

# 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.



## WHY IS ARUGULA GOOD FOR BUILDING STRONG BONES?

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

## JOKE

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

## 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

**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.