



Strawberry and Sweet Fennel Compote

Makes 1 9x13 inch pan

INGREDIENTS

**2 small, young sweet
fennel bulbs (or 1
small cultivated
fennel bulb)—halved,
cored and diced**

2 tsp of vanilla extract

Salt

1 pound small
strawberries, diced

¼ cup plus 2 tbsp sugar

2 tbsp fresh lemon juice

INSTRUCTIONS

In a 9-by-13-inch baking dish, combine the fennel, vanilla, a pinch of salt and 2 tbsp of water. Cover with foil and roast until the fennel is tender, 30 minutes. Meanwhile, in a medium bowl, toss the strawberries with the sugar, lemon juice, vanilla and a pinch of salt and let stand until juicy, 30 minutes.

Add the strawberries and their juices to the fennel, cover and roast for 30 minutes. Transfer the compote to a bowl. Serve the compote with your favourite vanilla cake or ice cream.

Adapted from Bill Corbett

Sweet Fennel

(*Foeniculum vulgare*)



ID Characteristics

- Perennial with a thick taproot
- Usually about 1.5m tall, but can grow as tall as 3m
- Foliage and seeds have a strong licorice or anise scent
- Typical carrot family flowers (yellow, in umbels), about 10cm across.

Vectors of Spread

- By seed: the seeds get dispersed by water, soil movement, animals or human activity.
- Birds and rodents that eat the seeds may also disperse them in their excrements.

- Seeds may remain viable in the soil for several years before germinating.

Impacts

- Outcompetes native vegetation by reducing the amount of nutrients, water and light available to other plant species.
- Develops dense, uniform stands (monocultures)