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To Grow A Great Garden, Start With Amazing Seeds.....

Growing Instructions for: ARUGULA

General. Wild Arugula or Cultivated Arugula. Both are a wonderful addition to a salad, but are also good cooked with pasta or in a fritatta. Cultivated arugula has a nice pungent taste which gets 'hotter' as the plant becomes more mature and also in the summer. It is ready in 35-40 days. Wild arugula, by contrast, is slower growing (50-55 days), is a bit more pungent, and is more cold hardy. Both, however, will survive a zone 5 winter in the unheated greenhouse.

Culture. Direct seed @ 4-5 weeks before the last frost date. Scatter seeds in a well prepared bed (30-60 seeds per square foot). Tamp seeds firmly or cover them with a thin layer of sifted compost and tamp well. Keep moist until seeds emerge which should be 3-8 days, depending on temperature. Begin harvesting when they are 3-4 inches tall by pulling individual plants, thinning out your planting. As they get a bit larger, you can just cut an entire section about ½ inch above the soil line with a sharp knife. Taste becomes sharper as the plants mature and the temperature increases. If you allow them to flower, you can still eat them, but they will be a bit hotter. Succession plant every 2-3 weeks for a continuous harvest. If you grow in four foot wide raised beds, an 18 inch section should provide you with plenty of arugula for 2-3 weeks.

Storage/Use. Delicious in sandwiches. Great in salads, just Spinach and Arugula with raspberry vinaigrette and a little goat cheese. Also used to spike salads. Cook with pasta – wilt arugula in some good olive oil with a clove or so of minced garlic. Add pasta about a minute or two shy of being al dente. Add a ¼ cup or so of water or broth, cook until the pasta is done. Add salt & pepper if desired. A nice grating cheese goes well with this. You can also cook arugula in a fritatta along with some chard or spinach or just by itself. To store, rinse and store in the crisper section in an unsealed plastic bag. See Recipe Below.....



Cantaloupe, Prosciutto, and Arugula Salad

Share by Martha Stewart...

This salad should be attempted only when melons are in season -- it's a great addition to an alfresco dinner in the heat of summer. Don't skimp out on the prosciutto -- it's what makes this dish.

INGREDIENTS

- 1/4 cup champagne vinegar or white-wine vinegar
- 1 tablespoon minced shallot
- 1/2 teaspoon minced garlic
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon salt, plus more to taste
- 1/4 teaspoon freshly ground black pepper, plus more to taste
- 1/2 cup vegetable oil or vegetable-olive oil blend
- 1 tablespoon minced mixed fresh herbs (such as basil, chives, and parsley)
- 8 ounces fresh arugula, rinsed and spun dry
- 1/2 cup thinly sliced red onion
- 1 cantaloupe, halved, seeded, peeled, and cut into thin wedges
- 6 to 8 thin slices prosciutto, torn into bite-size pieces

DIRECTIONS

1. In a mixing bowl, combine vinegar, shallot, garlic, mustard, salt, and pepper and whisk to combine. While continuously whisking, add the oil in a slow, steady stream until completely incorporated. Whisk in the herbs, and set aside while you prepare the salad.
2. In a large bowl, combine the arugula and red onion. Drizzle in 1/4 cup of the vinaigrette and toss to combine. Add more vinaigrette to taste, if desired, and season lightly with salt and pepper. Toss gently to combine.
3. Arrange the cantaloupe wedges on a large serving plate, top with the arugula salad and the prosciutto. Serve immediately.