

## Comparative Seed Manual: APIACEAE

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This seed manual consists of photos and relevant information on plant species housed in the Integrative Subsistence Laboratory at the Anthropology Department, University of California, Santa Barbara. The impetus for the creation of this manual was to enable UCSB graduate students to have access to comparative materials when making in-field identifications. Most of the plant species included in the manual come from New World locales with an emphasis on Eastern North America, California, Mexico, Central America, and the South American Andes.

### Published references consulted<sup>1</sup>:

- 1998. Moerman, Daniel E. *Native American ethnobotany*. Vol. 879. Portland, OR: Timber press.
- 2009. Moerman, Daniel E. *Native American medicinal plants: an ethnobotanical dictionary*. OR: Timber Press.
- 2010. Moerman, Daniel E. *Native American food plants: an ethnobotanical dictionary*. OR: Timber Press.

### Species included herein:

*Foeniculum vulgare* var. *Azoricum*

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<sup>1</sup> **Disclaimer:** Information on relevant edible and medicinal uses comes from a variety of sources, both published and internet-based; this manual does **NOT** recommend using any plants as food or medicine without first consulting a medical professional.

*Foeniculum vulgare* var. *Azoricum*



**Family:** Apiaceae

**Common Names:** Florence fennel, Bulb fennel, Common fennel, Sweet fennel, Anise, Finnochio, Zefa Fino

**Habitat and Growth Habit:** This plant is native to the Mediterranean.

**Human Uses:** This species has both medicinal and culinary properties. The medicinal properties have been used traditionally to aid in digestion, relieve respiratory disorders, and help with cardiovascular diseases as well. The seeds can be used in cooking to add flavor and aroma. Recent studies demonstrate that the main pharmaceutical component of the plant is the essential oil it produces.

**Sources Consulted:**

<http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=b516>, accessed February 8, 2019.

<http://davesgarden.com/guides/pf/go/54748/>, accessed February 8, 2019.

[https://www.magicgardenseeds.com/Vegetables/Florence-fennel-%27Romanesco%27-\(Foeniculum-vulgare-var.-azoricum\)-A.FOE02-](https://www.magicgardenseeds.com/Vegetables/Florence-fennel-%27Romanesco%27-(Foeniculum-vulgare-var.-azoricum)-A.FOE02-), accessed February 8, 2019.

<https://www.sciencedirect.com/topics/chemistry/cathartic-agent>, accessed February 8, 2019.

<https://www.sciencedirect.com/science/article/pii/S1878535212000792>, accessed February 8, 2019.