



Fennel

Botanical Name: *Foeniculum Vulgare*

We offer Egyptian sweet Fennel seed. It is threshed by hand and grows up to 1.5 - 2m tall. Fennel has grown in Egypt for years and has adapted really well. The Fennel seed used in our blends are high in essential oils, making it a very high quality as it is these oils that give the distinct aromatic Anise flavor. Fennel is fantastic for supporting digestion.

TASTING NOTES: Aniseed-like, sweet, aromatic

We recommend that you consult with a qualified healthcare practitioner before using herbal products, particularly if you are pregnant, nursing, or on any medications. This information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. For educational purposes only.

This ingredient is sourced from Egypt.



Now that you know more about Fennel, discover other unique African ingredients by visiting our website or social media!

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