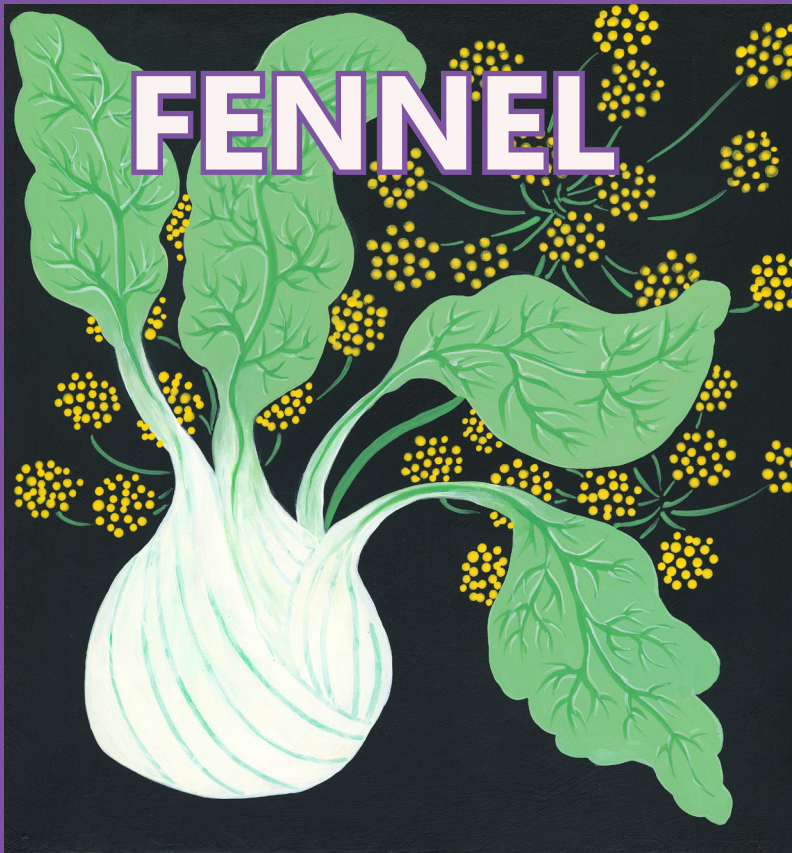


Harvest of the Month



Local Highlight

Fennel grows well during the mild summers of coastal Humboldt County.

Check out our video about local fennel and how it is grown at Green Spiral Farm in the Arcata Bottoms:

hcoe.org/news/nutrition-programs/harvest-of-the-month/

Literature Links

- *Tops and Bottoms*, by Janet Stevens.
- *On the Farm, at the Market*, by G. Brian Karas.

Joke Corner

Why was the fennel happy after hours of math lessons?

He was fennely getting the hang of it!

What did the fennel say to its friend?

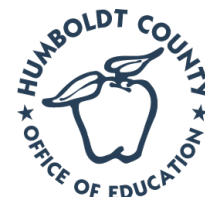
I'm frond of you!

What does a farmer call the most distant part of her fields?

The fennel frontier!



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services



Harvest of the Month



FENNEL

Foeniculum vulgare



Spanish: el hinojo
Hmong: zaub fennel

Nutrition Power

Fennel is a good source of vitamin C and fiber.



Vitamin C

helps you heal!



Fiber

helps your stomach and intestines to work at their best!

History

Wild fennel plants are native to the shores of the Mediterranean and were loved by the ancient Romans, Greeks, and Egyptians as food and medicine. Wild fennel is now found in many parts of the world. There are also cultivated varieties grown on farms. Some types are grown for their feathery leaves which are used as an herb, or for their seeds which are used as a spice. Florence fennel is a type that is grown for its succulent stalks and is used as a vegetable.

Florence fennel was developed in Italy in the 17th Century. Italian immigrant farmers started growing Florence fennel in the U.S. in the early 1900's.



Did You Know?

- ❑ Plant part we eat: STEM
- ❑ Florence fennel plants have stems that swell at the base and form a bulb-like shape just above the soil as the fennel grows.

The stems (or stalks) are tightly packed together and can be pulled apart like celery stalks.
- ❑ The stalks taste sweet with a slight licorice flavor!
- ❑ Fennel is in the carrot family, along with celery, parsley, and dill. They all form clusters of yellow flowers in the shape of an umbrella!
- ❑ "Finnocchio" means fennel in Italian.