

Arugula

Mustard Greens

Non-GMO Sprouting/Micro Greens

Arugula is a type of mustard that is edible as seeds, sprouts or microgreens. Packed with nutrition and anti-oxidant rich, *Arugula* is one of the easiest sprouts to grow. It has a mild peppery flavor and bright green tender leaves. Great in salads, on pizza, sandwiches or cooked.

Seeding Rate:

Indoor: 3-5 seeds/ per inch
Outdoor: 250 seeds/ per 4 feet

How to Grow: All varieties prefer well-drained soil that is rich in organic matter. Using a 10" x 20" tray filled with 2" of moist soil, spread 1oz. of seeds evenly across the soil. Cover tray and store for 72 hours at 70°F – misting lightly every 24 hours. Sprouts will emerge in 3 to 4 days. Uncover and place in well-lit area. Harvest as microgreens when plants reach 3" tall and produce open leaves. Cut with scissors at approx. 1/4 inch above the soil. Leaves can be stored dry in an airtight container in the refrigerator for up to one week. Wash lightly and dry just before eating.

Note: *Arugula sprouts are milder in taste than the leaves. The seeds can also be ground and used as a spice. Great for use as cover crops as well.*

Nutritional Value: Sprouting seeds are richer in protein, folate, magnesium, phosphorus, manganese and vitamins C and K than un-sprouted plants. The vitamin and mineral content varies based on the variety of the sprouting seeds. Sprouts offer a powerful source of vitamins, minerals, antioxidants, and enzymes that fight free radicals because sprouting can increase their potency by 20 times or more.



A fully certified organic and non-GMO variety



Growth Habit	Germination Rate Days	Days to Maturity	Temperature Range	pH Range	Plant Height	Row Spacing	Light Requirement	Plant Width	Certified Non-GMO
Bunch	Fast 3-4 days	Fast 7-10	Mild 65°-75°F	Medium 6.0-7.5	w/leaves 8-12"	12" (outdoor)	Full Sun to Partial Shade	Leaves 4-6"	Yes

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