

Arugula

“Rocket Salad, Roquette” Variety

PLANTING GUIDE

HOW TO PLANT:

1. **Remove any weeds from the bed** (trowels & gloves in Garden Box-see map).
2. **Discuss where your two vegetables will be planted with respect to sunlight.** How can you plant your veggies so both get the maximum amount of sun? Arugula will reach 3-4” in height (i.e. not very tall).
3. **Row spacing.** Most plots will only accommodate 3-4 rows of arugula. **Space rows 6” apart.** Use trowel to define SHALLOW trough **1/4” deep**. Consider where your rows will be relative to the drip irrigation lines, which should be arranged to provide even watering. When planting multiple rows, try offsetting the location of the seed groups so that you have a staggered or brick like arrangement.
4. **Planting seeds.** **A group of 4 seeds every 6”.** Arugula seeds are very small and difficult hold in fingers. A good alternative is to divide the seed packet into the provided mini cups (enough for at least half of the students). Have students pour their seed group into the shallow trough every 6”. Gently cover with soil. Have half the class plant at least two seed groupings.
5. **Mark your hole.** Place a popsicle stick near (not on top of) each seed grouping. Sticks tell us where we need to pay attention (i.e. watch for seedlings and where NOT to step).
6. **Water the beds (if desired) using watering can or hose (see garden map).** The drip irrigation system will provide water on a regular basis so it is not necessary. Show kids where the holes are in the irrigation lines.
7. **Clean and return any used trowels and gloves to the Garden Box.** Please keep gloves together in pairs as found.

MONITORING:

1. **Appearance of seedlings.** Seedlings should appear in **10-15 days**.
2. **Observe your plants regularly.**
3. **Insects.** Look for insects that might munch on the leaves!

HARVEST:

- ~ **30-45 days (Arugula)** post-planting to harvest
- Teachers and Garden Liaisons should remain in contact with each other for periodic updates and eventually the HARVEST!
- According to Botanical Interests, “Pick leaves when no longer than 6”. For the mildest, best-tasting baby greens, pick leaves when 2”–4” long; pick them individually, or cut off the plant at ground level. Harvest before the plant begins to flower, unless you plan to eat the flowers.”

<https://www.botanicalinterests.com/product/arugula-rocket-salad-roquette-organic-heirloom-seeds-lg/srch:arugula>