

Arugula

Arugula is a rich source of iron as well as vitamins A and C.

It also contains a significant amount of sulfur-containing compounds known as glucosinolates, which give it a pungent (sharp) flavor.



**ARUGULA
FACT**

1

GARDEN STATE ON YOUR PLATESM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Arugula

Even though arugula has a strong, peppery flavor, it is a tender, perishable green and should be eaten within a few days of harvest.



**ARUGULA
FACT**

2

GARDEN STATE ON YOUR PLATESM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM

FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Arugula

Arugula grows close to the ground and dirt often gets on the leaves.

Be sure to rinse them well so that your salad isn't gritty.



**ARUGULA
FACT**

3

GARDEN STATE ON YOUR PLATESM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Arugula photo: © Can Stock Photo / jirkajc

Arugula

Arugula is a member of the Brassica family along with broccoli, Brussels sprouts, cabbage, mustard, radish, and collard greens. It grows wild throughout southern Europe.



**ARUGULA
FACT**

4

GARDEN STATE ON YOUR PLATESM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Arugula

According to the *Field Guide to Produce*, arugula's Latin name, *Eruca*, means caterpillar, "and it describes the plant's hairy stems."



**ARUGULA
FACT**

5

GARDEN STATE ON YOUR PLATESM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM

FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Arugula

Arugula leaves and flowers are edible.

You can eat the young seed pods and mature seeds, too!



**ARUGULA
FACT**

6

GARDEN STATE ON YOUR PLATESM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Arugula

The name for arugula varies around the world.

In England, Australia, South Africa, Ireland, and New Zealand it is called *rocket*. It is *rucola* in Italy and *roquette* in France. All of these names stem from the Latin word *eruca*.



GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Arugula

Young arugula leaves are mild. As the plant gets bigger, the leaves acquire a more peppery taste.

Where arugula is grown (in a greenhouse versus out in a field) and how much it is irrigated also impact its spiciness.



**ARUGULA
FACT**

8

GARDEN STATE ON YOUR PLATE SM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Arugula

Native to the Mediterranean region, arugula was brought to America by British colonists.

It wasn't until the 1990's that arugula became popular in the United States.



**ARUGULA
FACT**

9

GARDEN STATE ON YOUR PLATESM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE

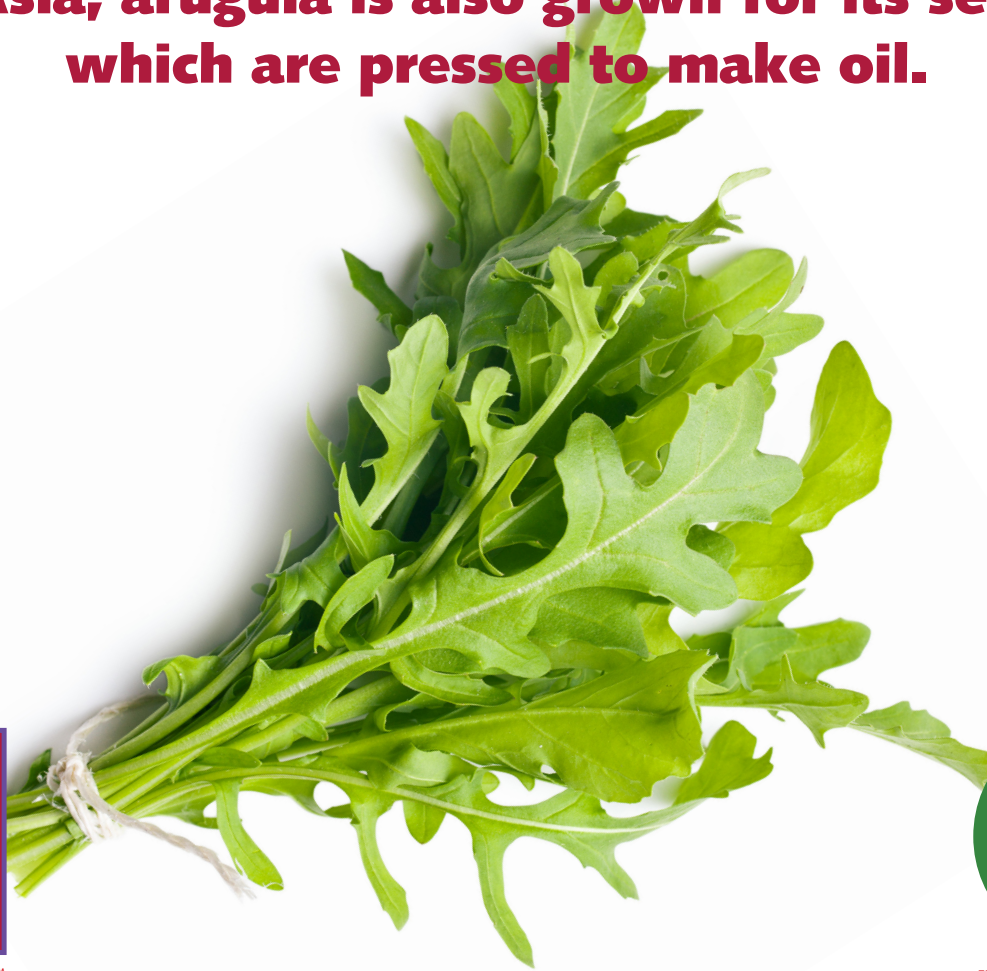


SM
FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER

Arugula

Arugula has been cultivated around the Mediterranean for centuries. The Romans enjoyed arugula as a salad green and used the seeds for flavoring.

In Asia, arugula is also grown for its seeds, which are pressed to make oil.



**ARUGULA
FACT**

10

GARDEN STATE ON YOUR PLATESM
IS A PROJECT OF THE PRINCETON
SCHOOL GARDENS COOPERATIVE



SM

FUNDED THROUGH A GENEROUS
ONGOING GIFT FROM THE BENT SPOON
AND WHOLE EARTH CENTER