

Foeniculum vulgare



Common name: Fennel

Scientific name: *Foeniculum vulgare*

Family: Apiaceae

Important part used: Leaves, seeds and fruit

Fennel is a tall aromatic perennial herb. It is indigenous to the Mediterranean region. All parts of the plant are aromatic.

Economic importance: Dried fennel seeds are used in curry powders and pickles. It is used for flavouring soups, meat dishes, sauces, pastries, liqueurs, confectionery etc. Leaves are used to flavour fish sauces and for garnishing. Fennel oil extracted from the fruit is used as a stimulant, carminative and as a vermicide against hookworm. The oil is also used in perfumes, soaps, and medicine.