



Hey kids, become a FOOD EXPLORER and check this out!

Arugula



Did you know...?

- Arugula is known as the “garden rocket” because of how quickly it grows.
- Arugula is usually grown near basil and parsley plants because its “spicy” smell and taste repels pests.
- Arugula blooms in the spring and summer. Its flowers attract bees and insects, which are important for pollination.
- Arugula has been around for centuries. It was first harvested in the 6th century B.C.



DELICIOUS AND NUTRITIOUS

Arugula contains phytonutrients that can help protect your health.

A SUPER SNACK IDEA

Make an arugula salad with olive oil, lemon, and parmesan cheese.

ARUGULA HUMOR

What’s a wolf’s favorite vegetable?
Arrooooooogula!!