

Fennel

Foeniculum vulgare

Tall, feathery-leaved perennial with yellow umbrella-like flower clusters and aromatic seeds



Distinctive for its sweet, anise-like flavor and graceful, airy foliage
Protection - Purification - Courage
Used in cooking, teas, oils and ritual

Fennel is cherished for its bright flavor, digestive benefits and long history as a herb of strength and spiritual cleansing



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☀️ full sun | 💧 moderate water | 🌿 rich, well-drained soil

📏 Zones 4-9

Fun Facts

In Greek myth, Prometheus used a hollow fennel stalk to steal fire from the gods and bring it to humanity

Harvest/Storage Notes

Harvest leaves young for fresh use; collect seeds when heads turn brown and dry

Hang umbrels upside down in paper bags to catch seeds. Store dried seeds in airtight jars away from light

In the Kitchen

Use leaves, bulbs and seeds in soups, salads and roasted dishes

Infuse in teas, syrups and herbal liqueurs

Adds a sweet, anise-like flavor to fish, vegetables and baking

Medicinal Uses

Traditionally used for digestion, bloating and respiratory health

Used in teas, tinctures or as a gentle carminative

Generally safe for most, avoid high doses during pregnancy

Key Constituents

Essential oils (anethole, fenchone, estragole), flavonoids, coumarins, and vitamins A & C

Magical Properties

Planet: Mercury --- Element: Fire

Associated with courage, protection and purification

Used in charms for strength, banishing negativity and warding off harmful energy

Use to relieve bloating, indigestion and gas

Add to cleansing rituals and to sachets to dispel negativity

Carry or burn seeds to strengthen will and confidence

Airy flowers are a favorite of pollinators and is a favorite food for swallowtail caterpillars so plant to encourage butterflies

Height and feathery growth add texture to garden borders