



Olympia Cress

Foeniculum

Origin	South Europe
Taste / Aroma	Aromatic, sweet, anise flavour
Season(s)	Spring, Summer, Autumn, Winter, Christmas, Coquille St Jacques, Easter, Game, Lobster, Mushroom, Mussel, Pumpkin, Truffle
Storage	Cold, 2-7 °C

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TASTE

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TASTE FRIENDS

Olympia Cress is often used to give a fresh twist to a dish. In some cases (with fish) it is an excellent dill substitute. Combine with fish, lobster, prawns and shellfish. Olympia Cress is an eye-catching 'finishing touch' for desserts, cocktails or smoothies.

ORIGIN

Ayurveda, the traditional system of medicine, originated in India. The word ‘Ayurveda’ is derived from the Sanskrit words ayur, meaning life, and veda, meaning knowledge. It is often called the knowledge of life and has been practised in India for thousands of years. Fennel plays an important role in Ayurveda, one of the world's oldest systems of medicine. Fennel is believed to stimulate appetite and have carminative properties, helping with digestion. Given that it contains detoxifying elements, fennel is believed to promote overall health and well-being and bring internal balance.

Prometheus and the gift of fire: In a mythological tale, Prometheus, the Titan who defied the gods to give fire to mankind, is said to have brought fire from Mount Olympus to earth using a fennel stalk. In this story, the hollow stem of the fennel plant served as a conductor for carrying the stolen fire, allowing people to advance and thrive. This association with the gift of fire gave fennel symbolism related to knowledge, enlightenment and the advancement of civilization.

Olympia Cress is a type of fennel and native to the Mediterranean region. A flavourful highly aromatic herb with both culinary and putative medicinal properties. Fennel leaves are used extensively in numerous culinary traditions worldwide. This type of sweet fennel is found growing in Central and Eastern Europe, France, Italy, Greece and Turkey.

AVAILABILITY

Olympia Cress is available year-round and can be stored between 2°C and 7°C for up to seven days. Produced in socially responsible cultivation, Olympia Cress meets hygiene standards in the kitchen. You can use this product immediately as it is grown cleanly and hygienically.

SPECIFICATIONS

Taste	Sweet, Salty, Bitter
Cultures	African, Alpine, Asian, Balkan, Baltic, Dutch, English, French, German, Greek, Italian, Mediteranean, Nordic, North American, Persian, Peruvian, Polish, Turkish
Packaging	Solitair (16 items), CressSingle
Usage	Baking, Blending, Blitzing / Mashing, Breading, Bruising, Canning, Chopping, Cold infusion, Confiture, Covering, Decoration, Emulsify, Extracting, Fermenting, Filling, Garnish, Gel, Gratinate, Grilling, Hot infusion, Macerate, Marinating, Oil, Osmosis, Pasta / Dough, Pickling, Sous vide, Steaming, Stir frying
Colors	Brown, Green

Dishes	Alcohol, Breakfast, Cake, Cheese, Cocktail, Crustaceans, Dessert, Fish, Fruit, Game, Infusion, Lunch, Main course, Meat, Pasta, Pastry, Poultry, Salad, Sandwich, Snack, Soup, Starter, Sushi, Vegetarian, Vegetables, Water, Vegan
Taste Friends	Gin, Rum, Vodka, Chocolate, Prawns, Lobster, Crab, Crustaceans others, Cod, Eel, Monkfish, Salmon, Fish (saltwater), Fish (freshwater), Shellfish, Cherry, Citrus, Corn, Cucumber, Eggplant, Figs, Grapes, Lemon, Lime, Mandarin, Mango, Orange, Passion fruit, Peach, Pear, Peas, Pineapple, Plum, Pomegranate, Raspberry, Red fruit, Strawberry, Tomato, Watermelon, Rabbit, Mint, Parsley, Anise, Ants, Beans, Goat, Lamb, Offals, Porc, Sheep, Veal, Meat, Porcini mushrooms, Shiitake mushroom, Truffle, Mushrooms (others), Almonds, Hazelnut, Pistachio, Walnut, Nuts, Chicken, Duck, Goose, Pigeon, Quail, Turkey, Scallop, Oyster, Squid, Black pepper, Cumin, Vanilla, Chili, Artichokes, Asparagus, Avocado, Beetroot, Celery, Broccoli, Carrot, Cauliflower, Chicory, Ginger, Kale, Kidney beans, Lettuce, Onion, Rhubarb, Butternut squash, Sweet potato, Bread, Egg, Liquorice, Rice, Seaweed, Sugar, Tofu, Yuzu
Latin Name	Foeniculum
Synonyms	Fennel, Red fennel, Rubrum, Purple fennel
Dimensions	" Minimum 3 cm, maximum 7 cm above the growing medium"
Microbiological standards	"Pathogens: Salmonella Absent in 25 g, Listeria monocytogenes Absent in 25 g, Staphylococcus aureus <1.105 cfu per g, Bacillus cereus <1.105 cfu per g, EHEC/STEC Absent in 25 g"