

Arugula



SEASONALITY



NUTRITIONAL PROPERTIES

Arugula is a green with a bit of a peppery bite. It's high in vitamin K, calcium, folate, copper, and thiamine. It's delicious eaten raw or cooked.

STORAGE

Store in a plastic bag within the refrigerator. Lasts about 1 week.

PRESERVATION

Arugula and salad greens don't freeze well. But arugula can be added to soups or stews and it can also be added to most pesto recipes for a fun twist.

HOW TO PREPARE

1. Wash any dirt off greens.
2. Chop if desired.
3. Add additional salad toppings.
4. Add salad dressing before consumption.

Arugula is a great addition to scrambles, sandwiches, and salads.

RECIPES FROM HOFFFA

with arugula

- Spring Citrus Salad
- Tabouli Salad

GO TO [HDFFA.ORG/COOKINGCOUNTS](https://www.hdfffa.org/cookingcounts)
OR SCAN CODE TO FIND OUR RECIPES

