



Get to know: Fennel

Fennel (*Foeniculum vulgare*) is flowering plant species in the Umbellifereae family so is closely related to parsley, carrots, dill and coriander. It is highly aromatic, both as a spice and as a plant, with a distinct licorice or anise taste, which have many confuse it for anise when going to the market. The fennel plant itself is composed of a white or pale green bulb from which closely superimposed stalks are arranged. The stalks are topped with feathery green leaves near which flowers grow and produce fennel seeds. The bulb, stalk, leaves and seeds are all edible – minimising food waste!

It is one of the three main ingredients in the alcoholic beverage absinthe and has also been known to be an effective flea deterrent.

Nutrition

One cup (100g) of sliced raw fennel has 27 calories, 6g of carbohydrates, 2,7g of fibre and 1,1g of protein. With 27 calories per 1-cup raw serving, fennel will fill you up without costing you too many calories. If you're trying to control your calorie intake to lose weight or maintain a healthy weight, foods like fennel make a good choice.



Facts

In ancient Greece, the Greeks knew fennel by the name of “marathon”. The plant features a prominent role in the legend of great battle of Marathon (literally translated to “a place full of fennel”) and Pheidippides running the “marathon” distance to deliver the news of the Persian's defeat to Sparta. Following his death, immediately after delivering the message, he received a fennel/marathon as a reward.

Health Benefits

Like many of its fellow species, fennel contains its own unique combination of phytonutrients—including the flavonoids *rutin*, *quercetin*, and various *kaempferol glycosides*—that gives it strong antioxidant activity. In addition to its unusual phytonutrients, fennel bulb is an excellent source of vitamin C, vitamin B (folate), dietary fiber and potassium, which all have been associated with reduced high blood pressure, minimized risk of strokes, heart attacks, colon cancer and blood vessel damage.

source: [en.wikipedia.org/wiki/Marathon, Greece](https://en.wikipedia.org/wiki/Marathon,_Greece), www.whfoods.com , en.wikipedia.org/wiki/Fennel
image: dietitianontherun.files.wordpress.com

With Fennel you can try:

Fennel Orange Salad

Recipe by: Martha Stewart

Serves: 4

What You Need:

- 2 medium fennel bulbs
- 5 oranges
- 2/3 cup fresh parsley
- 2 tablespoons pitted black olives
- 1 teaspoon olive oil
- Coarse salt and freshly ground pepper

What To Do:

1. Using a paring knife, remove the peel and pith of the oranges. Separate oranges into segments over a large bowl (to catch the juices), then add segments to bowl.
2. Add sliced fennel, parsley, olives, oil; season with salt and pepper. Gently toss, and serve.

source: [yummly.com/recipe/external/Fennel-Orange-Salad-Martha-Stewart](https://www.yummly.com/recipe/external/Fennel-Orange-Salad-Martha-Stewart)

More information

- Roasted fennel with parmesan (ovo-lacto vegetarian): [yummly.com/recipe/external/Fennel-Orange-Salad-Martha-Stewart](https://www.yummly.com/recipe/external/Fennel-Orange-Salad-Martha-Stewart)
- Fish, fennel and tomato stew: [taste.com.au/recipes/8151/fish+fennel+and+tomato+stew](https://www.taste.com.au/recipes/8151/fish+fennel+and+tomato+stew)
- Honey-vinegar leg of lamb with fennel and carrots: [bonappetit.com/recipe/honey-vinegar-leg-of-lamb-with-fennel-and-carrots](https://www.bonappetit.com/recipe/honey-vinegar-leg-of-lamb-with-fennel-and-carrots)