



Arugula Planting Guide

About Arugula

Arugula is an edible, annual, and fast growing plant used as a leaf vegetable for its fresh, tart, bitter, and peppery flavor.

When to Plant

Plant arugula seeds in early spring, when the soil is between 40 and 65 degrees F.

Where to Plant

Because arugula is such a fast grower, directly sow seeds into your garden with average soil.

How to Plant

4-6 inches between arugula plants is recommended, however they do not mind over-crowding. Dig about 4" deep, work in some compost and organic matter, and plant your arugula seeds by sprinkling them in and covering with a layer of soil. Once temperatures rise to 60-65 degrees F, arugula will begin to germinate.

Caring for Arugula

Keep arugula well watered but not soggy. If your planting area gets full sun all day, give arugula plants afternoon shade. In just 10-14 days, the first set of leaves can be harvested as micro greens. For more mature and peppery leaves, harvest arugula 30-50 days from seeding. Harvest in the morning, when leaves are most crisp. Use a knife to cut leaves as you need them. Flowers will appear after the leaves have grown to full size and are too bitter to eat. These flowers are also edible and a little sweeter/less peppery than the leaves.