Arugula

Today on Gardening in a Minute: arugula.

Arugula is a leafy green vegetable native to the Mediterranean. The edible leaves are characterized by a distinctive spicy, pungent flavor similar to mustard greens.

Seeds are planted in the fall and leaves are harvested about six weeks later. Arugula has dark green serrated leaves and is an attractive addition to salads.

Arugula should be harvested when it’s about 8 to 10 inches tall. Individual leaves can be cut from the plant as needed. The leaves can be steamed, pureed, or used raw in salads and sandwiches.

High temperatures will cause arugula to flower. Once the plant flowers, or if the plant becomes leggy, the leaves may become too bitter to eat.

Plant your arugula at two- to three-week intervals from fall through spring to enjoy a continual harvest.

For more information about arugula and many other gardening topics, contact your county Extension office or visit Gardening in a Minute dot com.

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