

How to Grow Arugula

General

Arugula is a productive, cool season, annual salad green that works best in spring and fall, and can be managed all winter under cloche protection. In hot weather, arugula will go to seed.

Latin

Eruca sativa (Wild Arugula is *Diplotaxis tenuifolia*)
Family: Brassicaceae

Difficulty

Easy

Season & Zone

Season: Cool season. Arugula tends to bolt in hot weather.

Exposure: Full sun to partial shade.

Zone: Hardy in all zones.

Timing

Direct sow every 3 weeks from mid-March to April and again in September for a fall/winter crop. Optimal soil temperature: 4-12°C (40-50°F).

Starting

Sow no more than 5mm (¼") deep in well drained soil in full sun. Thin seedlings to 10-15cm (4-6") apart in rows 45-60cm (18-24") apart. Overcrowded plants will bolt earlier. Seeds germinate in 4-8 days.

Growing

Ideal pH: 6.5-7.0. Keep moist until germinated and then just keep the area weeded.

Harvest

Use as a cut & come again crop, harvesting with scissors. Baby leaves are mild and tender.

Seed Info

In optimum conditions at least 75% of seeds will germinate. Usual seed life: 3 years. Per 100' row: 1.2M seeds, per acre: 348M seeds.

Diseases & Pests

Flea beetles will cause numerous tiny holes in the leaves. If these appear, try planting a couple of weeks later next year, to avoid their laying cycle. Or plant under lightweight row cover.



[Arugula](#)



[Wild Arugula](#)

