

# Free Workshops

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Did you know? KCCG offers 40+ free gardening and cooking workshops each year. With topics ranging from an introduction to vegetable gardening to tips and tricks for pest management and cooking demonstrations with fresh garden produce, we welcome everyone from beginner gardeners to seasoned pros.

**See the schedule and register at:**  
[kccg.org/workshops](http://kccg.org/workshops)

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# Online Resources

KCCG's website offers guide sheets on a wealth of gardening topics, including watering, fertilizing, pest management and more!

**Find them at**  
[kccg.org/gardening-guidesheets](http://kccg.org/gardening-guidesheets)

Our vast library of online videos can help you with most anything including planting, maintenance, harvesting, and cooking.

**Find them at**  
[kccg.org/how-to-videos](http://kccg.org/how-to-videos)

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# Together We Grow

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KCCG provides seeds, plants, resources and education that help more than 42,000 households to grow more than 1.5 million pounds of healthy food each year.

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**@KansasCityCommunityGardens**



**@kccommunitygardens**



**www.kccg.org**



**816.931.3877**



**contact@kccg.org**



**6917 Kensington Ave  
Kansas City, MO 64132**

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# Volunteer

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Volunteers help to fill seed packs, start transplants, build raised garden beds, and more! We have opportunities for everyone.

To join the fun, visit  
[www.kccg.org/volunteer](http://www.kccg.org/volunteer)

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# Growing Arugula

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# KCCG's Varieties

**Astro-** 38 days - Peppery flavored, cool-season, salad green. Early, heat tolerant, strap leaf variety. Mild flavor, best when picked young.

## **Nutritional 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

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 and 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.