The Farm at Miller's Crossing

Week of June 21st 2010
farmatmillerscrossing.com

From the Farmers…

In yesterday's farm walk around the farm we saw something very exciting. It may look like a field of asparagus, but it is not. It is fennel, one of my favorite fresh out of the ground vegetables.

We decided to bring fennel back this year, and hope that you will be able to find delicious ways to enjoy its fresh, anise flavor.

Fennel is known by three distinct types - sweet fennel, Florence fennel, which has a distinctly large bulb and is used in cooking, and common fennel, which has little culinary use. We are growing Florence fennel, great in salads and other fresh sides.

It has a fresh anise/licorice flavor, and just about every part of the plant has a use in the kitchen.

The history of fennel goes back to ancient times as it was easily accessible throughout the Mediterranean Basin. Roman warriors are said to have consumed fennel to make them strong.

In some western cultures, hung over doors or placed in key holes, fennel was thought to ward off evil spirits or ghosts. It was said to be especially effective at the summer solstice.

We will be sending Fennel your way next week, so get ready…..please send along any favorite recipes too and we will post them on our blog.

Enjoy the share, Katie

With a new butcher and a great spring of early grazing, we have beef again….and will be sending out price sheets and ordering instructions within the week.