


Harvest of the Month



Arugula

Calories

2

Total Fat
0g

1/2
cup

Sodium
3mg

Sugars
0g

FUN FACTS:


You can eat the leaves and flowers of the arugula plant.

Arugula has a peppery flavor.

This institution is an equal opportunity provider.



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FUN FACTS:

Arugula is an annual herb. The leaves and flowers are edible. It is a very versatile ingredient in the kitchen as it can be used as an herb, a salad green and even a leaf vegetable.

It has a peppery flavor with hints of mustard and nuts. If the unharvested leaves are allowed to mature too long, they become bitter.

Native to the Mediterranean region, arugula is one of the best vegetable sources of Vitamin K which promotes bone and brain health.

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