



# Arugula (Rocket)

**Arugula**, also known as rocket, roquette or rucola is ubiquitous in salad mix but is often hard to find singled out. If you find yourself picking out these peppery, distinctive leaves from the rest of the greens in the salad mix, then you might want to try a bag of pristine arugula. If you're like me, you could eat a whole bag of it plain. This wouldn't be such a bad thing considering the fact that two cups of arugula has only 10 calories but also contains the most vitamin C and calcium of any salad green. It's also high in vitamin A and folic acid. For those of you who are not in the fan club of this hot and spicy green, all is not lost! The heat can be tamed by cooking the green in pastas or soups.

Arugula has a long history of use dating back to biblical times. In India, arugula is not cultivated primarily as a green but rather for the oil that can be extracted from its seed. In America, it's been used since the days of the colonists but only in the 90's did it reach its current popularity, gracing high-end restaurant menus everywhere. Arugula's strong flavor turns out to be the perfect foil for many ingredients including beets, goat cheese,

blue cheese, nuts, citrus, and olives. The possible salad combinations are endless. Seasonality

Arugula is one of the first spring greens. With continuous cutting, arugula can be harvested many times, but at Harmony Valley arugula is succession planted. Every week arugula is sown. After 4 - 6 weeks the harvest begins, with a new bed being harvested each week, assuring only the newest, tender leaves are picked. Arugula is also a favorite of the flea beetle. If the crop is not protected, the beetles' feeding will create a filigreed appearance of the leaf, which is not desirable as it can cause reduced shelf life.

You've heard about pasta sauces that are so quick they can be prepared as the pasta cooks? This one is even easier.

## **GORGONZOLA BUTTERMILK PASTA WITH ARUGULA**

8 oz. farfalle or other small pasta  
4oz. Gorgonzola or other blue cheese  
½ c. buttermilk  
2 Tbsp. chopped parsley  
salt  
pepper  
2. c. arugula leaves  
2 Tbsp. toasted pine nuts

1. Cook the pasta. (see back)

## **ARUGULA PESTO**

1 lb. Arugula  
¼ lb. freshly grated Parmesan cheese  
¼ lb. toasted pine nuts or walnuts  
10 cloves garlic  
1 c. olive oil  
1 tsp. pepper  
salt to taste

Puree until smooth.

This will surely pep up your next sandwich. It would also be good as a vegetable dip or mixed into a potato salad.



# A Midwestern Palette

Though many fresh foods are available year round, our regional agricultural community, and the urban communities surrounded by them, benefit when we choose to eat seasonally from local producers. Knowing the seasonality of our favorite produce allows us to make informed choices.

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
				<b>Arugula Season</b>							

Arugula can be grown successfully out of doors in the Midwest from early spring to late fall. It can tolerate some frost as well as summer heat. It is sweeter and milder when the nights are cool.

## Storage and prep tips

Arugula should keep in the refrigerator for over a week. At that time, some of the leaves may begin to yellow but these can easily be picked out and the remaining arugula enjoyed. Arugula is my favorite green so I often use it in place of other lettuce in salads and on sandwiches. I think cooked arugula is missing what I love about it but if you prefer it less spicy it can be used like spinach in pasta dishes, a frittata or stirfry.

If you are feeling creative, you could also create your own salad mix with arugula and some of the other lettuces at market. One of my favorite pairings is arugula and Boston Bibb. The pale, buttery leaves of the Bibb blend well with the spicy, darker green arugula.

Arugula can also be frozen so if market is coming up or you are anticipating your next CSA box and don't think you can finish everything, just throw the bag in the freezer and add to soup or pasta at your convenience.



From the front

2. In the meantime, break the blue cheese into small piece and mix with the buttermilk.
  3. When pasta is finished, strain and put back into the pot.
  4. Add buttermilk mixture, parsley, salt, pepper and arugula.
  5. Stir over low heat until pasta is coated in sauce and arugula is wilted.
  6. Garnish with pine nuts.
- Serves two.

## ARUGULA AIOLI

- 1 bag arugula
- 1 clove garlic
- ¼ c. mild olive oil
- 1 tsp. salt
- 1 Tbsp. lemon juice
- 1 c. mayonnaise

Puree all ingredients in a blender or food processor until smooth.

Use as a sandwich spread, steamed vegetable topping, any way you would use mayonnaise.

Harmony Valley Farm is a family owned farm in western Wisconsin, dedicated to producing high quality, beautifully clean, and deliciously fresh certified organic produce. Our farming methods protect the environment and enhance diversity.