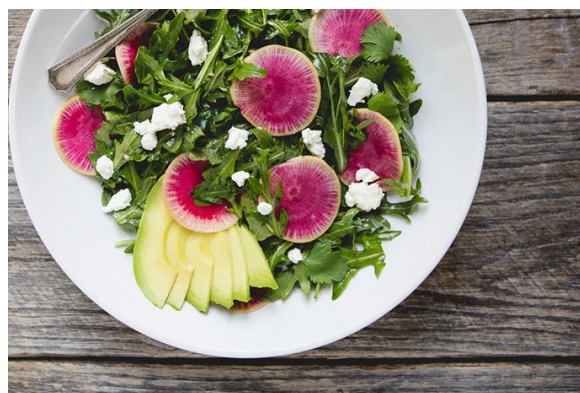


# Arugula



# Arugula Facts

- Arugula is a leafy green plant that is packed with vitamins and minerals.
- Depending on what area of the world you come from, the name for arugula varies. *Rocket* (England, Australia, South Africa, Ireland and New Zealand), *rucola* (Italy) and *roquette* (France) all stem from the Latin word *eruca*.
- *Eruca sativa* grows 8-39 inches in height and is native to the Mediterranean region since Roman times.
- It has become a popular green across the United States, featured in recipes in salads, ground up into pesto, and used in any recipe calling for cooked greens.
- In Italy, raw arugula is often added to pizzas just before the baking period ends or immediately afterward so that it will not wilt in the heat.
- Arugula resembles a longer-leaved and open lettuce.
- It is rich in vitamins C and potassium.
- In addition to the leaves, the flowers, young seed pods and mature seeds are all edible.
- The *Oxford English Dictionary* dates the first appearance of *arugula* in American English to a 1960 *New York Times* article by food editor and prolific cookbook writer Craig Claiborne.
- Arugula was traditionally collected in the wild or grown in home gardens along with such herbs as parsley and basil. It is now grown commercially from Italy to Iowa to Brazil and can be purchased at farmers markets throughout the world.

