



# Fennel

## Purchasing Specifications

### Availability:

Year round

### Growing Regions:

Mexico, USA

### Storage/Handling:

- Storage Life (Days): 0 - 0
- Ethylene Producer: No
- Ethylene Sensitive: No
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: No
- Odor Sensitive: No

- Taste: Anise flavor, with a hint of celery
- Shape: Bulb is round, stalks are rectangular
- Variety AKA/Synonyms: Finocchio, Carosella, Florence
- Scientific Name: Foeniculum vulgare
- Flesh Description: Swollen bulb-like base of overlapping broad layers; the hard, thick root is similar to a celery root.
- Usage: The bulb can be eaten raw in salads or cooked.
- Skin Texture: Thick, crunchy
- Outside Coloring: White root with light green stalks
- Size: Small

## Nutrition Facts

### Serving Size: 1/2 fennel bulb

Amount Per Serving

Calories 36	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 61mg	3%
Total Carbohydrates 9g	7%
Dietary Fiber 4g	15%
Sugars 5g	
Protein 1g	3%
Potassium 484mg	10%
Vitamin A 8%	Vitamin C 19%
Calcium 6%	Iron 5%

\*Percent Daily Values are based on a 2,000-calorie diet.