering a
calming anti-spasmodic effect on coughs and
bronchitis. It gives a delicious flavor and
aromatic lift to herbal blends and cough syrups.
Helpful for cancer patients after radiation and
chemotherapy.

To help with indigestion and gas, pour
boiling water over crushed fennel seeds (1 tsp
seed to a pt of water). The seeds are simmered
in syrups for coughs, shortness of breath, and
wheezing. The leaves and seeds when boiled
with barley increase breast milk. The seeds and
root help clean the liver, spleen, gallbladder,
and blood. The tea and broth of this herb are
said to help in weight loss programs. Fennel
oil mixed with honey can be taken for coughs,
and the tea is used as a gargle. The oil is eaten
with honey to allay gas and it is applied
externally to rheumatic swellings. The seeds
are boiled to make an eye wash for inflamed
and swollen eyes. Use an infusion of the seeds
as a gargle for gum disorders, loose teeth,
laryngitis or sore throats.

Fennel increases the libido of both male
and female rats. Fennel has compounds that act
like the female hormone estrogen and has been
used for centuries to promote milk flow in
nursing women. Don’t use the oil, however
because in pregnant women, the oil can cause
miscarriage. And in doses greater than about a
tea spoon, it can be toxic. As an estrogenic herb
it has been used as a breast enlarger.

Anethole, the main constituent of the
oil, has demonstrated anti-microbial activity.
Dissolve a total of 25 drops of thyme,
eucalyptus and fennel oils in 25 ml sunflower
or almond oil as a chest rub. Fennel should not
be used in high doses as it causes muscular
spasms and hallucinations.

America’s 19th century Eclectic
physicians prescribed fennel as a digestive aid,
milk and menstruation promoter. Latin
Americans still boil the seeds in milk as a milk
promoter for nursing mothers. Jamaicans use it
to treat colds. And Africans take fennel for
diarrhea and indigestion.

One study suggests fennel has oddly
contradictory effects on the liver. It aggravates
liver damage in experimental animals but spurs
liver regeneration in animals with parts of their
liver removed.
REMEDIES:

Nursing Tea: 1 quart boiling water, 1 teaspoon each vitex berries and blessed thistle leaves; ½ teaspoon each nettle leaves and vervain leaf (optional); ¼ teaspoon each fenugreek seed and anise seed

Pour boiling water over herbs and let steep for 20 minutes. Strain out herbs. Drink 1-3 cups daily.

Diuretic Tea: 1 quart boiling water; 2 teaspoons dandelion root; 1/2 teaspoon each nettle leaf, oat straw, fennel seed and corn silk

Pour boiling water over herbs, then steep in a covered container for 20 minutes. Strain herbs. Drink 1 or 2 cups as needed.

TCM:

Actions/Indications: Spreads the Liver qi, warms the Kidneys, expels cold, and alleviates pain: used to warm and encourage movement in the Liver channel or the lower burner as in cold hernia disorders, or any kind of lower abdominal pain due to cold. Regulates the qi and harmonizes the Stomach: for Stomach cold with such symptoms as abdominal pain, indigestion, reduces appetite, and vomiting.

Major Combinations: With Rou Gui and Wu Yao for sharp, localized, lower abdominal pain that is aggravated by cold. With Li Zhi He for abdominal and testicular pain and prolapsed due to cold. With Sheng Jiang and Hou Po for vomiting and reduced appetite due to Stomach cold.

Contraindications: Use with caution in cases of yin deficiency with heat signs.

Dosage: 3-9g. Can be applied locally as a compress (dry-fry until hot, then wrap in cloth) for sensations of cold, and pain in the abdomen. Good quality are even in size, yellowish green, and aromatic.

A decoction of the seeds is used in Chinese medicine for abdominal pain, colic and stomach chills. Enters the Liver, Kidney, Spleen, Stomach channels. Spreads the Liver qi, warms the Kidneys, expels cold and alleviates pain: used to warm and encourage movement in the Liver channel or the lower burner as in cold hernial disorders or any kind of lower abdominal pain due to cold. Use with caution in cases of yin deficiency with heat signs.

CAUTIONS: Ingestion of the essential oil may induce nausea, vomiting, seizures and pulmonary edema. The principal hazards with fennel itself are photodermatitis and contact dermatitis. Some individuals exhibit cross-reactivity to several species of Apiaceae. Rare allergic reactions have been reported following the ingestion of fennel.

Cosmetic Use: The seeds when chewed are good for sweetening the breath. The leaves are invaluable for deep-cleansing the pores of the skin with a face pack or facial steam treatment. To give the hair a boost, the leaves may be infused to make an herbal hair rinse.

Eye Lotion: Place 1 oz of seed in a pan, cover with a pint of water and simmer for 20 minutes over a low flame. Strain and cool; pour into bottles. In an eye bath or applied to the eyes with cotton balls, this infusion will take away inflammation and give the eyes a sparkle.

Fennel Astringent with Alcohol

8 Tbsp soft water, 1 tsp borax, 5 tsp alcohol, 7 Tbsp rosewater, a few drops of fennel oil

Pour the water and borax into one container and stir until the powder has completely dissolved. Mix the alcohol and rosewater in another container, then add one liquid to the other. Add a few drops of fennel oil. Bottle, shake well and label.

Fennel Hair Rinse

2 handfuls fennel, 2 pints white vinegar

Place the fennel and white vinegar in a quart container and seal it with a screw top lid. Shake the jar several times a day, for a week. Add half a pint of the liquid to your final rinse water after washing your hair.
Fennel Cleanser
1 Tbsp fennel seed, 1 cup boiling water, 1 tsp honey, 2 Tbsp buttermilk

Lightly crush the fennel seeds, pour on the boiling water and allow to infuse for about 30 minutes. Strain the cooled liquid into a small bowl and add the honey and buttermilk. Transfer to a clean bottle and keep the mixture refrigerated.

Fennel Seed Sugar Scrub
25gm Fennel Seed
160gm Raw Sugar
380ml Apricot Oil or Sweet Almond or Sesame Cold Pressed Oil
5 drops Patchouli essential oil
6 drops Ylang-Ylang essential oil
20 drops (1ml) Mandarin essential oil

Grind the fennel seeds lightly in a coffee grinder or mortar and pestle. Mix with the sugar in bowl. Place the apricot oil in a jug and add essential oil combination to this. Stir through and add to sugar, fennel mix. Place in suitable container. Use in bath or shower by massaging into skin in circular motion. Rinse off and enjoy the silky, luxurious effect on skin. This is also wonderful as a scrub for soiled hands, rough feet etc. it makes for an inexpensive gift for that special occasion.

Ritual Use: Fennel and St. John’s wort are hung over the door at Midsummer to repel evil spirits. It might be considered appropriate to use a bunch of fennel to sprinkle water about the house, doors and windows before hanging it. Carry fennel to influence others to trust your words. It is used in spells for healing and purification. Fennel is purported to increase the length of one’s incarnation. It also provides us with help when facing danger, making us strong of heart and capable of facing dire times.

Fennel, also used by the Saxons in herbe magick, is an herbe of value for those who practice meditation. For the Kabbalist, it is important in learning about the Sphere of Hod.

Purification Potion: 2 Tbsp anise, 2 Tbsp fennel, 2 inch strip of lemon peel, sliced, 1 quart warm water, 1 cup sugar, 1 tsp champagne yeast. Place the anise, fennel, and lemon peel in the water and soak for 1 hour. Strain and add sugar to the water, heating until it is dissolved. Suspend the yeast in ¼ cup warm water, and add to lukewarm sugar-water. Bottle and cork loosely, let stand for 10 days. Slowly tighten the cork, then age until clear (about 3 months). Magical attributes: cleansing, turning negativity, safety from malevolent magic.

Other Uses: Powdered fennel seed repels fleas from pets’ sleeping quarters.

Culinary Uses: As an herb, fennel leaves are used in French and Italian cookery, most commonly in sauces for fish, stuffings, and in mayonnaises. Its delicate anise flavor is valued for sausages, salads, breads and pastas. Fennel has a special affinity with fish and the dried stalks can be used as a bed for grilled fish or the seeds scattered sparingly on to bass, red mullet or sardines while barbecuing. It also adds a subtle flavor to creamed fish soup. Fennel is a popular flavoring with pork in Italy. Stir the chopped leaves into hot tomato soup to heighten its flavor; add them to meat loaves and polenta. Sprinkle them over salads or into marinades. Chopped fresh fennel does wonders for white bean salad. Fresh fennel leaves can be frozen for up to two months, packed in small bunches in plastic bags. Use them as you would fresh.

Treat the hollow stalks as you would celery in cooking. Eat them raw or simmer the stalks in water or chicken stock as a vegetable to be served with butter. They can also be sautéed in garlic and olive oil. Add them to soups or stews. Let children use a fresh fennel stalk as a straw for sipping orange juice. Chop the stalks in a food processor and toss in the pot for last 15 minutes of cooking. The softened stalks will thicken the consistency without adding fat.

The seed is not so widely used, but like many other seeds, it flavors breads and cakes, puddings, pastries and confectionery. It is an ingredient of Chinese Five Spice, sweet
pickling spice and of certain curry powders, especially those of Sri Lanka. In India it is an ingredient of mukhwas, a ‘chew’ to aid digestion and sweeten the breath. Spicy Italian sausages, both sweet and sharp, contain the seed. It can be used in meat loaves, in pickled shrimps and with mushrooms. In Italy it is used to impart a special flavor to dried figs. Several alcoholic drinks are flavored with fennel such as gin, aquavit and formerly, absinthe. A fennel tea – one teaspoon seeds to half pint of water infused—is a warming and refreshing drink.

The root can be thinly sliced and simmered in chicken stock until tender for a simple fennel soup, adding salt and freshly ground black pepper, to taste. The clusters of lovely yellow flowers in late summer and early fall are beautiful as a garnish.

Recipes:

**Apple Fennel Crumbly Pie**

1 cup walnuts
4 cups soft bread crumbs
¼ lb butter, melted
1 tsp cinnamon
1 tsp coriander seeds, crushed
1 Tbsp fennel seeds
56 cups apples, thinly sliced, peeled and cored
juice of 1 lemon
1 cup firmly packed brown sugar
2 eggs, beaten
½ cup Calvados or brandy

1 pint heavy cream, whipped with 2 Tbsp granulated sugar and 1 Tbsp Calvados or brandy

Preheat the oven to 350F. Place the walnuts in a baking pan and toast for 8-10 minutes. When they are cool enough to handle, chop them coarsely. In a large bowl, toss the bread crumbs with the butter until they are well mixed. Add the cinnamon, coriander and fennel seeds, apples and lemon juice and toss again to mix well. In a 13 by 9 by 2-9 inch baking pan, spread half of the bread crumbs over the bottom. Top with the apples and sprinkle with the brown sugar. Beat together the eggs and the Calvados and mix with the remaining bread crumbs. Distribute the egg mixture evenly over the apples. Sprinkle the walnuts over the top. Bake on the center rack of a 350F oven for 30-40 minutes or until the top is golden brown and the apples are cooked. Serve warm with a dollop of homemade whipped cream on the top. (Bread Baking with Herbs.)

**Pink Cauliflower**

½ cup chicken broth
1 Tbsp tomato paste
1 Tbsp olive oil
1 cauliflower, broken into florets
5-10 fennel flowers, broken into florets

Mix the broth, tomato paste and olive oil in a saucepan. Bring to a boil over a medium heat. Add the cauliflower and fennel, stirring to coat all parts of the cauliflower. Cover and cook for 5 minutes. Turn the cauliflower, and cook for about 5 minutes more, or until just tender. (Edible Flowers from Garden to Palate)

**Pasta Salad with Pepperoni and Fresh Fennel**

The dressing:

2 tsp orange zest
2 tsp Dijon mustard
¼ tsp crushed red chile pepper
¼ tsp fennel seeds
¼ tsp brown sugar
4 Tbsp sherry vinegar
4 Tbsp olive oil

Combine the zest, mustard, red pepper, fennel seeds, and sugar; add the vinegar and mix well. Slowly whisk in the oil, and set aside.

The Salad:

1 lb fresh fusilli pasta
1 tsp olive oil
salt
1/4 cup olive oil
1 medium-size fennel bulb with tender stalks, chopped with foliage reserved
1 large onion, chopped
1/2 tsp fennel seeds
1/2 tsp crushed dried red chile pepper
2 medium-size red bell peppers, chopped
4 cloves garlic, minced
4 Tbsp chopped fresh Italian parsley
4 Tbsp chopped fresh fennel leaves  
salt and freshly ground pepper to taste  
6 Tbsp freshly grated Parmesan  
2 oz thinly sliced pepperoni

Bring salted water to tolling boil with 1 teaspoon olive oil. Add pasta; return to boil and cook 2 minutes. Drain in colander and set aside. Heat ¼ cup olive oil, and sauté the fennel bulb, onion, fennel seeds, and crushed red chile until onion pieces are slightly softened (about 5 minutes). Add the bell peppers and garlic; sauté briefly, just until peppers are slightly soft. Pour sautéed vegetables over the pasta and mix well with the fresh herbs, adding salt, and freshly ground pepper to taste. Toss the pasta with the dressing. Add the freshly grated Parmesan and pepperoni, toss well. If made in advance, refrigerate and serve at room temperature. Serves 4-6. (The Herb Garden Cookbook)

Gratin of Fennel and Lovage
2 Tbsp canola oil  
½ lb quartered and cored fennel bulbs (fronds removed)  
1 cup lovage stalks, cut into ½ inch slices  
1 ¼ cups chopped yellow onions  
¼ cup chopped fresh lovage leaves  
½ cup dry white wine  
½ cup vegetable stock or canned vegetable broth  
½ cup heavy cream or evaporated skim milk  
½ cup grated Parmesan cheese  

Heat oven to 350°F. In an ovenproof pan, heat the oil over medium-high heat. Add the fennel, lovage stalks, and onion and cook, stirring occasionally, about 8 minutes, or until soft. Add the lovage leaves and cook another 2 or 3 minutes, until they are wilted but still green. Add the wine and stock or broth and bring to a boil. Cover and bake for 1 hour, or until fennel is completely tender, then remove from the oven. Increase oven temperature to 450°F. Drain off the excess liquid from the baked mixture. Combine the cream or evaporated milk and cheese and pour over the baked vegetables. Return to the oven and bake for 15 minutes. (The Herbal Palate)

Fennel Cake with Lavender Frosting
2 cups raw fennel, bulb or greens  
1 cup butter  
1 ½ cups honey  
1 cup raisins  
2 cups water  
2 tsp cinnamon  
2 tsp nutmeg  
1 tsp cloves  
4 cups whole wheat pastry flour  
4 tsp baking soda  
1 cup chopped walnuts  

Frosting:  
1 lb cream cheese or tofu  
½ cup butter  
½ cup honey  
1/8 cup heavy cream or soy milk  
1 tsp vanilla extract  
grated rind of one lemon  
2 Tbsp dried lavender flowers, finely ground  

Preheat oven to 325°F and grease two round 9-inch cake pans. Grate fennel bulb or chop fennel greens until fine. Place in a saucepan along with butter, honey, raisins, water and spices and bring to a boil; stir, then let simmer for 5 minutes. Mix flour, baking soda and nuts in a large bowl then add the simmered mixture and stir gently until all ingredients are blended. Pour cake batter evenly into cake pans and bake for 40 minutes or until golden brown. Cool for at least 10 minutes before popping cakes out of pans and setting on a cooling rack until room temperature about 45 minutes. For the frosting, mix together, preferably with a beater, cream cheese or tofu, butter, honey, cream or soy milk and vanilla extract. Whip in lemon rind and lavender. Frost the top of one cooled fennel cake. Place second cake on top and use remaining frosting to cover the top and sides. Garnish with a fresh fennel leaf or lavender sprig. Serves 12. (An Herbal Feast)

Beet Salad
¾ lb beet  

Dressing:  
3 Tbsp wine vinegar  
1/3 cup olive oil  
2 tsp sugar
½ tsp fennel seeds
pinch of ground ginger
4 scallions, chopped
salt

Cook the unpeeled beets in a pan of boiling salted water until tender. Drain, skin and cut in julienne strips. For the dressing, whisk together all the other ingredients. Pour the dressing over the beets and leave to stand for 1 hour for the flavors to blend before serving. (Cooking With Spices)

Shredded Chicken and Fennel with Orange Rind and Parsley

Large or 2 small bulbs fennel plus feathery leaves
2 Tbsp olive oil
2 Tbsp butter
½ cup minced scallions
½ tsp finely minced garlic
¼ tsp black pepper
1½ tsp aniseeds
2 cups chicken stock
3 Tbsp lemon juice
½ lb chicken breasts, poached and shredded
1 Tbsp shredded orange rind
1 Tbsp finely minced fresh parsley

Rinse fennel bulbs. Cut away tough parts of stems, and discard. Mince and reserve 1 tablespoon of the leaves. Cut bulb in half lengthwise and then into 4 lengthwise sections. In a large, nonstick skillet, heat oil and butter together over medium heat. Add scallions and garlic, and sauté, stirring, for 3-4 minutes. Add pepper and aniseeds, and cook for a few seconds. Stir in fennel, and sauté over medium-low heat for 10 minutes, stirring occasionally. Add chicken stock, cover, and cook over low heat until tender, 10-12 minutes.

Remove fennel with a slotted spoon to a shallow serving dish, and set aside. Boil liquid in pan until it is reduced to 1/2 cup, cool slight, and then add lemon juice to reduced sauce. Pour over fennel. Stir in shredded chicken, orange rind, parsley, and chopped fennel leaves. Refrigerate for 3 hours before serving. (The Herb & Spice Cookbook—A Seasoning Celebration)

Fennel Leaf Wine
2 pints fennel leaves
1 pint unsweetened grapefruit juice
3 ½ lb sugar
7 pints water
¼ tsp wine tannin
yeast and nutrient

Briefly bring the water to the boil while stirring in the sugar. Pour over the leaves, cover and allow to cool to room temperature. Stir in the grapefruit juice, tannin, yeast and nutrient. Leave covered for another week before straining into a fermenting far and fitting an air-lock. Rack for the first time when the wine clears and bottle after about 6 months. (Nature’s Wild Harvest)

Garlic Fennel Prime Rib (with Ginger Port Sauce)

1 2-bone standing rib roast, ribs cracked
¼ cup freshly ground black pepper
8 garlic cloves, minced
2 Tbsp fine sea salt, or salt
2 Spanish onions, thinly sliced
2 Tbsp fennel seeds
2 Tbsp ground white pepper
1 Tbsp ground Szechuan pepper
1 Tbsp dried thyme, crumbled
2 tsp dry mustard
¾ tsp ground cayenne pepper
2 Tbsp olive oil

Ginger Port Sauce

Cut the fat cap off the top of the roast and reserve. Stand the roast on the bones in a large roasting pan. Score the skin lightly all over. Combine the black pepper, garlic, and salt and press evenly all over the top of the meat. Arrange these sliced onions on top of the spice layer. Carefully cover with the reserved fat cap. Refrigerate for 24 hours if you have the time, 8 hours if you don’t.

Preheat the oven to 500F. Roast the meat for 30 minutes, or until the fat is dark and crispy on the top. Remove from the oven and let cool. Refrigerate for 2 hours, or until well chilled.

Remove and discard the fat cap. Peel off the onions, scrape off the spice layer, and discard. Trim off ¼ inch of the browned meat.
on both ends of the roast. Stand the roast on one end and slice into 6 or 8 slices with a carving knife.

Combine the fennel seeds, white pepper, Szechuan pepper, thyme, mustard, and cayenne pepper in a small bowl and mix well. If you are grilling, rub the olive oil all over the steaks. If you are pan-broiling, save the oil for later.

Rub the spice mixture all over the steaks, pressing it into the meat. Let the steaks stand for 30 minutes. Prepare a medium fire for grilling or heat the oil in a large skillet until hot but not smoking. Grill or panbroil the steaks, turning, 10-12 minutes for rare. Add more oil to the skillet, if necessary. Drizzle each steak with Ginger Port Sauce and serve.

**GINGER PORT SAUCE**
1 Tbsp olive oil
2 large shallots, minced
1 garlic clove, minced
1½ Tbsp finely chopped fresh ginger
1 cup ruby port
salt and freshly ground black pepper, to taste
1½ Tbsp unsalted butter, cut into pieces

Heat the olive oil in a small skillet over medium heat until hot but not smoking. Add the shallots and garlic and sauté for 4-5 minutes, or until softened and translucent. Add the ginger and sauté for 1 minutes. Add the port and bring to a boil. Boil, stirring frequently, for 5 minutes or until the liquid is reduced to a thin syrup. Remove from the heat, strain, and discard the solids. Return the syrup to the skillet and continue cooking over medium heat until the syrup reaches the boiling point. Boil for 2 minutes, or until the syrup is thickened. Remove from heat and swirl in the butter. (Adriana’s Spice Caravan)

**Almond Fudge with Fennel Seed**
3 cups sugar
1 cup light cream or milk
3 Tbsp corn syrup
2 Tbsp butter
1 tsp almond extract
1 tsp fennel seed
green food coloring

Combine sugar, cream or milk, corn syrup and butter in a saucepan. Stir until the sugar is completely dissolved, then cook without stirring until the mixture reaches a temperature of 240°F on a candy thermometer (soft ball stage). Add almond extract, fennel seed, and a few drops of green food coloring; then beat until creamy. Pour into a buttered 9 x 13-inch pan. Cut into squares when firm.

**Flamed Tuna with Fennel and Tangerine Sauce**
4 thick tuna steaks (about 6 oz each)
salt and freshly ground black pepper, to taste
¼ cup olive oil
2 Tbsp chopped fresh fennel leaves
2 Tbsp chopped flat-leaf parsley
dried fennel stalks
cognac for flaming, warmed
fresh fennel sprigs, tarragon sprigs and edible flowers for garnish
grated zest of 2 tangerines

Tangerine Sauce
Sprinkle tuna with salt and pepper, to taste. In a small bowl, combine olive oil, fennel, and parsley. Grill tuna over hot coals about 3-4 minutes per side, until brown on the outside but slightly pink inside, basting with fennel oil.

Arrange fish over dried fennel stalks on a flame-proof platter. Pour over warm cognac and flame. Spoon sauce onto individual serving plates. Arrange tuna over sauce and garnish with herbs and edible flowers. Sprinkle with tangerine zest. Serve with remaining tangerine sauce.

**TANGERINE SAUCE**
½ cup fresh tangerine juice
2 tsp chopped fresh tarragon
¼ cup unsalted butter, cut into 4 pieces

Bring tangerine juice and tarragon to a boil in a small saucepan. Whisk in ¼ cup butter, piece by piece, until sauce thickens. (Kitchen Herbs)

**Goatfish (or Tilapia) with fennel puree and fried herb**
6-8 fresh goatfish, cleaned and filleted
substitute tilapia
2 medium-sized fennel bulbs
4 pumpkin blossoms
8 leaves basil
8 leaves parsley
8 leaves rocket
1 clove of garlic salt
1 garlic glove
2 fl oz cold-pressed olive oil
2 fl oz fish stock
juice of ¼ lemon
2 teaspoon chopped parsley
olive oil

Clean the fennel bulbs, stew in little
water for 5 minutes, pour off the water, cook in
the oven for 10 minutes in olive oil together
with halved garlic clove. Pour off the oil, mash,
season with salt and pepper and keep warm the
puree. Fry all herbs in hot oil, drain, add salt
and keep warm on a piece of paper.

Stew the crushed clove of garlic in
oil, add the fish stock and the lemon juice,
season with salt and pepper. Pour this gravy
over the goatfish and bake in a fireproof mould
for 2 minutes at 390F. Put the fennel puree on
the plates and add the fried herbs; garnish with
the fish and the cooking juice, flavor with a
dash of olive oil and sprinkle fine chopped
parsley on top and serve.

Fennel-Apple Camembert Salad
2 medium fennel bulbs
3 firm apples, cored, thinly sliced and sprinkled
with lemon juice
¼ lb Camembert cheese, rind removed and
cubed
½ cup coarsely chopped nuts (almonds,
hazelnuts or pecans)
½ cup mayonnaise
5 Tbsp orange juice
salt and black pepper to taste
Cut fennel bulbs in half lengthwise. Trim
green feathery leaves and reserve them for
garnish. Thinly slice fennel and put in serving
bowl. Add apple slices, cheese cubes and nuts.
In separate small bowl combine mayonnaise,
orange juice, salt and pepper. Spoon over salad
and toss to coat. Cover and refrigerate until
serving time. Garnish salad with reserved
fennel leaves. Serve salad between the main
course and dessert. Makes 4-6 servings. (The
Charlotte Herb Guild Cooks)

Sea Bass Flamed Over Dried Fennel
About 1 ½-2 lb sea bass or grouper, scaled and
cleaned
A handful of fresh fennel
Juice and finely grated peel of 1 lemon
Salt
About 4 Tbsp olive oil
2 handfuls of dried fennel twigs
3 Tbsp Pernod

Make 3 or 4 diagonal cuts on each side
of the fish and tuck a few frond of fresh fennel
into each cut. Tuck the remaining fresh fennel
inside the fish and sprinkle in a little of the
grated lemon peel, some lemon juice, and some
salt.

Brush the fish generously with olive oil
and sprinkle with salt. Lay it on an oiled oven
rack or in a shaped fish rack. Broil over
moderate heat for about 8 minutes each side,
basting the fish with more oil during the
cooking. Arrange the dried fennel on a long
flameproof dish or tray and lay the sea bass on
top. Warm the Pernod in a small pan or a metal
ladle and set light to it. Immediately pour it
over the fish so that the dried fennel catches
light and burns to give the fish its distinctive
aroma. Serve immediately.

Fennel Ice Cream
1 2/3 cups heavy cream
2 teaspoons fennel seeds, crushed
1 cup whole milk
3/4 cup sugar, divided
4 large egg yolks
Equipment: an ice cream maker
Bring cream and fennel seeds just to a
simmer in a small heavy saucepan, then cover
and let steep about 30 minutes.

Meanwhile, bring milk, 1/2 cup sugar, and
a pinch of salt to a simmer in a heavy medium
saucepan over medium heat, stirring.

Whisk together yolks and remaining 1/4
cup sugar in a large bowl, then add milk
mixture in a slow stream, whisking. Return
mixture to medium saucepan and cook, stirring with a wooden spoon, until mixture coats back of spoon and registers 175°F on an instant-read thermometer (do not let boil). Immediately strain custard through a fine-mesh sieve into a metal bowl, then quick-chill by setting bowl in an ice bath and stirring occasionally until cool, about 15 minutes.

Strain fennel cream through fine-mesh sieve into custard, pressing on solids. Continue to chill in ice bath until custard is very cold, then freeze in ice cream maker. Transfer to an airtight container and put in freezer to harden, about 1 hour.

Citrus Salad
2 oranges
1 bag sweet baby lettuce
1 small red onion, peeled and sliced into rounds
1 cup thinly sliced fennel
Dressing:
¼ cup prepared olive-oil vinaigrette
2 Tbsp orange juice
1 Tbsp orange zest
Peel and cut 1 orange into rounds; zest and juice remaining orange. Arrange lettuce on serving platter. Top with orange rounds, the red onion and fennel. Whisk dressing ingredients together until blended and drizzle over salad.

Leek ‘n’ Potato Soup
1 ½ cups instant mashed potatoes for 4 servings substituting 3 ½ cups vegetable broth for water
½ cup finely chopped fennel
2 scallions thinly sliced
1 Tbsp chopped fresh parsley
Add fennel to the mashed potatoes. Stir in scallions and parsley. Cook 1 minute or until heated through. Garnish with fennel fronds.

Wood-Grilled Pork Fillet with Fresh Herbs, Wild Fennel Pollen and Red Onion Marmalade
For the Marinade
2/3 cup good quality olive oil
1 tablespoon fresh rosemary, chopped
2 teaspoons fresh thyme, chopped
1 teaspoon wild fennel pollen
1 teaspoon freshly-ground black pepper
1/2 teaspoon sea salt
Combine all ingredients in a glass bowl and allow to stand 30 minutes.

For the Marmalade
1/2 medium red onion, chopped
1 fresh orange, peeled, sectioned, seeded and chopped
1 teaspoon butter
1 teaspoon marinade from recipe above
2 teaspoons freshly-squeezed orange juice
1 teaspoon balsamic vinegar
1/2 medium jalapeño, grilled and chopped
1 2-3 inch section green garlic, grilled and sliced
1/4 medium red bell pepper, grilled and diced

Heat butter and oil in a heavy sauce pan over medium-low heat. Add onions and cook, stirring occasionally until caramelized, about 30 minutes. Add oranges and orange juice and cook until disintegrated, about 15 minutes. Remove from heat and fold in grilled jalapeño, green garlic and bell pepper. Season to taste with sea salt and freshly-ground black pepper. To prepare, grill thick, marinated pork fillets (or an entire tenderloin) on the hottest side of the grill for about 5 minutes or until well marked, then turn and move to the cooler side of the grill, baste with additional marinade and cover until done, about 10-15 minutes. Remove from grill and allow to stand 5 minutes before serving over warm red onion marmalade.

Wild Fennel Pollen comes from fennel flowers picked at full bloom. The plants are then dried and the pollen sifted out, yielding an exquisite spice that has the aroma of fennel, but is sweeter and far more intense in flavor than the other parts of the plant.

Whole Roasted Organic Chicken, Golden Raisin and Fennel stuffing, Root Vegetable Matignon Natural Chicken Jus
For the Chicken:
4 sprigs thyme
4 sprigs marjoram
4 sprigs fresh sage
2 sprigs fresh rosemary
1/4 cup extra virgin olive oil
Zest and Juice of one lemon
1 pc 3 1/2 to 4 pounds Farm Raised Organic Chicken
6 Cloves of Garlic, peeled and crushed
3 Tablespoons of melted butter for basting
Coarse Salt and Black Pepper to taste

For the Root Vegetable Matignon:
3/4 lb. baby carrots
3/4 lb. red fingerling potatoes
3 pc medium cippolini onion
2 heads of Garlic, separated into cloves and peeled
1 head of fennel, cut into wedges
1 large Golden Beet, cut into a large dice
1 sprigs thyme
1 sprigs marjoram
1 sprigs fresh sage
1 sprigs fresh rosemary

For the Pan Sauce:
1/2 cup white wine
2 cups white chicken stock
2 T unsalted butter
Corse salt and fresh white pepper to taste
2 T chopped flat leaf parsley

For the Golden Raisin and Fennel Stuffing:
6 oz semolina bread (Amy's is a good option) diced
3 oz diced white bread
1 T fennel seeds
1 T fennel pollen
3 cups chicken stock
2 ribs celery, small dice
1 small onion, small dice
2 cups peeled and minced garlic
1 cup golden raisins
1 lb. sweet Italian sausages
1 cup toasted and chopped hazelnuts
1 cup chopped parsley, 1T chopped sage and thyme leaves

Method For the Chicken:
Pick the leaves from the sprigs of the fresh herbs. Chop the leaves. Transfer them to a small bowl, add the olive oil and lemon juice, season with salt and pepper. Rub the chicken inside and out with the herb mixture. Season the chicken inside and out with a generous amount of salt and white pepper. Stuff the chicken with lemon zest, garlic cloves and half of the butter. Truss the chicken with some kitchen twine and put it into a shallow glass bowl. Cover with plastic wrap and refrigerate for at least 4hrs.
Preheat oven to 425 F.
Remove the chicken from the refrigerator about 15min before roasting and scrape off any excess marinade. Set the chicken on a roasting rack and season with salt. Roast for 20 minutes. Reduce the oven temp to 375F and roast the chicken for about 1hr or until cooked through. Baste the chicken thoroughly with melted butter and any extra marinade, remove Chicken from the roasting pan, tent with foil and rest for min of 15 min before carving.

Method for the Stuffing:
In a large bowl combine the diced bread and set aside. In a large sauce pan bring stock to a boil and reserve. In a large sauté pan render out the sweet sausage, combine the vegetables until they begin to soften. Season, and transfer to the bowl with bread. Stir in raisins, hazelnuts, herbs, and soft butter. Add stock to the mixture until very soft. Loosely stuff the cavity of the chicken and proceed with cook method.

Method For the Root Vegetable Matignon:
Pre Heat the oven to 425F. Put a roasting pan in the oven. In a bowl, toss the vegetables in a olive oil and season with salt and pepper. Transfer them to the pan and roast for 40 min, stir often, finish with herbs and serve hot.
Vegetables should be tender and caramelized

Method for the Pan Sauce:
Pour off the fat from the chicken roasting pan, reserve the pan juices. Set the roasting pan over a medium high heat and add the wine. Deglaze the Pan scraping away all of the brown bits. Cook until nearly all of the wine has evaporated. Add the chicken stock and any juices from the chicken. Add chopped Parsley,
and swirl butter to enrich the sauce.

For Assembly:
Remove stuffing from the cavity of the bird and transfer to a serving vessel. Remove the string from the bird, Transfer to a serving platter, spoon roasted vegetables around the platter. Serve the sauce on the side.

**Fennel Omelet**
1 bunch of Fennel
10 Eggs
4 cups of flour
1/2 tablespoon of Salt
1 teaspoon of sweet pepper
1 teaspoon of baking powder
1 bunch of green onions
50 g of green garlic leaves

Mix the eggs with the flour, salt, pepper and baking powder. Chop finely the onions, leaves of garlic, and Fennel. Add the vegetables to the flour and the eggs mixture. Mix all together. Take a tablespoon of the mixture and drop it in oil to fry. Cook until one side is brown and then flip it over.

**Wood-Grilled Pork Fillet with Fresh Herbs, Wild Fennel Pollen and Red Onion Marmalade**

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1 tablespoon fresh rosemary, chopped
2 teaspoons fresh thyme, chopped
1 teaspoon wild fennel pollen
1 teaspoon freshly-ground black pepper
1/2 teaspoon sea salt
Combine all ingredients in a glass bowl and allow to stand 30 minutes.

For the Marmalade
1/2 medium jalapeño, grilled and chopped
1 2-3 inch section green garlic, grilled and sliced
1/4 medium red bell pepper, grilled and diced
Heat butter and oil in a heavy sauce pan over medium-low heat. Add onions and cook, stirring occasionally until caramelized, about 30 minutes. Add oranges and orange juice and cook until disintegrated, about 15 minutes. Remove from heat and fold in grilled jalapeño, green garlic and bell pepper. Season to taste with sea salt and freshly-ground black pepper.

To prepare, grill thick, marinated pork fillets (or an entire tenderloin) on the hottest side of the grill for about 5 minutes or until well marked, then turn and move to the cooler side of the grill, baste with additional marinade and cover until done, about 10-15 minutes. Remove from grill and allow to stand 5 minutes before serving over warm red onion marmalade. (Wild Fennel Pollen comes from fennel flowers picked at full bloom. The plants are then dried and the pollen sifted out, yielding an exquisite spice that has the aroma of fennel, but is sweeter and far more intense in flavor than the other parts of the plant.)

**References:**


Resources:
Companion Plants, www.companionplants.com
Crimson Sage, http://www.crimson-sage.com

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