

Gilbertie's

Est. 1922

ORGANICS



HERBS

Local • Soil Grown

FENNEL BRONZE



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USES

- Seeds and leaves are often added to pork, fish, salads, cookies, and cakes
- Bronze fennel is favored as decorative, but can be added to many dishes just like other types of fennel



GROWING & PLANTING

- For indoor growing, plant in the fall and keep in cool, light areas
- Plant seeds outdoors after the last frost of the winter or spring season



FOLKLORE & SYMBOLS

- Ancient Greek athletes thought it increased strength
- Known as the "torch plant" in Greek mythology as Prometheus used the hollow stalks to steal fire