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BIO - Knollenfenchel

Organic - Florence Fennel

Foeniculum vulgare var. *azoricum*

Fino is an early-maturing and exquisite fennel variety from the region of Florence. The bulbs are round and thick with a fine anise flavour. Fennel provides an aniseed-like flavour and can refine salads and stuffing/fillings, as well as aromatic dips. Thinly sliced, it goes well with a dressing of olive oil and balsamic vinegar with a touch of garlic. The delicate green of the fennel plant can

Natural location: Fennel is native to the Mediterranean and the Near East. Nowadays, it can also be found in the Arab region and in China.

Cultivation: Fino is a spring fennel variety and can be sowed out from April onward and harvested from June on. However, pre-cultivation from January indoors can also be recommended. Plant the seeds about 1 cm deep into coconut substrate or organic vegetable substrate. A temperature between 18° and 30° Celsius would be ideal for cultivation. When the seedlings are about 5 to 8 cm tall, they should be pricked out and shifted into suitable pots. As soon as the young plants are sturdy enough, they can be moved out in the open during May while providing about 30 cm space around every plant. Make sure to move your plants out before the middle of August – at the latest – as to achieve a strong bulb formation. Prior to moving the plants out, you should mix a layer of matured compost into the soil.

Place: Fennel requires humus-rich, permeable soil, steady water and nutrient supply, and a sunny and wind-sheltered place for cultivation.

Care: The soil should be fine-crumbly and moist, but not wet. With regularly raking you can keep the earth loosened. It is also advisable to enrich the soil with compost, as Fennel has a high demand of nutrients. Latest two weeks before harvesting, you should earth up a bit to facilitate the development of the delicate and white-coloured bulbs. Simply use a hoe to move some of the surrounding earth closer to your vegetable plant, until the fleshy petiole is fully covered and the green parts of the leaves stay clear. Check on the size of the bulbs from time to time – if they have the size of about a fist, it would be the best time for harvesting.

During the winter: Fennel can withstand minor frost, but that will compromise the quality of the vegetable. It would be better to re-seed every year.

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