

GROW YOUR OWN

ARUGULA

General Information

- Scientific Name: Eruca sativa
 - Family: Brassicaceae
- Cool season
- Planting Window: mid-March to early May
- pH = 6.0-7.0
- Planting Depth: 1/4 to 1/2 inch, direct sow in soil
- MPD: 6 inches (in both directions)
- Thin neighboring plants as they begin to touch to keep proper MPD
- Tip: arugula thrives in cool temperatures, it will bolt in excessive heat!

Pests & Diseases

- Pests usually not an issue, only minor damage

Successful Cultivars & Harvest

- Cultivars:
 - Rocket Wild Roma (35 days)
- Harvest any time up to maturity
- Best if harvested before plant begins to flower
- You can clip flowers for extended harvest
- Harvest from outer layer of leaves or harvest the whole plant

