



Willow Moon Herbals

Fennel

Latin binomial: *Foeniculum vulgare*, Mill.



Description: Considered a perennial weed in some areas, this short-lived member of the parsley family can grow to six feet tall with many bright yellow, umbrella-shaped flowering parts, and an abundance of small, plump, aromatic, greenish-yellow anise-tasting fruits. Fennel seed is available in capsule form, liquid tinctures, and in bulk for tea blends.

Uses: The ancient Greeks used Fennel tea for asthma and other respiratory complaints since it contains creosol and alpha-pinene that help loosen bronchial secretions. Fennel is still a popular modern botanical remedy for dyspepsia (indigestion), nausea, stomachache and flatulence ~ and for easing the pains and spasms of colic and diarrhea of babies and young children. Additionally, herbalists often recommend Fennel to new mothers for increasing lactation. An infusion of the seeds can also be used externally as a compress for conjunctivitis. Florence Fennel is a popular vegetable eaten raw or steamed in a variety of modern dishes.



Dosage: Make one cup of infusion or light decoction by steeping one teaspoon of Fennel for every cup of water. Alternatively, take 2 to 4 droppersful or 3 to 4 capsules of the liquid tincture up to 2 to 3 times a day.

Sources: The Green Pharmacy, Herbal Remedies for Dummies, A Modern Herbal

Note: Any remedies listed on this web site are from historical references and used for teaching purposes only. The contents are not meant to diagnose, treat, prescribe, or substitute consultation with a licensed health-care professional.

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