

Digging through her spice cabinet, noticing old expired spice blends that looked and tasted like sawdust, Tay Stratton, founder of Fennel and Fire, had an “ah ha” moment!

Why can't spice blends be easy to use, get meals to the table fast, be specifically made for today's meals, and elevate the flavor of your favorite food rather than mask it!

Upon research and discovery, she also noted the use of fillers, preservatives, MSG, and additives. That must change! She wanted to share her blends that had amazed her family and friends.

So the brand Fennel and Fire was born!

After naming her brand, she learned of the mythological story of Prometheus bringing fire to man in that he smuggled fire to Earth in a fennel stalk. This gift of fire allowed man to cook and warm himself, changing his lifestyle forever. Tay reaches out to do the same. Her goal is to bring spice blends that work in today's modern kitchen that allow for an easy and quick solution to cooking meals. The packaging is bright and fun, which makes them part of the kitchen art! The blends are made with quality certified organic spices, and of course, there are no additives, no preservatives, no MSG, no fillers, and they are gluten-free. She chooses to use certified organic and naturally grown spices and teas because it matters to your health and our environment. She loves mixing these modern blends and want to “Excite your taste buds, naturally”!



In Ancient Greek Mythology, the story goes...

The titan Prometheus stole the heavenly fire from Zeus.

He brought fire to humankind.

This act allowed humans to cook with fire, light the darkness, defend themselves, & experience warmth, all for the first time.

To smuggle the gift past Zeus, he placed it in the stalk of

*Fennel* thus bringing *Fire* to earth.

Just like the ancient story, we, too, at Fennel & Fire have a gift for humanity; we give to you quality flavors that will Excite Your Taste buds, naturally!