

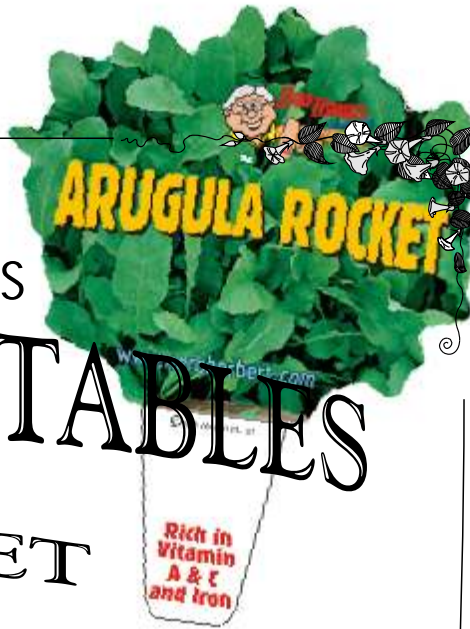
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# GOURMET VEGETABLES

## ARUGULA SALAD ROCKET

*Eruca sativa*



Rich in vitamin C and iron, this peppery and aromatic leaf is fabulous in salads and pastas, on pizza or with steak. Becoming popular in the 1990s, 'Rocket' or 'Roquette' lettuce is purchased loose and while previously collected from the wild, it is now a cultivated salad leaf, grown around the world. Arugula Rocket is really easy to grow and bright green shoots will sprout quickly after sowing. These plants are known as cut-and-come-again which means you can use them as they grow. In fact, these plants will only continue to grow if you keep harvesting them. Perfect for a busy kitchen.



### PROPERTIES

A bitter herb with a strong peppery flavor.



### CULTIVATION

Arugula Rocket typically grows in dry, disturbed ground. Best in rich, well drained soil. Leaf grown in hot dry ground will have a stronger taste than that grown in cool, moist soil. Recommend sowing of seed from late winter to early summer. Arugula Rocket grows well amongst other plants but be sure to allow them enough light.



### USES

A versatile herb that can be used in crisp salads, but also good when wilted over pizza, or stirred through pasta just before serving, once food has been taken off the heat. You can start to use the shoots once they reach a height of 2 inches/5cms, or allow them to grow to their full height of 6 inches/15cms and cut the whole bush off – they will

### HARVEST

Young, tender leaves are picked before the flowering stem appears, when they are less pungent than those picked later.



### DESCRIPTION

Arugula Rocket is an upright, mustard-like annual

with asymmetric, toothed leaves. Cream 4-petaled flowers, veined purple, appear from late winter to autumn, followed by slender, erect pods.



### PARTS USED

Use the leaves. When young they will present a nutty flavor, and as they mature will become bitter.

regrow.

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