



Called as saunf, dried seeds have a sweet aromatic flavor. Used extensively for flavoring curries and pickles.

### **SAUNF**

Fennel Seed, whole (certified organic) (*Foeniculum vulgare*)

---Medicinal Action and Uses---On account of its aromatic and carminative properties, Fennel fruit is chiefly used medicinally with purgatives to allay their tendency to griping and for this purpose forms one of the ingredients of the well-known compound Liquorice Powder. Fennel water has properties similar to those of anise and dill water: mixed with sodium bicarbonate and syrup, these waters constitute the domestic 'Gripe Water,' used to correct the flatulence of infants. Volatile oil of Fennel has these properties in concentration.

Indian Fennel is brownish, usually smaller, straighter and not quite so rounded at the ends with a sweet anise taste. Persian and Japanese fennel, pale greenish brown in colour, are the smallest and have a sweeter, still more strongly anise taste and an odour intermediate between that of French and Saxon.