

Rocket Arugula Wild Cut - Seeds



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

Rating: Not Rated Yet

Price

145

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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(s): salad rocket, rucola, rucoli, rugula, colewort, roquette, and arugula

Flower colours: White

Bloom time: June to July

Max reachable height: 4.00 to 7.00 feet

Difficulty to grow: easy to grow

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

Caring for Rocket Arugula Wild Cut

- Feed plants on a regular basis before and throughout the blooming cycle (avoid chemical fertilizers and pesticides if you'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 $\frac{1}{4}$ 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

Friday, 26 October 2018

Best buy....paisa vasool seeds pack

Preeti Machado

Saturday, 20 October 2018

The seeds are genuine. Just planted and could see some germination after a week. Awaiting for its growth. Thank you

Taruna Reddy

Saturday, 13 October 2018

Over 90% germination. Good Quality

Miteii Pachuau

Wednesday, 10 October 2018

Extremely happy with the nurserylive service and the seed. Profusely flowering waiting for brinjal to grow. Very good germination of seeds.

Sheryl

Sunday, 30 September 2018

seeds germination rate is good

Bunty Nagda

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