A simple guide to

FENNEL

Delicate fronds mild in flavor

Long green stalks with a round white bulb

Slightly sweet, mild licorice flavor

Becomes sweeter when cooked



In Season

September - November

F M A M J J A S

How To Select



Choose fennel with bright white, tightly-wrapped bulbs & feathery greens.



Avoid brown spots, slits & wilted greens.

How To Store

 Separate unwashed bulb from stems & store both in a zip-close bag & refrigerate up to 10 days.

How To Prepare



Cut bulb into quarters.
Drizzle with olive oil & roast
at 400°F 20-35 min until
tender & browned.

Chop up whole fennel plant to create "bed" for roasting poultry & meats.



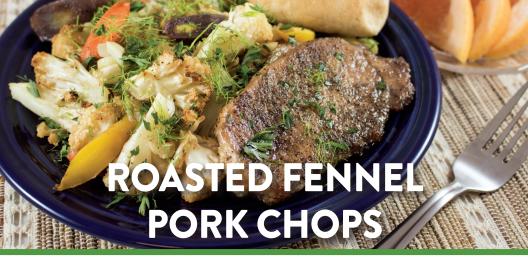
Cut off stalks & leaves from bulb. Thinly slice for snacking or use in salads, sandwiches & wraps.

Mince leaves & add into salads, soups, dressings & pasta dishes.



Use fennel stalks in place of celery in soups, stews, stir-fry & more!





Ingredients:

- •2 fennel bulbs, diced, greens separated & minced
- 1 medium bunch rainbow carrots, sliced, greens separated & minced
- 1 medium head of cauliflower
- •3 Tbsp olive oil
- 4 cloves garlic, minced
- 2 tsp black pepper, divided
- Non-stick cooking spray
- 1 Tbsp chopped fresh thyme
- •8 (4 oz) boneless, thin-sliced pork chops, fat trimmed

Preparation:

- 1. Preheat oven to 400°F.
- In a large bowl, add fennel, carrots & cauliflower.
 Drizzle olive oil, garlic & 1 tsp pepper over vegetables.
 Toss to combine.
- Lightly coat two foil-wrapped sheet pans with cooking spray. Spread vegetables evenly on pans & roast 15 minutes.
- 4. Meanwhile, in a medium bowl, combine remaining pepper & thyme. Coat pork chops & set aside.
- 5. Remove pans from oven. Place pork chops on pans with vegetables. Roast another 20-25 minutes or until pork is cooked through & vegetables are fork-tender. Turn pork & vegetables half way through.
- 6. Serve pork chops & vegetables topped with minced carrots & fennel greens.

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45 Min | Serves 8





