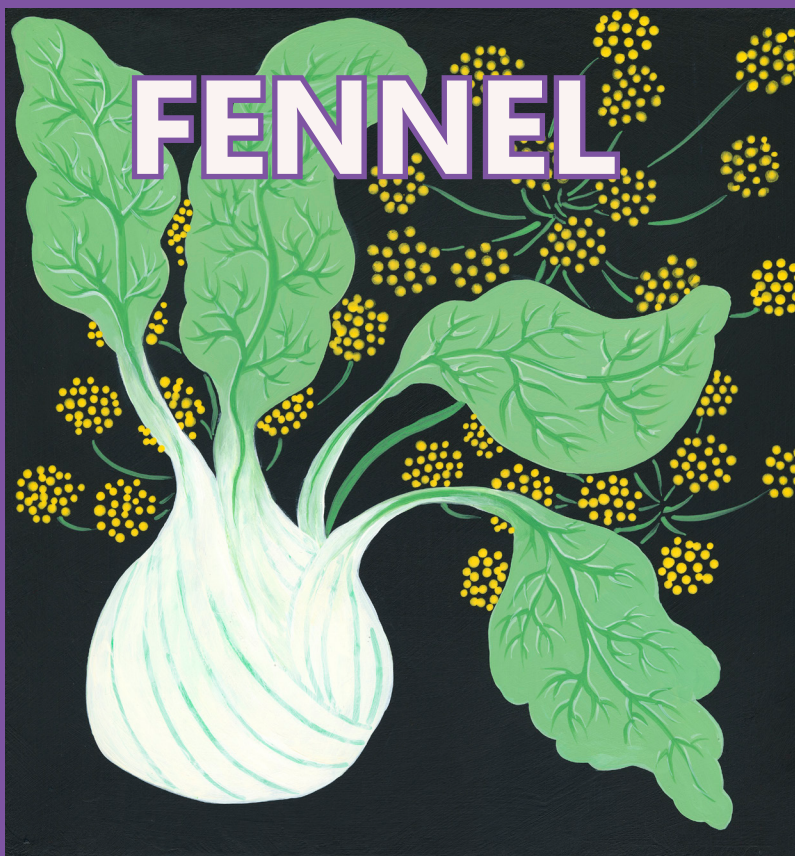


Harvest of the Month



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/

Language Links

English: fennel

Scientific Name (Latin):
Foeniculum vulgare

Spanish: el hinojo

Hmong: zaub fennel

Joke Corner

Why was the fennel happy
after studying math for
many hours?

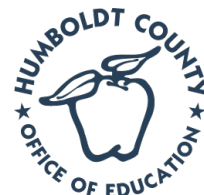
He was fennely getting the
hang of it!

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!

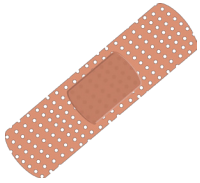


FENNEL



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!

Did You Know?

- ❑ Plant part we eat: STEM
- ❑ 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, including Humboldt County! There are also cultivated varieties grown on farms. Some types are grown for their feathery leaves which are used as an herb. Some types are grown for their seeds which are used as a spice. Florence fennel is a type that is grown for its succulent stems and is used as a vegetable.
- ❑ 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 of Florence fennel taste sweet with a slight licorice flavor! The flavor comes from a compound called anethole.
- ❑ 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! The clusters are called umbels.
- ❑ Bronze fennel, grown for its leaves, is a host plant for swallowtail butterflies! Adults lay their eggs on the plants and the caterpillars eat the leaves.



FENNEL



Activity Ideas

1. Butterflies need host plants and nectar plants. The host plant provides food (leaves) for the caterpillar, and the nectar plant provides food (nectar-rich flowers) for the adult. You will be most successful in attracting butterflies to your garden if you grow both (example: bronze fennel is a host plant for the black swallowtail, while coneflower is a nectar plant).
 - Use resources like nativeplantfinder.nwf.org to see what kinds of butterflies you can expect in your area and what you can grow to bring them to your garden!
 - Observe butterflies that already visit your garden. Identify the nectar plants they are drinking from.
 - The cabbage butterfly is considered a pest in the garden because it uses plants in the brassica family (broccoli, cabbage, cauliflower, kale etc.) as hosts. If you have any of these crops in your garden, look for the tiny orange eggs and green caterpillars on the leaves.
2. What if there was no more candy for Halloween? Fennel could be used as an alternative to licorice! Walk the garden and find other plants that could be used in place of Halloween candy.
 - Example: Peppermint instead of peppermint candy.
3. Consider planting fava beans as a winter cover crop (innoculate the seed with *Rhizobium* to maximize nitrogen fixation potential). The cover crop can then be used in an activity in March when beans are featured.

Tasting

Cut up a fennel "bulb" so everyone can have a piece. Cut off the green stems and slice the bulb in half, then quarters. Remove the core. You will be able to pull apart the layers.

You can eat the green ferny leaves of Florence fennel as well.

Optional: Compare the white stalks and ferny leaves of Florence fennel to fennel seeds, and the leaves of bronze fennel if you have any. How does each one smell? Taste?

