

# Astro Arugula



## *Eruca sativa* 'Astro'

- **Use:** Germinates quickly and tolerates cold and hot temperatures well. This strain has a mix of "cut" and "strap" leaf shapes when grown as baby leaf. Performs well as a cut-and-come-again crop. Heat and cols tolerant. 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. Growers prefer Astro for its more serrated or cut leaf type and its high yields of whole leaf arugula. The slow-bolting, vigorous plants can be cut at the baby or mature stage. Astro has a distinctly nutty flavor and attractive medium green color. 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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