

Fennel

Foeniculum vulgare



Fennel is a perennial herbaceous plant, strongly aromatic and edible.

It can reach up to 2 meters in height.

Its leaves are long and thin and end in filiform segments.

It has very small yellow flowers and the fruit is an extremely aromatic, flattened and ovoid dried seed.

More info:

https://www.amu.bio/_fennel

Cultivation

The best climatic conditions for fennel cultivation are mild to moderately hot climates.

This plant could survive mild frost.

Fennel needs direct sunlight a few hours daily.

Regarding the soil, this plant requires well drained soils, rich in organic matter. It is tolerant to soil pH, however it does not grow well in acid soils.

Needs frequent irrigation, so the soil stays moist without getting soaked.

It propagation can be done by sowing, directly in the desired place or in seedings and transplanted when they have 10 to 15 cm.

Planting in pots and pans is not recommended.

History

Fennel has been used since ancient Egypt.

In ancient Greece it was known as "marathon" (in Portuguese would be Funchal), were the Battle of Marathon took place in 490 BC between Greeks and Persians.

This is originally from the Mediterranean Sea and Eastern Europe.

Utilization

It is often used in Mediterranean cuisine in salads, cold dishes, as sauces flavoring and in preserves.

Its seeds are used in infusions, herbal teas, liqueurs and other alcoholic beverages.

The roots of fennel have diuretic, carminative and digestive properties due to the compound - anethole, the infusion of its seeds reduces the intestinal gases.

Its essential oil is used in perfumery and production of condiments.