

FENNEL

ANDY BOY PROPRIETARY SEEDS



With elegant fronds and a hearty bulb, this delightful vegetable is crunchy with a sweet, licorice twist.



Fennel, Broccoli Rabe & Apple Slaw



LOW CALORIE

EACH SERVING OF FENNEL CONTAINS ONLY 25 CALORIES

IMPROVES DIGESTION

CONTAINS HIGH LEVELS OF BOTH SOLUBLE AND INSOLUBLE FIBER

#EATTHEBULB

IMMUNE SYSTEM BOOSTER

PROVIDES POWERFUL IMMUNE SYSTEM

SUPPORTS HEART HEALTH

CONTAINS STRONG ANTI-INFLAMMATORY NUTRIENTS, SUCH AS FOLATE AND VITAMIN C

PACK	PALLET CONFIGURATION	TIER/HIGH	CASE: L x W x D	Count Per Carton
Full Pack	42 cartons per Pallet	6/7	19.8 x 15.8 x 9.8	8ct. / 24ct. / 30ct./36ct.
Half Pack	60 cartons per Pallet	6/10	19.8 x 15.8 x 6.8	12ct. / 18ct.
RPC	60 cartons per Pallet	5/10	19.8 x 15.8 x 6.8	12ct. / 18ct.

ADVANTAGES

- Year-Round Availability
- Proprietary Seeds
- Versatile Usage

CARE & HANDLE

- Refrigerate Immediately: 34 - 36°F
- Wash Before Eating

For delicious and nutritious fennel recipes, visit: www.andyboy.com