

# 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.
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