



Arugula

Eruca vesicaria sativa

Nutrition Facts

- Arugula is an excellent source for calcium, iron, Vitamin C, Vitamin A and potassium, which helps improve the body's nervous system.
- A small amount of arugula greens may be added to salad, soup, dips and dressings to enhance the flavor.
- Arugula is best when small and tender.

Planting

Plant 3/15-4/25 or 8/1-8/20
(Guidelines for planting in raised beds)

Seeds: Sow seeds in shallow rows **4-6"** apart. Cover the seeds with 1/8 inch of soil.

Care

Seeds: Water the seeds regularly with a gentle spray. Keep the soil moist to allow germination and slow bolting.

Young seedlings: Once the seeds have germinated, thin the plants so that they are 3 or 4 inches apart in each row. Mulch plants with cotton burr compost to keep soil moist.



Harvest & Storage

Once the plants are 4 inches tall, harvest the arugula by cutting the outer leaves first. Leaving the inner stocks will allow more leaves to grow later. Once the plant flowers, the leaves may still be eaten, but the taste will be stronger. Arugula will go to seed, or bolt, as the temperatures heat up, around mid-June. Store arugula in the refrigerator for up to one week. Do not wash the arugula until right before it is to be used.

Recipe

Wash all vegetables before using

Arugula Pizza

Lightly salted rice cakes

8 ounces cottage cheese

1/4 teaspoon garlic powder

1/4 teaspoon black pepper

2 cups chopped arugula

1 cup shredded mozzarella

Mix the garlic powder and pepper into the cottage cheese. Spoon the mixture onto the rice cakes. Top with a handful of arugula and 1/2 tablespoon of mozzarella and enjoy!



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