



APRIL 2026

# FENNEL SEEDS



Each month from February to November, we'll offer a free "take-and-make" spice kit highlighting a different spice, herb, or blend. Each kit includes a small portion of the featured spice, enough for the suggested recipes on the back page. Kits will be available starting the first Monday of the month at the Adult Services desk at both Harnish and Eastgate branches. Supplies are limited. Please take one kit per household. After trying the recipes, we'd love to hear from you! Share your photos, tips, or feedback at [info@aapld.org](mailto:info@aapld.org).

**Fennel seeds** come from the plant *Foeniculum vulgare*, an aromatic herb in the carrot family. The seeds are small, oval, and greenish-brown, with a sweet, slightly licorice-like flavor. They are harvested from the dried flowers of the plant and used widely as a spice, while other parts of the plant, such as the bulb and fronds, are also edible.

**Culinary Uses** Fennel seeds are a versatile spice used in many global cuisines, including Indian, Middle Eastern, and Mediterranean cooking. They are a key ingredient in spice blends like garam masala and are commonly added to curries, soups, roasted vegetables, and sausages. In baking, they can flavor breads and pastries, and they are also steeped to make herbal tea. In some cultures, they are chewed after meals to freshen breath and support digestion.

**Health Benefits** Traditionally, fennel seeds have been used to support digestion and help relieve bloating, gas, and indigestion. They contain antioxidants and plant compounds that may have mild anti-inflammatory effects. In herbal practices, they are sometimes used to support menstrual comfort and general digestive wellness. While widely used in traditional medicine, these benefits are not a substitute for professional medical advice.

**Fun Facts** Fennel has been associated with symbolism and folklore for centuries. In ancient Greece, it was linked to strength and endurance, and the Battle of Marathon is said to have taken its name from the fennel fields that covered the area. In various traditions, fennel seeds were believed to protect against negative influences and were sometimes used during fasting periods to help control appetite. Today, they remain one of the most widely used digestive spices worldwide.

**ALLERGEN WARNING** AAPLD is not responsible for any reactions or sensitivities to any spice. Please be aware that spices may contain or come into contact with common allergens like dairy, eggs, soybeans, tree nuts, peanuts, fish, shellfish, or wheat. Stay safe! Cook with caution.





## **PORKTENDERLOIN W/FENNEL SEEDS & ONION**

### **Instructions**

- 2 tablespoons extra virgin olive oil
  - 2 onions, sliced
  - 1 lb pork tenderloin
  - ½ teaspoon salt
  - ¼ teaspoon pepper, freshly ground
  - 1 tablespoon fennel seed
  - ¾ cup dry red wine
  - ¼ cup parsley, finely chopped
- In skillet, heat 1 tbsp oil over medium heat.
  - Cook onions, stirring often, until tender and golden brown, about 20 minutes. Transfer to bowl.
  - Meanwhile, cut pork into 1-inch thick medallions; season with 1/2 tsp salt and 1/4 tsp pepper. Set aside.
  - In same skillet, heat 1 tbsp oil over medium-high heat; fry fennel seeds for 10 seconds.
  - Add pork; brown on both sides, about 4 minutes.
  - Pour in wine and increase heat to high; cover and cook for 3 minutes.
  - Turn over pork and cook, uncovered, until wine is reduced to about 2 tbsp, 2 to 3 minutes.
  - Transfer pork to warm serving plate. Set aside.
  - Add onions and parsley to skillet and heat through, about 1 minute; serve over pork.

Source: <https://www.food.com/recipe/pork-tenderloin-with-fennel-seed-and-onions-163570>



## **ZUCCHINI SAUTÉED WITH FENNEL SEEDS**

### **Instructions**

- 1 tbsp extra virgin olive oil
  - 3 zucchini, thickly sliced diagonally
  - 1/2 red onion, thinly sliced
  - 2 garlic cloves, finely chopped
  - 1 tsp fennel seeds, coarsely crushed
  - 1 tbsp white balsamic vinegar
- Heat the oil in a large non-stick frying pan over medium-high heat.
  - Add the zucchini and stir for 5 minutes or until golden.
  - Stir in the onion, garlic and fennel seeds.
  - Cook, shaking the pan occasionally for 2 minutes or until the onion softens slightly.
  - Stir in the vinegar.
  - Season with salt and pepper.

Source: <https://www.taste.com.au/recipes/zucchini-sauteed-fennel-seeds/c05ded99-973a-4d60-81c6-4c4a99a36f55>