

did you know?

- Arugula is often served with tomatoes and mozzarella cheese.
- In Italy, raw arugula is often added to a pizza at the end of or just after baking.
- Arugula is also called “garden rocket”, referring to the fact that it grows extremely fast (rocket speed). Leaves are ready for the harvest 40 days after sowing of seed.
- Young leaves of arugula have a mild, sweetish taste, while older leaves have peppery, slightly nutty flavor.



JOKE

Knock, Knock. Who's there?
Lettuce. Lettuce Who?
Lettuce in and you'll find out!

WHY IS ARUGULA GOOD FOR BUILDING STRONG BONES?

ARUGULA CONTAINS VITAMIN K. VITAMIN K WORKS WITH CALCIUM TO BUILD STRONG BONES.

ARUGULA WITH HONEY LEMON DRESSING

ARUGULA
1 TBSP PLUS 2 TSP LEMON JUICE
1 TSP LEMON ZEST
1 TBSP HONEY
¼ CUP EXTRA-VIRGIN OLIVE OIL
SALT AND PEPPER

DIRECTIONS: Whisk ingredients together for dressing and toss with arugula.

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 -1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups