



## Arugula

GREENS *Eruca sativa*

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The flavor is mildest in cool weather. Try adding the edible flowers to spicy greens mixes.

**Culture:** Direct sow as soon as the soil can be worked. Provide full sun for best production. Sow successions every 3–4 weeks until mid-spring, resuming again in late summer. Thin after emergence. Maintain even moisture and provide loose, fertile, well-drained soil.

**Harvest:** Snip off leaves near the base or harvest whole plants. Very cold hardy. Growth will slow in winter and resume in spring.

**Seed Savers:** To save seeds for home planting, isolate from other arugula by at least ½ mile.

Soil  
Temp.  
50–70°F

Sowing  
Depth  
¼"

Final Plant  
Spacing  
4–6"

Final Row  
Spacing  
8–12"

Light  
Full Sun or  
Part Shade

Days to  
Emerge  
3–10

