

Arugula (*Eruca sativa*)

This herbaceous annual is native to the Mediterranean region. It has been cultivated since Roman times and is considered an aphrodisiac. The leaves are rich in vitamin C and iron. Arugula hosts certain species of butterfly, including Garden Carpet.

Soil: Tolerates dry, poor soils. For optimum harvest, plant in well-composted, loose soil. Prefers mildly acidic pH, so add lime to our strongly acidic Florida soils.

Water: Keep moist while the plant is young. Once established it should do well without much water. The flavor gets stronger as weather warms and the plant receives less irrigation.

Sun: Tolerates partial shade and will grow in full sun. Shading from midday sun will extend the harvest season.

Cold: Arugula is a cool season crop and thrives in cold weather.

Pruning: Cut frequently to promote tender, young leaves. Leaves develop a furry underside as they toughen. Plant matures quickly (two to three months from seed). Handle gently when harvesting to avoid damaging leaves.

Propagation: Collect seeds from dried plant at the end of spring, and plant in the fall.

Pests: No major pests. It is a nice companion plant for growing with other herbs and vegetables

Harvesting, storage, and preparation: The leaves are particularly flavorful and excellent for gourmet cooking. They add a peppery taste to salads or pesto; and they can also be chopped roughly or torn and sprinkled onto pizzas.

Arugula (*Eruca sativa*)

This herbaceous annual is native to the Mediterranean region. It has been cultivated since Roman times and is considered an aphrodisiac. The leaves are rich in vitamin C and iron. Arugula hosts certain species of butterfly, including Garden Carpet.

Soil: Tolerates dry, poor soils. For optimum harvest, plant in well-composted, loose soil. Prefers mildly acidic pH, so add lime to our strongly acidic Florida soils.

Water: Keep moist while the plant is young. Once established it should do well without much water. The flavor gets stronger as weather warms and the plant receives less irrigation.

Sun: Tolerates partial shade and will grow in full sun. Shading from midday sun will extend the harvest season.

Cold: Arugula is a cool season crop and thrives in cold weather.

Pruning: Cut frequently to promote tender, young leaves. Leaves develop a furry underside as they toughen. Plant matures quickly (two to three months from seed). Handle gently when harvesting to avoid damaging leaves.

Propagation: Collect seeds from dried plant at the end of spring, and plant in the fall.

Pests: No major pests. It is a nice companion plant for growing with other herbs and vegetables

Harvesting, storage, and preparation: The leaves are particularly flavorful and excellent for gourmet cooking. They add a peppery taste to salads or pesto; and they can also be chopped roughly or torn and sprinkled onto pizzas.