

## Description

## Fennel, Bronze

Foeniculum <http://freeeyewearwarranty.co.nz/ulgar>

Family: Apiaceae

## Growing Tips

Fennel Bronze is a tall perennial with green, branched, hollow stems and dissected, thread-like bronze-coloured leaves reaching up to 1.8m tall. Small, yellow flowers grow in 5-10cm wide umbels at the end of each branch and develop small, bright green seeds with an anise-like taste.

## Parts Used

It likes well-drained soil and needs full sun. For best results grow new plants every three years. To avoid cross pollination and therefore sparse seed growth, plant away from Dill and Coriander.

## Uses

Leaves, seeds.

This species is mostly used as an ornamental in the flower garden for its golden brown foliage.

Nevertheless seeds and leaves can be used to add an anise-like flavour to fish, chicken and salads. The seeds are used in Mediterranean dishes, in sausages, bread and cakes. In Asian countries they are part of various spice mixes and are used roasted to freshen the breath after a meal.

Fennel seeds when boiled and steeped in water, aid digestion helps ease flatulence and griping and it is thought to break up kidney stones. It is safe to use for babies with colic. It also helps to promote milk flow, to improve sight and relieve tired eyes. The extract of fennel seeds is one of the main ingredients of Absinthe, a very strong and mostly prohibited alcoholic beverage. The compound that gives Fennel its distinctive flavour and is also the main contributor to the above effects is anethole, an essential oil.

## Origin & History

Fennel originates in the Mediterranean region, and is naturalized in most parts of the world, along riverbanks and along seashores.

Roman soldiers used it to prevent diseases; women used it to prevent obesity and to assist during fasting and prolonged church services, as it is appetite-suppressing.

Its antioxidant and pest-dispelling quality was also used during the Middle-Ages to make old meats more palatable.

