

How to Store Fennel in the Refrigerator

When it comes to storing vegetables, certain produce can be intimidating! So how do you store fennel? As we begin to delve into the wonderful world of how to store fennel in the refrigerator, it is important to address the distinction between storing *whole* fennel and *cut* fennel.



Whole fennel storage is straightforward (we like that!). Place whole fennel bulbs in a food storage bag such as a Glad® [Flex'n Seal™ Food Storage Quart™](#) bag, then seal closed. Place in the refrigerator and you're good to go for 7-10 days!



If you're trying to save space in the fridge and want to trim your fennel, here's how to store cut fennel. Store cut fennel by removing and discarding the stalks. Wash the fennel under cold running water and dry. Cut off the woody bottom of the bulb and peel away any wilted or browning layers. Store in a food storage bag like Glad® [Flex'n Seal™ Food Storage Quart™](#) bags (they even seal when overstuffed!) and enjoy up to 5 days.

Can You Freeze Fennel?

If you find yourself asking, “can I freeze fennel?” you’ve come to the right place! Freezing fennel differs depending on which part of the vegetable you plan to freeze.

For fennel fronds and stalks, grab your trusty...ice cube tray?! You read that right! After washing and drying, chop up your fronds and stalks and portion into ice cube trays. Next cover the tray with water and freeze solid. Once frozen, pack cubes into a freezer safe bag like Glad® [Flex'n Seal™ Freezer Quart](#) bags. Seal and remove as much air as possible from bags then place in the freezer.



Can you freeze fresh fennel bulbs? Of course! Wash the fennel under cold running water and then cut your bulbs into quarters and blanch in boiling water for 30 seconds. Then, plunge into ice water until cool. Allow the bulbs to dry, then pack into a freezer safe bag like Glad® [Flex'n Seal™ Freezer Quart](#) bags and store for up to 6 months.

Use these fennel forward tips and tricks to enjoy all the soups, salads and other dishes your heart desires.