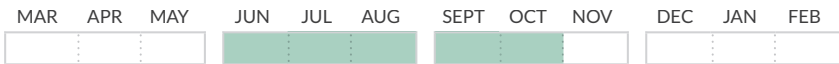


Fennel



SEASONALITY



NUTRITIONAL PROPERTIES

Fennel is a relative to the carrot, and it's also a nutritional powerhouse. It is high in fiber, vitamin C, calcium, iron, magnesium, potassium, and manganese.

STORAGE

Remove the stalks and fronds with a knife. Store the bulb of the fennel separately from the stalks and fronds. The fennel bulb can be stored in a plastic bag. The stalks can be store in a glass of water like a bouquet of flowers within the refrigerator.

PRESERVATION

The life of fennel can be extended by pickling or freezing.

HOW TO PREPARE ROASTED FENNEL

1. Preheat the oven to 405 ° F.
2. Remove any stalks of fronds from the plant.
3. Cut the fennel into 1/2 inch wedges.
4. Place on baking tray and lightly oil.
5. Sprinkle with spices, salt, pepper.
6. Roast for 20 minutes, flip, and roast for another 10 minutes.

Roasted fennel or shaved fennel can be added to fall salads, soups, stir fries, or eaten separately as a side.

RECIPES FROM HDFFA

with fennel

- Roasted Beet and Fennel Salad

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