

# Arugula

## [HB194-1000 - Arugula Seeds](#)

40 days. *Eruca sativa*. Annual. Open Pollinated. Arugula. This early maturing plant produces excellent yields of beautiful dark green leaves. It is very flavorful with a spicy taste, similar to horseradish. Used in mixed salads, sandwiches, or stir-fries. It can be steamed, cooked, pureed, and added to soups. Best when harvested when 2 or 3" long. The plant has white flowers with dark pink veins that are edible. Suitable for greenhouse production. An excellent choice for home gardens.



## [HB95-1000 - Rocket Arugula Seeds](#)

40 days. *Eruca sativa*. Annual. Open Pollinated. Rocket Arugula. This early maturing plant produces excellent yields of beautiful dark green leaves. It is very flavorful with a spicy taste, similar to horseradish. Used in mixed salads, sandwiches, or stir-fries. It can be steamed, cooked, pureed, and added to soups. Best when harvested when 2 or 3" long. Also known as Wild Rocket Arugula. This item is heavily sought after by chefs. Suitable for greenhouse production. An excellent choice for home gardens. United States Department of Agriculture, AMES 2673.



## [HB97-1000 - Sylvestra Arugula Seeds](#)

45 days. *Diplotaxis tenuifolia*. Annual. Open Pollinated. Sylvestra Arugula. This early maturing plant produces excellent yields of beautiful dark green arugula leaves. Used in salads and sandwiches. It is very flavorful with a spicy taste and is added to Pasta dishes. Slower to bolt than other varieties. Also known as Rucola Selvatica. Heat Tolerant. Cold Tolerant. Suitable for hydroponic gardening. Excellent choice for home gardens, greenhouses, market growers, and open field production. A variety from the Mediterranean region.

