

HARVEST OF THE MONTH: ARUGULA



NUTRITION FUN FACTS:

- Arugula is high in calcium and vitamin K which are key nutrients for bone health.
- The calcium and vitamin K in arugula are also important for healthy blood clotting.
- Arugula is high in folate, which an important vitamin to consume during pregnancy.

Fun snack ideas!

HOW TO EAT CELERY:

1. Roast arugula by mixing with olive oil and salt and pepper. Then put it in the oven at 400° F for 8-10 minutes.
2. Put arugula on pizza as a healthy topping!
3. Replace lettuce in a sandwich with arugula to add more dark leafy greens to your diet!

Pick the yummiest!

THINGS TO LOOK FOR:

1. Choose bright, vibrant green arugula.
2. Wash and dry arugula and store it in the fridge
3. You can keep arugula in the fridge for up to 10 days.
4. Make sure to get rid of any leaves that appear wilted or yellow.

**BEST TIME TO
EAT:
EARLY SPRING
AND FALL**



UNC Center for Health Promotion and Disease Prevention

RECIPE: GREEN OATMEAL

DIRECTIONS

1. Put pot on stove, add the water, and turn up the heat to high.
2. Bring the water to a boil.
3. Add the oats and cook until tender, 3 to 5 minutes.
4. Add the arugula and cheese, mix well, and serve right away.

<https://www.chopchopfamily.org/recipe/green-oatmeal/>

INGREDIENTS

- 2 1/2 cups water
- 2/3 cup 3-minute steel cut oats
- 1/2 cup packed arugula leaves, chopped
- 2 tablespoons shredded cheddar cheese

ACTIVITY: TYPES OF ARUGULA

There are many types of arugula! Try to find these different types in the word search puzzle. Words can go in any direction and words can share letters as they cross over each other.



WORD BANK

- arugula
- astro
- italian cress
- red dragon
- rocket
- selvetica
- wasabi