

Arugula

STORAGE

Keep in plastic in the fridge 7-10 days after harvest.

PREP

Arugula Salad-

Try arugula with a creamy Ceasar dressing, walnuts, and a bit of something sweet, like apples or raisins.

Slightly Wilted Arugula-

Fill a large plate with raw chopped greens and top with hot chicken, steak, roasted vegetables or lentils to reduce the greens.

Saute/Stir-Fry-

Finely chop and add in the last two minutes of cooking.

Arugula Pesto-

Substitute arugula for basil in your favorite pesto recipe.

LITTLE EXTRA

Extra cooked arugula can be stored in the freezer for adding to soup, puree, frittata, or casserole.

DEEP STORAGE

For a taste of fresh arugula into the deepest part of winter, blend oil and arugula in a ratio of 1 cup greens to 1/4 cup oil. Store in freezer bags to add to omelettes and casseroles.

CROP AVAILABILITY

We seed Arugula every week for 25 weeks and have it continuously May-October

