

ANOTHER  
HERB HERBERT FAVOURITE HERBS  
FACT SHEET

# Rocket Salad/Arugula

*Eruca vesicaria ssp. sativa*



Any enquiries can be directed to:  
HERB HERBERT P/L  
PO Box 24 Monbulk  
Victoria 3793 AUSTRALIA  
E-mail: herb@herbherbert.com

This genus includes five species of annual and perennial herbs which occur in Mediterranean regions. It was a popular salad plant in Roman times, and is still sometimes referred to as Roman rocket.

## DESCRIPTION

Salad rocket, also known as arugula, rucola and roquette, is an upright, mustard-like annual with asymmetric, toothed leaves. Cream 4-petaled flowers, veined purple, appear from late winter to autumn, followed by slender, erect pods.

Rocket was once used medicinally but is now known only as a salad herb.

## CULTIVATION

Moist, rich well drained to dry stony soils in full sun. Leaves from plants grown in cool, moist, rich soil are more tender and less pungent than those from plants in hot, dry ground. Recommend successional sowing of seed from late winter to early summer. Leaves may be damaged by flea beetle.

## HARVEST

Young, tender leaves are picked before the flowering stem appears, when they are less pungent than those picked later.



## PARTS USED

Leaves

Height 60cm-1m/24-36in Spread 15-20cm/6-8in

## PROPERTIES

A bitter herb with a strong peppery flavour.

## USES OF THE HERB

Culinary

Popular mainly as a salad herb, notably in mesclum mixes. May also be added to stir-fries and pasta dishes.



© HERB HERBERT P/L