



Fennel

Contact your local supplier to order our finest Italian specialties.



About Fennel

Available: Year Round

Also known as: Sweet Anise

Characteristics: Fennel is a root vegetable with a feathery frond and a large bulbous root. The bulb's texture is similar to celery and can be enjoyed fresh, roasted, sautéed, or boiled. The frond can be minced and added to dishes the way you'd use a fresh herb. Fennel is slightly sweet with a hint of black licorice and pairs well with shellfish and poultry dishes.

Preparation Suggestions

Always rinse your produce under cool water before using. For fresh, easy preparation, thinly slice the Fennel bulb and add to a salad or sandwich. Fennel can also be sautéed (it caramelizes very well) or roasted at 475 degrees Fahrenheit for about 10 minutes.

Storage/Shelf-Life

Keep Fennel refrigerated in a crisper or in a sealed plastic bag. It should last up to a week.

Style / Case	Case / Pallet	Case Cube	Ti	Hi	Net Weight
Fennel 12 ct*	64	20 x 12 x 9"	8	8	15 lbs
Fennel 24 ct	54	20 x 12 x 9"	6	9	30 lbs
Fennel 30 ct	54	20 x 15 x 9"	6	9	30 lbs
Trimmed Fennel Pack	204	12.5 x 12 x 5.5"	12	17	8 lbs

* UPC options