

# 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 photo: © Can Stock Photo / Jirkaejc

**ARUGULA  
FACT**

**1**

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# 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.**



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**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.**



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**3**

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**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.**



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



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**Arugula leaves and flowers are edible.**

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



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**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*.**



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**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 impacts its spiciness.**



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**ARUGULA  
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**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.**



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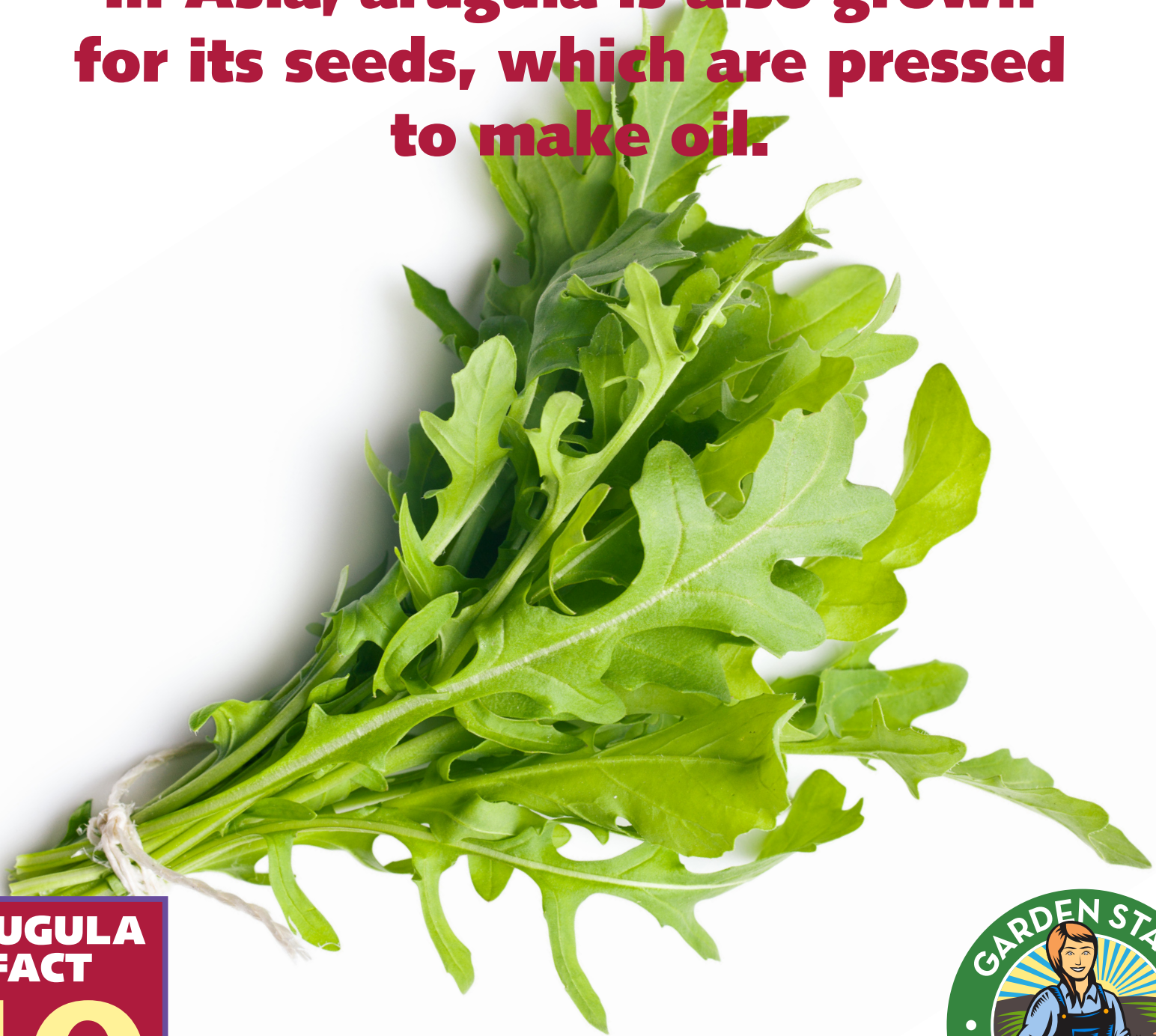
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**Arugula has been cultivated around the Mediterranean for centuries. The Romans enjoyed arugula as a salad green and used the seeds for flavoring.**

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



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