

Fennel

- Cut off stems, and slice bulb lengthwise into small pieces or dice.
- Use to enhance fish and poultry dishes, as well as salads. Shave the bulb on top of greens, roast with root vegetables, or serve grilled.
- Eat quickly! (within 1 week)

Store unwashed bulb in a plastic bag and keep in the fridge for up to 1 week.

To freeze: wash bulb, chop into small pieces, and place in ice tray with water. Place cubes in a plastic bag until ready to use.

