

# Dragon's Tongue Arugula



## *Eruca sativa* 'Dragon's Tongue'

- **Use:** The only thing more spectacular than Dragon's Tongue's appearance is its flavor -- peppery, sharp, and satisfying. This selection of wild arugula is the absolute best for baby greens as well as fully mature leaves.
- Both the midrib and the veins of these oakleaf-shaped delicacies are a rich, dark red, contrasting nicely with the dull olive-green of the base. They keep their color well, and are a startling and impressive addition to salads and as garnish. Once a rare delicacy, Arugula is now part of the American dinner table. But for what it costs at the fresh market, growing your own is the only sane option!
- **Exposure/Soil:** Full to part sun and keep the soil evenly moist.
- **Growth:** This plant reaches about 12-18" tall and 6-9" wide, with leaves best cut at 2 to 3 inches long. Cut just what you need for the next meal; each leaf that is severed stimulates production of more foliage, so a single plant can keep producing over a long season. Space plants about a foot apart in rows 18 to 36 inches apart.
- **Hardiness/Harvest Time:** Annual / Yields in less than 90 days.
- **Foliage:** can be used as either a vegetable or an herb. Add Dragon's Tongue arugula to a salad with romaine, spinach and a tangy goat cheese. Chiffonade the red-veined arugula to be used as a garnish for pastas or pizza, or use in place of basil for a peppery pesto. Use Dragon's Tongue arugula in lieu of spinach for wilted greens or add at the end to sautéed vegetables for a peppery finish. Add additional flavor to sandwiches with the peppery leaves. Wash leaves, roll in a paper towel and store in a plastic bag in the refrigerator for a few days. Arugula is best used within 2-3 days.



**Peppery-  
Mustardy  
Flavor  
Wakes Up  
the Palate!**



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