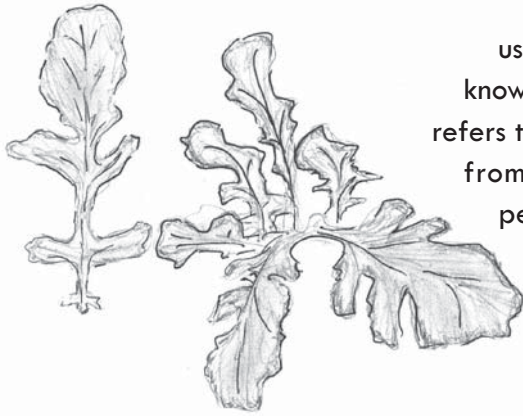


ARUGULA



ARUGULA is a spring salad green used throughout the world. In Europe it is known as rocket, or roquette, which probably refers to the fact that arugula is ready to harvest from seed in just a few weeks. Popular as a peppery-tasting salad green, arugula is a cool weather crop and is harvested in the spring and fall in the Northeast. As the weather grows warmer, arugula leaves become spicier.

STORAGE

- ◆ Wrap arugula in a damp paper or cloth towel and store in the refrigerator drawer. Try to change the towel everyday.
- ◆ Although best enjoyed right away, arugula will **last 4-5 days** stored this way.

PREPARATION

- ◆ Wash arugula in plenty of cold water with a bit of salt added to help draw dirt away from the leaves.
- ◆ If the leaves are slightly wilted, soak them in icy water for about 10 minutes to revive them.
- ◆ Young, tender arugula makes **a great salad** by itself with some olive oil, freshly grated Parmesan cheese, and salt and pepper to taste.
- ◆ If the peppery flavor of arugula is too strong on its own, **combine it with other, milder salad greens.**
- ◆ Arugula is a delicate green that can also be **steamed, sautéed, or added to sauces**, pasta, rice or meat dishes at the last minute. Cook lightly to retain its bright green color and delicate texture.
- ◆ Try substituting arugula for all or part of the basil in your favorite pesto recipe.

Nutritional Information

Arugula is an excellent source of vitamin A and C and a good source of folate. Vitamin A is important in vision, growth and development, skin health, immune function and reproduction. Vitamin C is important in immune response, wound healing, and allergic reactions. Vitamin C also helps with iron absorption. A healthy diet with enough folate may reduce a woman's risk of having a child with certain birth defects of the brain or spinal chord.

Arugula Recipes

Arugula and Ricotta Pesto

- 3 medium garlic cloves
- 1/4 cup pine nuts, walnuts, almonds or sunflower seeds
- 1 cup packed fresh arugula leaves, washed and dried thoroughly
- 1 cup packed fresh parsley leaves, washed and dried thoroughly
- 1/4 cup packed fresh basil leaves
- 7 Tablespoons olive oil
- 1/3 cup ricotta cheese
- 2 Tablespoons Parmesan cheese, grated
- Salt and pepper to taste



In a food processor or blender, combine garlic, nuts or seeds, arugula, parsley, basil and oil until it forms a smooth mixture. You may have to stop to scrape down the sides of the processor or blender. Transfer the mixture to a small bowl and stir in the cheeses, salt and pepper.

This recipe makes about 1-1/2 cups of pesto, enough to sauce one pound of cooked pasta. It's best to add 3-4 Tablespoons of the water pasta was cooked in to the pesto before tossing it with the pasta.

Recipe adapted from *Cook's Illustrated Magazine*, Christopher Kimball, January/February, 2001., Boston Common Press Limited Partnership.

Pasta with Arugula, Kalamata Olives, and Shiitake Mushrooms

- 1 pound penne pasta
- 1 1/2 Tablespoons olive oil
- 1-3 cloves garlic, minced
- 2 ounces fresh shiitake mushrooms, chopped
- 2 pounds fresh roma tomatoes, peeled and chopped (can substitute canned tomatoes)
- 1/4 teaspoon dried red chili flakes (more if desired)
- 5 Tablespoons Kalamata olives, chopped
- 1/2 teaspoon salt
- 1 1/2 cups arugula, washed, dried, and chopped
- 1/2 cup basil, washed, dried and chopped
- 1/2 cup Parmesan or Asiago cheese, freshly grated
- Freshly ground pepper to taste



In a large pot, boil water and cook pasta according to directions on box. Meanwhile, in a large skillet over medium heat, heat the olive oil and add the garlic and mushrooms. Sauté for 2-3 minutes, being careful not to burn the garlic. Add the tomatoes, chili flakes, olives and salt and simmer for about 10 minutes. When pasta is finished cooking, drain it well and toss it with the arugula and basil in a large bowl. Pour the sauce over the pasta mixture and toss lightly. Sprinkle the pasta with grated cheese and pepper and serve immediately.

Recipe adapted from *Rolling Prairie Cookbook* by Nancy O'Conn, Chelsea Green Pub. Co.: 1998.

Pasta with Potatoes, Arugula and Rosemary (Serves 4)

- 1 pound new potatoes, washed, scrubbed, and sliced to about 1/3 inch thick
- About 1/2 cup olive oil
- Salt and pepper
- 3/4 pound penne or ziti
- 2 bunches arugula (1/2 pound), washed and drained, try to use larger, older leaves
- 1 small red onion, sliced thin
- 4 to 6 cloves garlic, chopped finely
- 1 sprig rosemary, chopped finely
- 1/2 lemon (for juice)
- Grated Parmesan cheese



Preheat oven to 400 degrees. Toss sliced potatoes with a small amount of the olive oil and salt & pepper. Spread them in a single layer in an ovenproof dish or a baking sheet. Roast them in the oven until golden brown and cooked through, about 15 minutes. Meanwhile put a large pot of salted water on for the pasta. When it comes to a boil add pasta and cook according to the instructions on the box. Remove the potatoes from the oven when they are done.

Heat a sauté pan, add the rest of the olive oil, and sauté the sliced onion until soft and translucent and just starting to brown (5 minutes). Lower the heat, and add the cooked potato slices, garlic, and rosemary and cook for a minute or so.

When the pasta is done, drain and add it to the potato mixture along with the arugula. Add a squeeze of lemon juice and toss everything together in a large bowl. Drizzle a little olive oil over the top and serve. Sprinkle with grated cheese, if desired.

Recipe adapted from *Chez Panisse Vegetables* by Alice Waters, copyright 1996 by Harper Collins.