Arugula

What am I?

Arugula is a leafy-green vegetable native to the Mediterranean region. It has a nutty and peppery flavor and is often used in salads. You could even pizzaz up your pizza by adding arugula on top!

How do I grow?

- Arugula grows similarly to lettuce and spinach.
- In Wisconsin, Arugula grows May through November.
- Arugula leaves are perishable and go bad quickly, so eat them within a few days after purchasing.

Nutrition Facts

Arugula is a good source of vitamins A and C, which are important for eye health and your immune system. Arugula also contains antioxidants and phytonutrients which keep you healthy.

Fun Facts

- Arugula belongs to the same family as broccoli, Brussels sprouts, cauliflower, and cabbage.
- It also goes by “garden rocket” or “rocket salad.”

WISCONSIN DEPARTMENT OF
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