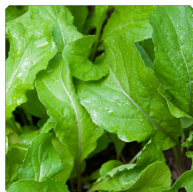


Rocket Arugula Wild Cut - Seeds - buy 1 get 1 free



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

Rating: Not Rated Yet

Price

Sales price R 125

Discount

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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 | Flower colours | Bloom time | Height | Difficulty |
|---|----------------|--------------|-------------------|--------------|
| salad rocket, rucola, rucoli, rugula, colewort, roquette, and arugula | White | June to July | 4.00 to 7.00 feet | 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 | Soil | Water | Temperature | Fertilizer |
|----------|-------------------|--------|-------------|------------------------------|
| Full sun | well-drained soil | Medium | 45 - 70F | 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 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 ¼ 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 Åµmol TE per 100 grams.

References

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