

Arugula Microgreen

(Source:

https://www.specialtyproduce.com/produce/Micro_Arugula_1823.php)

This microgreen contains glucosinolates (GSLs), ascorbic acid (vitamin C) and phenols that are believed to help fend off toxins and stave off environmental stress, says Monique Richard, RD, an adjunct professor of nutrition at East Tennessee State University. “Adding the peppery spice of arugula to sandwiches, salads, smoothies or as a colorful and edible garnish can be tasty and beneficial to your health,” she says.

Micro Arugula greens are intended for raw preparations, specifically as a garnish for an extra layer of flavor and texture. Though small, young, and tender, their peppery bite is best suited for savory dishes. They are best left undressed, added only at the very final stage of finishing dishes such as pasta, soups, salads, omelets, or vegetable plates. They can also be sprinkled over boiled potatoes and served as a side dish. The delicate leaves will wilt if exposed to prolonged heat and do not stand up to heavy dressings or sauces. Micro Arugula pairs well with cheeses such as Parmesan, feta, chevre, blue cheese, gorgonzola, and mozzarella, nuts such as walnuts, pine nuts, and pecans, avocado, balsamic vinegar, lemon, mint, cucumber, tomato, olives, garlic, beets, fennel, pears, grapes, prosciutto, and roast beef. They will keep 5-7 days

when stored unwashed, in a sealed container, and in the refrigerator.