

Kids at the Co-op

EAT THOSE VEGGIES

Fennel

Even though it may not look like it, Fennel is part of the carrot family. Unlike carrots, the Fennel plant can grow up to 10 feet tall!

The base of the Fennel bulb is called the crown. The crown is crunchy, sweet, and kind of tastes like licorice. You can eat every part of a Fennel bulb: the crunchy white crown, tender green stems, and feathery foliage. In some places, people chew on Fennel seeds after a meal for fresh breath.

Fennel contains powerful antioxidants which can help lower inflammation in our bodies. You can eat Fennel raw or cooked. Cooked Fennel is sweeter and softer than raw Fennel.

Fennel and Radicchio Sald with Tangerine Dressing

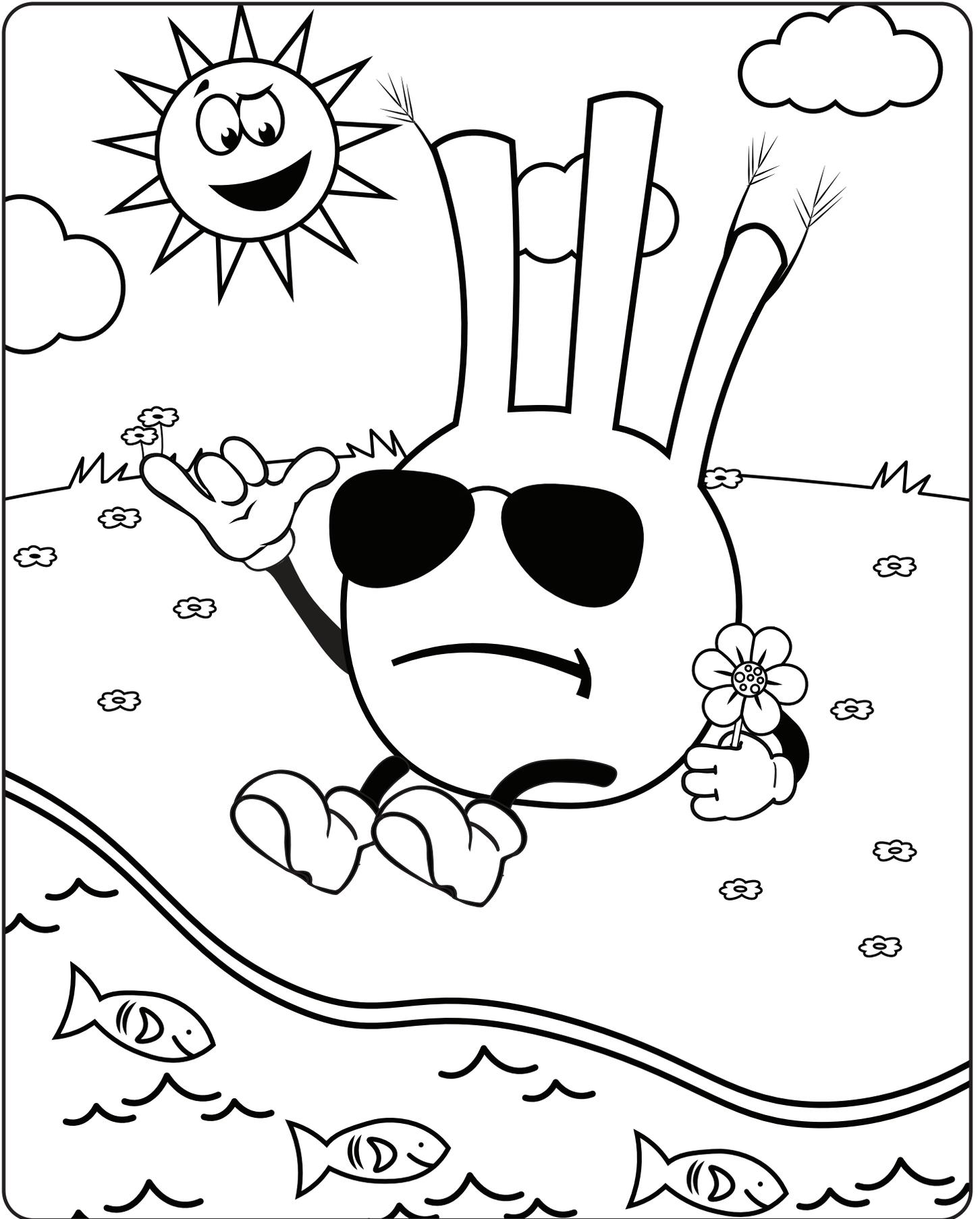
- 1 head fennel, halved, cored, and very thinly sliced
- 1 medium head radicchio, halved, cored, and thinly sliced
- 2 tablespoons finely minced shallot (about 1 small shallot)
- 1 teaspoon Dijon mustard
- 1 teaspoon finely grated zest and 2 tablespoons fresh juice from 1 tangerine
- 2 tablespoons fresh juice from 1 lemon
- 1/2 teaspoon ground fennel seed
- 3/4 cup extra-virgin olive oil
- Kosher salt and freshly ground black pepper

Combine the thinnly slice radicchio and fennel in a bowl and toss.

To make the dressing, combine minced shallot, dijon mustard, tangerine zest and juice, lemon juice, ground fennel, olive oil, salt, and pepper in a bowl and whisk until combined. Drizzle on the dressing and serve!

Fennel Tea

Add the tops of the fennel into a pot with a 3-4 cups of water. Bring to simmer for 5-10 minutes. Strain and allow to cool for a few minutes. Add honey or sugar to taste!



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