

# URBAN FARMER

LOVE THE EARTH

## From seed to harvest: Arugula

Arugula is also known as roquette, and it is a nutty and tangy green that is a cool-season vegetable and adds a mustard like flavor to salads. Typically, the green is found in mesclun mixes, and since they are a cool-season green, they are hardy and can tolerate some frost.

### To plant:

When growing arugula, plant seeds 1/4 inch deep and 1 inch apart in rows set 10 inches apart. Plant the seeds in the late summer for a fall or early winter harvest. For a spring crop, plant the seeds outdoors as soon as the soil is warm enough to be worked. Seeds will germinate within a few days. If you would like to continuously harvest arugula throughout the gardening season, practice succession planting and plant new seeds every few weeks.

### To grow:

Arugula grows best in full sun and in soil that is rich in humus and drains well, but the seedlings will tolerate a variety of conditions. When the seeds reach seedling size, thin the seedlings to about 6 inches apart. You can use the thin seedlings you pull as salad toppers so they don't go to waste. Keep the soil evenly moist throughout the growing season. If you are growing in a warmer season, provide some shade options for the plants.

Some of the common pests and diseases arugula will have trouble with include the flea beetles, cabbage worms and downy mildew so take preventative measures against those.



[Arugula seeds available at ufseeds.com](http://ufseeds.com)

### To harvest:

Arugula is at its best when harvested young, so be sure to harvest leaves when they are only 2 to 3 inches long. You can pull up the entire plant when harvesting, or you can cut individual leaves off. The white flowers produced by the plants also are edible. The arugula's flavor will get more intense once the plant starts to flower.

### What arugula craves:

Arugula is a fast grower that prefers rich soil, so prior to planting be sure to mix compost into your soil or into pots to provide optimal growing conditions in the soil for the arugula. Since arugula is such a fast-growing item, you will likely not need to fertilize during its growing season, so amending the soil prior to planting should be enough.

### Where to buy arugula seeds:

You can find arugula seeds on our website at [ufseeds.com!](http://ufseeds.com)



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Non-GMO Seed



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Shipping



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