

Harvest of the Month



Arugula

Calories

2

Total Fat

0g

1/2
cup

Sodium

3mg

Sugars

0g

FUN FACTS:

Arugula is tender leafy green in the mustard family.

The lobed green leaves are 3 or 4 inches long with an attached pale creamy green stem.

Both leaves and flowers are edible. Arugula is most commonly used as a salad green.

The leaves have a mild, radish-type zip that is sometimes compared to the flavor of horseradish.

Arugula is an important ingredient in the cuisines of Italy, Morocco, Portugal, France and Turkey.

This institution is an equal opportunity provider.

