

Fennel Seed - Saunf

Cooking

Dried fennel seed is an aromatic, anise-flavored spice, brown or green in color when fresh, slowly turning a dull grey as the seed ages. For cooking, green seeds are optimal. The leaves are delicately flavored and similar in shape to those of dill.

Fennel is used in curry blends, Chinese five spices, and herbs de Provence, as well as to flavor curry and baked goods.



Benefits

- The presence of terpenoid anethole in fennel has made it famous for treating digestive ailments since the time of the ancient Egyptians. It has the ability to calm the gastrointestinal tract and relieve cramps.
- Often fennel is mixed with wormwood, peppermint, and caraway to treat heartburn, indigestion, and Irritable Bowel Syndrome (IBS).
- Fennel has aided many women with health issues. It will relax the uterus and promote natural breast enhancement. Fennel is also used to treat hormonal imbalance which causes PMS, menopause, and low libido, and to stimulate menstruation and milk production in nursing mothers.
- Fennel has some diuretic effect, and may help reduce a problem with water retention. Fennel for some reduces the appetite and is therefore effective in weight loss
- It is recommended that pregnant women stay away from mixtures containing fennel. In large quantities fennel is a uterine stimulant.