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REGULAR ARUGULA

“ Arugula”
Eruca sativa



DESCRIPTION: Also known as Rocket. Has a pungent, spicy flavour and is excellent as a salad green, on pizzas or in pasta.

HISTORY IN THE REGION: Grown by ESD in Moruya from 2012.

SOW: Direct in Autumn/Spring

SPACING: 20cm

SIZE: 30cm

SEED COUNT: 300ish