

# Fennel



## Description

Fennel is a leafy vegetable that can be eaten in its entirety: leaves, seeds and bulb.

Rich in vitamins and fiber, eaten raw or cooked, fennel has a slightly aniseed taste.

## Watering



Water regularly to keep the soil moist.



However, the water must not stagnate, as fennel does not like this.

## Sowing

1



Sow in rows: dig furrows 5 cm deep, 30 cm apart. Place seeds and cover with soil. Water in fine rain.

2



As soon as 4-5 leaves appear, keep only the most vigorous plants.

## Harvest



Harvesting takes place around 4 months after sowing, as and when required.

Bulbs should grow to 8-10cm.

## Maintenance

Weeding and hoe regularly to limit weeds.

During cultivation, add soil around the base of the fennel plants, up to a height of 10-15 cm.

Mulching will reduce the frequency of watering.

## Tips

A number of plants can be combined with fennels to protect them from pests and ensure their growth: mainly celeriac, lettuce and leek.

Companion plants ✓



To avoid ✗

