

## *FENNEL - sprouts and microgreens*

Fennel is a very aromatic plant with a delicate and distinctive taste. Used with meat, fish and in salad preparations. Fennel has diuretic properties that can help with the elimination of excess liquids and fats in the organism. It also stimulates salivary activity and gastric secretions.

Seeds soaking (hours)	Rinse/drain seeds per day	Days to harvest		Yield (weight ratio)	
	Sprouts	Sprouts	Microgreens	Sprouts	Microgreens
8-12	2-3	5-6	10-14	2: 1	1 : 1



**Seeds**



**Sprouts / 6 days**



**Microgreens / 14 days**

**Taste** Light anise flavor. Enjoyable and perfumed, it can also be mixed with other seeds.

**Appearance** Pretty striated seed, light brown in color.

**Nutrient** Vitamins A, B1, B2, B3 or PP, C. Rich in iron, phosphorus, potassium, copper, calcium et manganese.

**Use** Germinated fennel seeds are quite versatile and its fresh flavor allows for a balance in tastes weather with salted or sweet combinations. Perfect in sandwiches, salads, tomatoes, crudités and much more.