

Harvest of the Month



Network for a Healthy California

Harvest of the Month is sponsored by



7500 students in Western Nevada County will sample Fennel this month through Sierra Harvest's Farm to School Program!



Healthy Serving Tips:

- Thinly sliced raw fennel bulb adds a sweet licorice flavor and crunchy texture to salads, slaws, pastas, and more
- To soften the flavor of the bulb, try braising, sautéing, roasting, or grilling it.

Fennel



Farm crew at Mountain Bounty Farm

Mountain Bounty is a 50-acre organic family farm located on the San Juan Ridge near Nevada City, California. They are the oldest and largest CSA farm in the Sierras. They provide weekly boxes of delicious, fresh produce year-round to their members throughout Nevada County. John Tecklin started Mountain Bounty Farm in 1997. Since then, Mountain Bounty has become an increasingly collaborative effort, with a team of farmers working together.

You can find Mountain Bounty produce at the Nevada City and North San Juan Farmers Markets, Briar Patch Food Coop, Mother Truckers, and California Organics.

Fennel Slaw

- 2 small fennel bulbs, thinly sliced
- 3 celery stalks, thinly sliced
- 1 apple, shredded or sliced
- 3 Tbsp olive oil
- 2 Tbsp apple cider vinegar
- 2 tsp lemon juice
- ¼ tsp sugar (optional)
- Salt and pepper to taste

Whisk together olive oil, vinegar, lemon juice, and sugar. Add fennel, celery, and apple, mixing to coat. Season with salt and pepper, to taste. Enjoy!



Tending to the row of watermelon radishes



If your student is eligible for free/reduced school meals you likely qualify for CalFresh, which can help you afford healthy and nutritious food:

C4Yourself.com



Fennel Fun Facts

For all ages:

Native to the Mediterranean region, fennel is one of Italy's most popular vegetables

Most fennel available in America is grown in California

Fennel has a flavor similar to black licorice

It is a member of the carrot and parsley family



All three parts of the fennel plant is edible: the bulb-like base, stalks like celery, and feathery leaves

Fennel seeds are used as a spice in many dishes, although they are sometimes confused with anise which comes from an entirely different plant.

For older students:

Nutrition-

Fennel is a good source of iron, fiber, and potassium, as well as many other vitamins. Just one cup of fennel contains almost 20 percent of your recommended daily value of vitamin C.

Science-

The scientific name for fennel is *Foeniculum vulgare*

Geography-

Fennel seeds are used in almost every culture:

They are an important seasoning in India, Afghanistan, Iran, and the rest of the Middle East, seen in blends like garam masala or panch phoron. In China fennel is an ingredient in five spice powder. In Europe, Italians use it on pork roast and in sauces, the French on fish, the Germans in sauerkraut, the Greeks in breads.

History-

Fennel was prized by the ancient Greeks and Romans who used it as medicine, food, and insect repellent. A fennel tea was believed to give courage to the warriors prior to battle

Henry Wadsworth Longfellow wrote a poem in 1842 poem titled "The Goblet of Life" which mentions fennel and the belief that fennel could strengthen eyesight:

With fennel is it wreathed and crowned,
Whose seed and foliage sun-imbrowned
Are in its waters steeped and drowned,
And give a bitter taste.
Above the lower plants it towers,
The fennel with its yellow flowers;
And in an earlier age than ours
Was gifted with the wondrous powers
Lost vision to restore.