

VEGETABLE OF THE WEEK

ARUGULA

Arugula has a peppery, slightly bitter flavor. It is stronger than most lettuces, so it's often paired with other greens. Mature arugula has sturdy leaves, whereas baby arugula tends to be more tender and milder in flavor. Hotter weather makes for spicier leaves. Arugula is rich in vitamins A, K, and folate.

To store: Arugula is highly perishable and will only last about 2 days. This should be the first item you eat from your box. Store in the fridge inside a perforated plastic bag.

If you decide to wash it first, be sure to spin the leaves dry before placing them into a Green bag with a dry paper towel to absorb the moisture.

To use: Arugula can be sandy, so submerge it in a bowl of cold water, then drain and spin dry. Refresh limp arugula by plunging it into ice water. Used as a raw salad green, arugula pairs well with vinaigrettes. It can also be tossed in at the end of sautés or pasta dishes, and it stands up to salty dishes well. You can add it to a stir fry. You can use arugula in place of basil to make a peppery pesto or as a substitute for spinach.

Try it in salsa verde, or chimichurri sauce. Use arugula to top sandwiches and pizzas, as a bed for grilled steak, or to garnish hors d'oeuvres.