



Fabulous Fennel

THE ORGANIC BOX NEWS

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This week, the local farm Sundog Organics is treating us to local Red Norland Potatoes, and fabulous fennel!

Fennel can be a bit perplexing if you are not used to cooking with it. When fennel is raw, it tastes a lot like licorice, but it is very gentle when cooked. Be sure to use the whole vegetable. The root or bulb is great raw, grilled, or glazed. The feathery top part is known as the frond. The frond is excellent fresh or dried as a tea.

Roasted Fennel



Ingredients

- 2 bulbs fennel
- 2 tbsp (30 mL) extra-virgin olive oil
- 2 tbsp (30 mL) fresh thyme, or basil
- 1 tsp (5 mL) kosher salt
- 1/4 tsp (1 mL) pepper

Directions

1. Trim fronds and bottom from fennel and cut each bulb into 6 wedges through stem (so wedges will hold together). Sprinkle with oil, thyme or basil, salt and pepper.
2. Arrange wedges on a parchment-lined baking sheet and roast in a preheated 425°F (220°C) oven for 25 to 30 minutes, or until tender.

Fresh and Dry Fennel Tea

The **Fresh** frond can be washed, chopped, and put right into hot water. Steep the frond for about 5 minutes. Then relax and enjoy your tea!

Fennel is a great digestive aid. Known to relax the gut and relieve abdominal pain, acid indigestion, bloating and gas

If you would like to **dry** the frond, place it between two pieces of parchment paper and microwave it for a couple of minutes. Then, freeze it on cookie sheets. Thaw and use the dried frond just as you would use the fresh frond in tea.

About Sundog Organic Farm

Sundog Organic Farm grows the best tasting vegetables they can for the Edmonton community. They use responsible farming methods and are intent on learning and implementing methods of farming that respect our earth.



Sundog Organic Farm is run by James Vriend and Jenny Berkenbosch, husband and wife team, and their two young sons, Silas and Eli. They have been in operation since 2009.

This year they moved to a 10 acre piece of land north east of Edmonton. It has wonderful soil and access to water...but last

year it was a potato field! So they are very busy building infrastructure such as irrigation systems, coolers, wash facilities and storage in addition to the already busy task of growing food.

They are certified organic growers. Their produce is in transition to becoming organic because it is being grown on land that was previously not certified organic. You will notice a (T) beside their produce on our order page to indicate that they are a transitional farm. They are totally committed to organic farming practices and are looking forward to building the health and vitality of their patch of the earth.

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