



The Edible Garden

Recipe featured at the
Garden-to-Table Demonstration featuring Fennel,
September 18

Fennel and Orange Salad

By: Kip Wilcox, author and chef at Moosewood Restaurant

Ingredients *Serves 4–6*

2 fennel bulbs (also called finocchio or fresh anise)
4 oranges
Juice of 1 lemon
2 tablespoons extra-virgin olive oil
Salt and freshly ground black pepper to taste

Instructions

1. Remove the feathery leaves and stalks of the fennel. Slice off the root end and discard it. Discard any discolored or damaged outer layers. Slice each fennel bulb crosswise into thin slices. If the slices are too wide to be bite-sized, cut them in half. Place the fennel slices in a bowl.
2. Section the oranges into the bowl, squeezing the extra juice as well.
3. Stir in the lemon juice and olive oil and add salt and pepper to taste.
4. Cover and refrigerate for at least 20 minutes or until ready to serve.

Recipe from *Moosewood Restaurant Cooks at Home: Fast and Easy Recipes for Any Day*