**Fennel Plant**



**Foeniculum vulgare**

Recommended by the RHS to be an excellent attractant and nectar source for bees and other beneficial insects.

* Hardy perennial.
* Can reach 6 feet (2 metres).
* Stake if required.
* Prefers a sunny, moist, chalky soil but will tolerate slight shade.
* Avoid clay soils.
* Flowers July - October.
* **Culinary Uses**.
* Seeds are used to flavour bread and biscuits.
* Often used for making soup and in curries.
* Leaves and stems can be eaten raw in salad.
* Great for aniseed flavouring particularly with fish or poultry.
* Leaves can be infused in oil or vinegar.
* Flowers are edible.
* **Medicinal Uses.**
* Used to treat conjunctivitis, sore or inflamed eyes.
* Has anti-bacterial properties.
* Can be used to aid digestion, help wind, colic intestinal cramps and menopausal symptoms.
* The bruised seeds can be used to help increase milk flow in breast feeding Mothers.
* Crushed leaves and stems can be used to ease sore or swollen breasts due to breast feeding.
* Is used as a relaxant.
* Can be gargled for sore throats or as a mouth wash for gum disease!
* Can ease colds.
* Can be used as a liver tonic
* Sometimes used as a complimentary treatment for prostate cancer.
* Chew the seeds to sweeten breathe.
* Has been proven to reduce toxic effects in the body caused by alcohol.
* **Other Uses.**
* Attracts beneficial insects.
* Can be used to deter fleas if rubbed on animals’ coats or left in their bedding.
* The oils are sometimes used as a massage oil.

