



The Herb Society of America

2009 Promising Plant Profile

Foeniculum vulgare* subsp. *vulgare* var. *azoricum

Common Name: Orion Fennel, bulb fennel

Family: Apiaceae (Umbelliferae)

Genus: *Foeniculum*

Specific Epithet: *vulgare* subsp. *vulgare* var. *azoricum*

Cultivar: 'Orion'

Life cycle: annual

Zone: 7, grown as annual elsewhere

Flower color/Bloom time: golden yellow

Growth/Habit/Form: bushy, 18 x 24"

Light requirements: full sun to partial shade

Propagation: seed, plants can also be propagated by division in the spring.

Use: culinary, medicinal, essential oil; butterfly gardens



HSA©2009/August 20



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Description/Cultivation: Orion fennel sends up several smooth stems bearing feathery, dark green foliage on clasping leafstalks. The stems have very light striations running down their length. In late summer, golden yellow flowers appear in large, flat umbels. 'Orion' produces large round bulbs that have a crisp taste with a slight anise flavor. Remove flower buds to encourage thicker stems. Trim the plant without delay after the flowers appear to prevent the plant from setting seed. Do not plant fennel near dill because the plants may hybridize. Fennel may attract swallowtail butterflies. Rich in Vitamin C; the bulbs are used in soups, baking, and salads. Add fennel to dishes towards the end of the cooking time to bring out the best flavor.

Disclaimer: Profiles are intended to provide a brief introduction to each herb. For additional information on uses, including medicinal contraindications, see the References list. The Herb Society of America can not advise, recommend, or prescribe herbs for medicinal use. Please consult a health care provider before pursuing any herbal treatments. Inclusion of vendor information does not indicate an endorsement by The Herb Society of America, and HSA can not guarantee availability of seeds/plants.