



LUXURY OF FREEDOM

Benefits of Fennel



Fennel is full of dietary fiber, potassium, molybdenum, manganese, copper, phosphorus, and folate; Essential for overall health and a delicious herb known for its aromatic properties. At BIG BERRY you can pick fresh fennel from our garden and create your very own healthy recipe! Continue on for more tips...

Immune Support

Fennel is an excellent source of Vitamin C, especially found in the fennel bulb. Vitamin C is the body's primary water-soluble antioxidant. It is able to neutralize free radicals in all aqueous environments of the body; especially helpful for the prevention of cellular damage that can cause joint deterioration and pain.

Cardiovascular Health

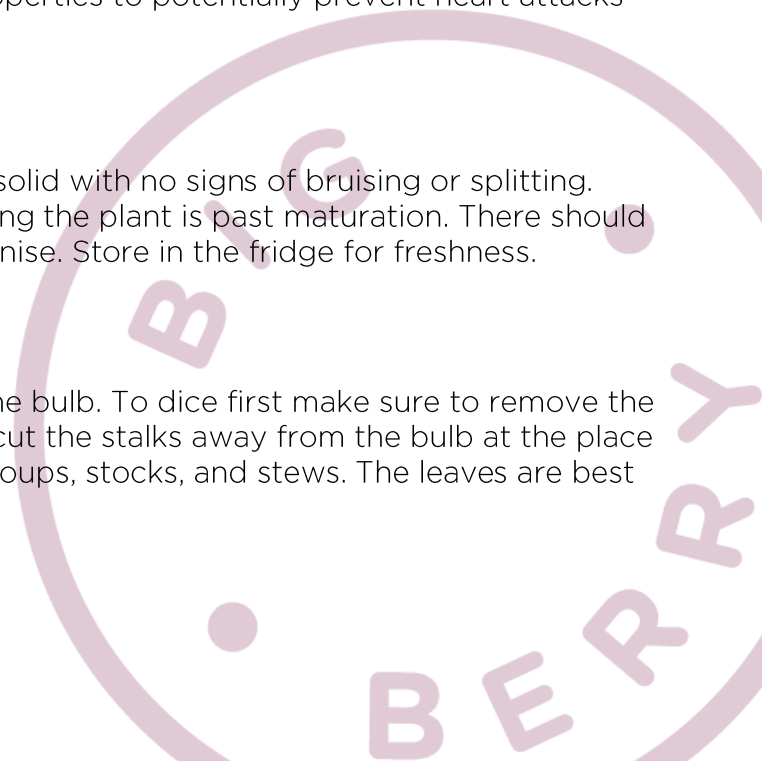
Fiber found in the fennel bulb can also help reduce elevated cholesterol levels. The herb is also a great source of folate – a B vitamin necessary to turn harmful molecules found in the body into benign (or non-harmful) molecules; Having the properties to potentially prevent heart attacks and strokes.

How to Pick 'Em

The bulbs of the herb should look clean, firm, and solid with no signs of bruising or splitting. There should be no signs of flowering buds, meaning the plant is past maturation. There should be a fragrant aroma smelling subtly of licorice or anise. Store in the fridge for freshness.

How to Cook 'Em

The best way to slice fennel is vertically through the bulb. To dice first make sure to remove the hard core from the center of the bulb. Otherwise, cut the stalks away from the bulb at the place where they meet. The stalks can also be used for soups, stocks, and stews. The leaves are best used as herb seasoning. Enjoy!





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Below we offer a delicious recipe with the added health benefits of better immune system function and preventative care. Enjoy our star, Fennel!

Caramelized Fennel, Leek, and Orange Salad

Ingredients:

- 1 tablespoon butter
- 1½ tablespoons coriander sugar (or whisk freshly ground coriander with unrefined sugar)
- 1 navel orange, peeled and pith removed, fruit cut into 1/2-inch rounds
- Extra-virgin olive oil
- 1 fennel bulb, sliced 1/4-inch thick
- 1 large leek, white and light green parts sliced 1/4-inch thick on the diagonal
- Ground coriander
- ¼ cup sambuca or ouzo
- Salt and pepper
- Zest of 1/2 orange, for garnish
- 2 tablespoons fennel fronds, chopped or picked, for garnish

1. In a skillet just large enough to hold your orange slices in one layer, heat the butter. When it's melted and is foaming, add the coriander sugar. When that is melted and has started to caramelize, lower heat to medium and add the orange slices. Cook 3 minutes, flip, lower heat to medium-low, cook 2 minutes more, and remove from heat.
2. In a large, deep skillet, heat some olive oil (enough to slick the bottom of the pan) over medium-high heat. When it's hot, add the fennel and leek slices and sprinkle with ground coriander. Sear for 3 minutes, flip, and add 1/4 Ouzo or Sambuca. Sprinkle somewhat generously with salt and cook 3 minutes more.
3. Remove the fennel and leeks from the heat and transfer carefully to a serving bowl. Layer the orange slices carefully over them, sprinkle with salt and freshly ground pepper, drizzle with a bit of olive oil, and toss the fennel fronds and orange zest over. Serve.

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