

EDIBLE GARDEN



ROCKET LEAVES (ARUGULA)

Rocket leaves (*Eruca sativa*), also known as Arugula, is a leaf vegetable originating from the Mediterranean region. They are used as a herb, leaf vegetable and most commonly, salad greens. It has a pungent peppery and bitter flavour that is stronger when eaten raw.

It is commonly used fresh - on top of pizzas, in soups, sandwiches or mixed in with other salad greens. Rocket leaves are also a good source of vitamins A, C, K and dietary minerals such as calcium, magnesium and manganese.