



Arugula

- Also called rocket, this is a peppery green very popular in Mediterranean dishes.
- Arugula is low in saturated fat, and very low in cholesterol. It is also a good source of protein, thiamin, riboflavin, vitamin B6, pantothenic acid, zinc and copper, and a very good source of dietary fiber, vitamin A, C, and K, folate, calcium, iron, magnesium, phosphorus, potassium and manganese.

Purchasing Specifications

Availability:

Year round

Growing Regions:

USA

Receiving Information:

- Scientific Name: *Eruca sativa*
- Variety AKA/Synonyms: Rocket, roquette, rugula, rucola
- Usage: Wash arugula leaves thoroughly, immersing them completely in cold water to remove grit. Pat dry, or spin dry in a salad spinner. Toss fresh arugula with salad greens, or add to most soups and stews near the end of cooking time.
- Selection: Look for bright green leaves that are delicately crisp, and stems that are neither withered nor slimy.
- Storage: Loosely wrap arugula in damp paper towels and place in a plastic bag for up to 3 days in the refrigerator.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: Yes
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: Yes
- Odor Sensitive: No

Nutrition Facts

Serving Size: 1 cup raw

Amount Per Serving

Calories 5	Fat Calories 0
	% Daily Value*
Total Fat 0 g	0%
Sat Fat 0 g	0%
Trans Fat 0 mg	0%
Cholesterol 0 mg	0%
Sodium 0mg	0%
Total Carbohydrates 1g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 1g	1%
Potassium 74mg	2%
Vitamin A 30%	Vitamin C 4%
Calcium 3%	Iron 2%

*Percent Daily Values are based on a 2,000-calorie diet.