

# Fennel

Every bit of fennel is edible. The frothy tops are a lovely culinary fresh herb; the stems can be frozen and added to vegetable stock/soup and the bulb is delicious cored and thinly sliced and used raw in salad or slaw or lightly sauteed.

## STORAGE

Whole, in a plastic bag in fridge 7 days

Bulb, in a plastic bag, in fridge 2-3 weeks

## PREP

My go-to method for storing fennel is:

- Cut off bulb, put in plastic in the crisper.
- Remove frothy fronds, mince, and keep in tight lidded glass jar in the fridge.
- Put the stems in freezer bag. Store in freezer for next batch of chicken/veggie broth.

## COOKING

That fennel bulb is delicious raw, thinly sliced and grated, then added to salads and slaw. Don't care for the flavor raw? Give it a try roasted/grilled. The charred-edges of fennel are an amazing flavor.

## LITTLE EXTRA

Roasted bulb can be stored in the freezer.

Fennel Stems = Chicken Broth / Vegetable Broth

Frothy fronds-treat like an herb, zap in blender/food processor with oil and freeze.

## Crop Availability

Specialty crop late spring, early summer,

and fall

## LVFarm Academy A-Z Guide

[lowervalleyfarm.com](http://lowervalleyfarm.com)

