



FENNEL

Foeniculum vulgare

Family: Apiaceae

A sweetly aromatic, perennial herb with feathery foliage, yellow umbels of flowers, and flavorful seeds. Valued for its culinary versatility and traditional medicinal uses, especially for digestive support, carminative and antispasmodic actions, and lactation support.

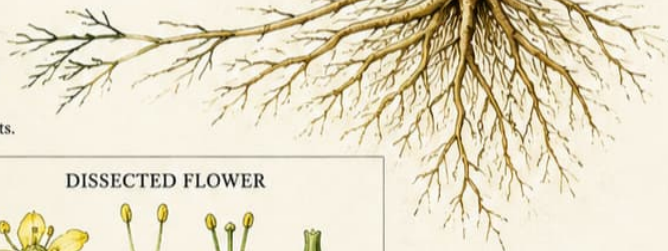
BULB

The swollen leaf bases form a crisp, tender bulb that is eaten as a vegetable.



ROOT

Fibrous root system anchors the plant and absorbs nutrients.



DISSECTED FLOWER



petal

stamen

pistil

ovary (inferior)

FLOWERING TOPS

Bright yellow umbels bloom in summer.

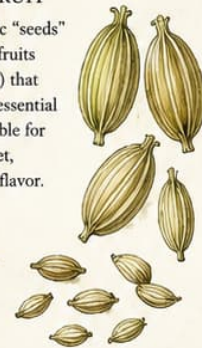


FLOWER DETAIL



SEED / FRUIT

The aromatic "seeds" are actually fruits (schizocarps) that contain the essential oils responsible for fennel's sweet, licorice-like flavor.



LEAVES

Finely divided, feathery leaves are used fresh in cooking and herbal teas.



BOTANICAL NOTES

Type: Perennial herb

Height: 4–6 feet (1.2–1.8 m)

Native Range: Mediterranean region

Soil: Well-drained, moderately fertile

Sun: Full sun

Parts Used: Seeds (fruits), leaves, bulb, flowers, pollen



Actions: Carminative, antispasmodic, expectorant, galactagogue, digestive



FENNEL vs. ANISE

A Quick Comparison



FEATURE	FENNEL 	ANISE 
 Digestive support	Excellent	Excellent
 Gas & bloating	Excellent	Good
 Culinary versatility	Very high	Moderate
 Bulb edible	Yes	No
 Leaves edible	Yes	Limited
 Traditional lactation support	Common	Less common
 Flavor	Sweet, herbal	Sweet, licorice-forward

