



CSA Harvest Information



Fennel Information & Tips

- Fennel's thick, crisp stems may remind you of celery, and both vegetables are members of the same aromatic family.
- Fennel has a distinct licorice-like flavor.
- Store fennel in a plastic bag in the refrigerator for up to 2 weeks.
- The delicate leaves will go limp if not stored properly. Wrap them in a moist towel and refrigerate.
- Fennel will begin to brown an hour or so after being cut; toss it with lemon juice or an acidic dressing to keep it white.
- Fennel goes well with the flavors of citrus, apple, tomato, anchovies, olives, almonds, walnuts, tangy cheeses, seafood and wine.
- Small bulbs are better for salads and raw uses because they are milder and slightly more tender. Larger bulbs are better for cooking; they will halve or quarter more easily and their stronger flavor and denser texture will mellow with heat.



Cooking & Serving Ideas

- Fennel can be cut into strips and eaten raw as a crudite, like celery. Italians use it as part of an antipasto platter.
- Raw fennel adds outstanding crunch and flavor to salads, slaws and salsas. Try it in tuna salad, waldorf salad, and anywhere else you would use raw celery.
- It can be baked, steamed or sautéed with excellent results.
- Cooked fennel is sweet, mild and meltingly tender. Cut into quarters, drizzle with olive oil, and bake until tender, about 35 minutes.
- Use feathery leaves as a fresh herb for seasoning. Try using it in place of dill. Fennel is excellent on baked or broiled fish with butter and lemon.

How to cut fennel

1. Cut about 1 inch above the fennel bulb to remove the stalks. If you wish, cut a few of the bright green fronds from the stalks to save as a garnish.
2. Rinse, pat dry, and wrap in plastic wrap until ready to use. Remove and discard any wilted or brown outer layers of the bulb.
3. Cut a thin slice off the root end of the fennel bulb and discard.
4. Wash bulb and pat dry.
5. Cut bulb in half from the stalk end through the root end. Remove the wedge-shaped core and discard.
6. Slice the bulb lengthwise into thin strips, quarter, or chop.



You will need to remove the core before cooking.