



FENNEL

By, Shivani Sharma (6th Grade)

Fennel is a hardy plant with a white bulb and thin long green stalk. All parts of the plant can be eaten (including the bulb, stalk, leaves and seeds) and while it originated in the Mediterranean, it is now grown everywhere with ease. It has a licorice-like fragrance and is used as a mouth freshener in Indian and Middle eastern cuisines. While it was widely popular in Greek and Italian cooking, it is now popular in other cuisines as well. In addition, it has several health benefits as well as nutritional advantage.

It contains potassium, calcium, dietary fiber, iron, Vitamin B6, Vitamins A, C, E and K. It also contains trace amounts of phosphorus, zinc, selenium etc. which the body needs in small quantities for proper functioning.

The health benefits of fennel are:

- Controlling blood pressure
- Bone health (calcium)
- Heart health (because of fiber, potassium, folate, vitamin C, vitamin B-6, and phytonutrient content)
- Anti-cancer properties (selenium can help prevent and control tumor growth)
- Digestion and Metabolism (due to fiber and Vitamin B6 respectively)