

## Rocket Arugula Wild Cut - Seeds ( buy1get1free )



1 packet contains 50 seeds of Rocket Arugula Wild Cut - Seeds

Rating: Not Rated Yet

**Price**

Sales price 125

Discount

**Item will be shipped by 3 - 5 days**

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Description

### Description for Rocket Arugula Wild Cut

Best grown in deep, fertile, medium moisture, well-drained soils in full sun. Tolerates light shade. Foliage depreciates rapidly if soils are allowed to dry out.

Common name salad rocket, rucola, rucoli, rugula, colewort, roquette, and arugula	Flower colours White	Bloom time June to July	Height 4.00 to 7.00 feet	Difficulty easy to grow
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### Planting and care

Prefers rich humusy soil with pH of 6 to 6.8, but will tolerate wide variety of conditions. Evenly moist soil will help slow bolting. Growth is low and compact until heat causes plant to bolt. Forms a rosette of deeply lobed leaves. Plants become erect when heat induces bolting. Flowers are edible.

Sunlight Full sun	Soil well-drained soil	Water Medium	Temperature 45 - 70F	Fertilizer Apply any organic fertilizer
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### Caring for Rocket Arugula Wild Cut

- Feed plants on a regular basis before and throughout the blooming cycle (avoid chemical fertilizers and pesticides if youâ€™re harvesting)

for the kitchen).

- Once a month between April and July, apply a balanced granular fertilizer (5-10-5 or 5-10-10). Allow  $\frac{3}{4}$  to 1 cup for each bush, and sprinkle it around the drip line, not against the stem.

## Harvesting

ready to harvest as early as 4 weeks after seeding.

## Typical uses of Rocket Arugula Wild Cut

**Special features:** Accent for open sunny areas. Periphery of border. Cottage gardens. Wild gardens.

**Culinary use:** it is cooked and eaten like spinach, or it can be used more sparingly as an herb to flavor a salad, meat, or pasta sauce.

### Medicinal use:

As in other greens, arugula also is one of the very low-calorie vegetables. 100 g of fresh leaves hold just 25 calories. Nonetheless, it has many vital phytochemicals, anti-oxidants, vitamins, and minerals that may immensely benefit health.

Salad rocket has the ORAC value (oxygen radical absorbance capacity, a measure of antioxidant strength) of about 1904  $\mu\text{mol TE}$  per 100 grams.

## References

<http://www.missouribotanicalgarden.org/> <http://www.flowersofindia.net/>

## Reviews

Thursday, 14 December 2017

Nice to purchase seeds

Ajeeshkumar

Tuesday, 05 September 2017

Very nice packaging, with labelling of all the seeds. Variety of seeds available and its a great value for money.

Saloni Shah

Friday, 01 September 2017

This flowering plant is really easy to grow.

MeeTu PraVeen TripaThi

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