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# Fennel



- ◆ Fennel is in the celery family. It is highly aromatic, crunchy, slightly sweet, and has a licorice flavor.
  - ◆ The bulb, foliage and seeds are widely used in many culinary traditions around the world. Fennel has been grown throughout Europe, especially areas surrounding the Mediterranean Sea, and the Near East since ancient times. Today, the United States, France, India and Russia are among the leading cultivators of fennel.
  - ◆ Fennel is an excellent source of vitamin C. It is also a very good source of dietary fiber, potassium, and manganese.
  - ◆ Ever since ancient times, fennel has enjoyed a rich history. The ancient Greeks knew fennel by the name "marathron"; it grew in the field in which one of the great ancient battles was fought and which was subsequently named the Battle of Marathon after this revered plant. Fennel was revered by the Greeks and the Romans for its medicinal and culinary properties.
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