

In The Bag
Potomac Vegetable Farms
Week 5, July 3, 2012
Featuring Fennel

Mini: sweet onions, chard, squash, cabbage, basil, fennel, cucumbers, potatoes
Regular: sweet onions, garlic, squash, beets, cabbage, fennel, potatoes, cucumbers, Thai basil
Robust: onions, garlic, chard, squash, beets, cabbage, basil, dill, kohlrabi, cucumbers, sage, fennel

Featured Veggie:

Fennel is commonly associated with Mediterranean cooking. Both the bulbs and the feathery fronds can be eaten raw and cooked. It has a slightly sweet, crunchy, anise or licorice flavor. It's high in vitamin C, fiber, potassium, and manganese. Try it raw in salads, or paired with fish to bring out the fish flavors. Use it in a stew to add a new depth to the flavors, or whiz some up with your favorite oil and vinegar for a zippy dressing.

Fennel leaves can be dried or frozen and used as an herb later. To dry: Preheat oven to 200 degrees. Arrange the stalks on a baking sheet. Put the baking sheet in the oven and leave them for three hours. When the timer goes off, turn off the oven but leave the baking sheet in. Leave the stalks in the oven overnight. In the morning, place the dried fennel in a plastic bag for use in future recipes. To freeze: chop, lay flat on a cookie sheet, and freeze. Transfer to a bag for use whenever you need it.

Fennel, with its sweet, anise flavor, is also often added to jams and jellies or pickles. Here are some fun recipes for you canners:

Vidalia Onion and Fennel Relish: <http://www.sbcanning.com/2011/03/vidalia-onion-fennel-two-roots-that-go.html>

Spicy Fennel Relish: <http://bopandbeep.blogspot.com/2011/07/spicy-fennel-relish.html>

Pickled Cucumber and Fennel (refrigerator pickles): <http://www.sippitysup.com/pickled-cucumber-fennel-make-turkish-style-meze>

Raspberry Fennel Jam: <http://easybohemian.com/2011/05/11/raspberry-fennel-jam/>

Savory Homemade Herb Jelly (for any herb!):

<http://www.learn2grow.com/projects/edibles/recipes/SavoryHomemadeHerbJellies.aspx>

Tomato and Fennel Jam: <http://adamkapela.com/tag/tomato-and-fennel-jam/>

Recipes:

Grilled Fennel with Balsamic: <http://www.potomacvegetablefarms.com/recipe/grilled-fennel-with-balsamic/>

Golden Beet and Fennel Saute with Anise Hyssop:

<http://www.potomacvegetablefarms.com/recipe/golden-beet-and-fennel-saute-with-anise-hyssop/>

Grilled Fennel with Lemon Oil: <http://www.potomacvegetablefarms.com/recipe/grilled-fennel-with-lemon-oil/>

Shaved Fennel Salad: <http://www.potomacvegetablefarms.com/recipe/shaved-fennel-salad/>

Celery and Fennel Gratin: <http://www.potomacvegetablefarms.com/recipe/celery-and-fennel-gratin/>

[fennel-gratin/](#)

Fennel and Raisin Salad with Walnut Croutons:

<http://www.potomacvegetablefarms.com/recipe/fennel-and-raisin-salad-with-walnut-cROUTONS/>