

Pittsburg Public Library

# Spice Library

July – Fennel Seed

## Fennel Seed Roasted Carrots

### Ingredients:

- 1 lb carrots (peeled and cut into 2 inch pieces)
- 1 tbsp olive oil
- 1 tsp fennel seeds
- salt and pepper to taste.



Preheat oven to 400°F. Toss carrots with olive oil, fennel seeds, salt, and pepper. Roast until tender and caramelized, approximately 20–25 minutes.

Bonus: Serve over hummus as a flavorful appetizer—perfect for cookouts. For extra depth, add sautéed onions and garlic or make your own hummus from scratch!



## July – Fennel Seed



Fennel seeds are bold and zesty, slightly sweet, and accented with warm notes of licorice.

### Worldly Uses:

- Fennel seeds are used to flavor various dishes, including breads, cocktails, sausages, pickles, sauerkraut, and curries. They are also a key component in spice blends like Indian panch phoron and Chinese five-spice powder.

### Ancient Influence

- The Greek word for the fennel plant is marathon (μάραθρον), and it grew abundantly in the field where the famous Battle of Marathon took place in 490 BC. This caused town—and the race—to be named after the plant.

### Family Ties

- Fennel is a part of the Apiaceae family, also known as the carrot family. This family also includes other well-known herbs and vegetables like celery, parsley, dill, cumin, and anise.

## What is the Spice Library?

Visit the Pittsburg Public Library each month to pick up the Spice of the Month and a featured recipe by Heather Horton, chef and owner of TOAST in downtown Pittsburg. Each recipe is designed to highlight the unique flavors of the featured spice. Perfect for home cooks and food lovers!

The Spice of the Month will be available at the Patron Services Desk at the Library, with one per family per month, while supplies last. For more information, please call the Pittsburg Public Library at 620-231-8110.

Special thanks to Chef Heather Horton and our friends at TOAST Restaurant!

