

HOW TO GROW FENNEL

A versatile and beautiful addition to your vegetable garden!



ABOUT FENNEL

Fennel is easy to grow and adds a delicious anise-like flavor to many dishes. All parts of the plant are useful—bulb, stalks, fronds, seeds, and flowers!



SUNLIGHT

Full sun
(at least 6–8 hours per day)



SOIL

Well-drained, fertile soil with plenty of organic matter.



WATER

Keep soil evenly moist but not soggy. Drought tolerant once established.



TEMPERATURE

Fennel prefers cool weather. Ideal growing temperature is 60–70°F (15–21°C).



COMPANION PLANTS

Good with cabbage, broccoli, lettuce, and herbs. Helps repel pests!

HOW TO GROW

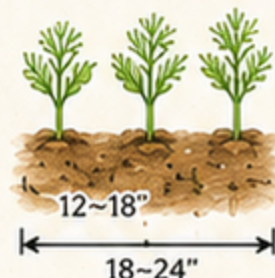
1 START FROM SEED

Sow seeds directly in the garden 2–4 weeks before the last expected frost in spring. Fennel does not transplant well, so direct sowing is best.



2 SOW THE SEEDS

Plant seeds ¼ inch deep and space them 12–18 inches apart in rows 18–24 inches apart.



3 WATER & CARE

Keep the soil moist until seeds germinate (7–14 days). Thin seedlings to the recommended spacing. Mulch helps retain moisture and suppress weeds.



4 GROW & ENJOY

Fennel bulbs will begin to form at the base of the plant as it grows. Harvest when the bulb is about 3–4 inches wide for the best flavor.



HARVEST

- **Bulb:** Harvest when firm and about 3–4 inches wide.
- **Fronds:** Cut anytime for fresh flavor.
- **Seeds:** Allow flowers to dry and turn brown, then collect seeds.



USES



Adds delicious flavor to salads, soups, seafood, and roasted vegetables.



Fennel fronds make a beautiful garnish.



Fennel seeds are great for teas, breads, and seasoning.

DID YOU KNOW?

Fennel attracts beneficial insects such as ladybugs and lacewings that help control garden pests.



BEAUTIFUL, BENEFICIAL, AND DELICIOUS!

Fennel is not only a tasty addition to your garden and kitchen, it also attracts pollinators and beneficial insects, helping your garden thrive.

