

## SEED OF THE MONTH:



**Common Name:** Fennel

**Scientific Name:** *Foeniculum Vulgare*

**Family:** Umbelliferae (member of the carrot family)

**Genus:** *Foeniculum*

**Height:**

**Spacing:**

**Sun Exposure:**

3 to 6'

6 "apart with 3ft between rows

Full Sun

**Bloom Color:** Yellow umbrella/fireworks type of bloom.

**Bloom Time:** Approximately 90 days after germination. (Do not plant near dill, they will cross pollinate and produce strangely flavored seeds for both plants)!

**Harvest:** When dry seeds on the flower heads fade.

**Other Details:** It belongs to the Carrot and parsley, family and cousin to dill, caraway and cumin, all of which produce very aromatic fruits commonly referred to as seeds. Fennel can be cut back early in the season to encourage a bushier growth and deadheaded for seed harvest. Planted in your garden it will attract beneficial insects.

**Soil Requirements:** It likes a well drained and not too rich soil. Yes you read that right, planting Fennel in rich, well fertilized soil is not recommended. The plant will lose a lot of its aromatic oils and taste if well fed.

**Water Requirements:** Light spray daily until shoots appear, then one to two times a week.

**Propagation Methods:** Seed is the easiest way to grow fennel. Using the hottest water your faucet will allow fill a small, shallow dish with water and place seeds in it. Allow seeds to cool and sit for 12-24 hrs. Then plant.

**Known Uses:** It is one of the oldest cultivated herbs. Roman Warriors took it to keep good health, and their women used it to stay thin. Its Greek name is marathon which means to grow thin, it was used by Greek population to maintain weight. It is also known as one of the 9 sacred herbs of the Anglo-Saxons. The Egyptians and Chinese used it for medicinal purposes only. During the Middle Ages it was thought to have magical powers and people hung the plants over their doors to drive away spirits. Today it is used mostly for flavoring eggs and fish! It's anise flavor makes it a favorite amongst cooks everywhere!

Seed packet goes here