



FENNEL

- Wild fennel is native to the Mediterranean region. It has feathery leaves and can grow up to seven feet tall! Wild fennel is now found in many parts of the world, including Humboldt County!
- Ancient Romans prized wild fennel as food and medicine. Fennel seeds were used to help digestion.
- Florence fennel is a type of fennel that develops swollen stems (or stalks) just above the soil as it grows. The stalks have a crisp texture and sweet, licorice-like flavor! They are often eaten raw but can also be sauteed, grilled, or roasted. You can eat the feathery leaves too!



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SCIENCE: What Goes Crunch?

Conduct a "Crunch" Contest

Prep samples of different types of veggies like fennel, carrots, apples, peppers, and cucumbers and vote on which is the crunchiest. Taste each produce item with the group one at a time and crunch together! Discuss what characteristics might make a veggie more crunchy, and what is different between the most crunchy and least crunchy item.

As an extension, have students pair up and each one can take a turn tasting the veggie blindfolded or just shutting their eyes and see if they can guess which one it is. Pairs can also take turns guessing the veggie by the sound it makes when their partner takes a bite!



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