



Geography/History

Baby Arugula is of the species *Eruca sativa* and native to the Mediterranean region, specifically Morocco, Portugal and Lebanon. Arugula is an annual herb that thrives in temperate climates with cool winter months and can be grown successfully in summer months in cooler regions.



See the table below for in depth analysis of nutrients:
Arugula (Eruca sativa), raw,
 Nutrition value per 100 g.
 ORAC value 1904
 (Source: USDA National Nutrient data base)

Principle	Nutrient Value	Percentage of RDA
Energy	25 Kcal	1%
Carbohydrates	3.65 g	3%
Protein	2.58 g	5%
Total Fat	0.66 g	3%
Cholesterol	0 mg	0%
Dietary Fiber	1.6 g	4%
Vitamins		
Folates	97 mcg	24%
Niacin	0.305 mg	2%
Pantothenic acid	0.437 mg	8%
Pyridoxine	0.073 mg	6%
Riboflavin	0.086 mg	7%
Thiamin	0.044 mg	4%
Vitamin C	15 mg	25%
Vitamin A	2373 IU	79%
Vitamin E	0.43 mg	3%
Vitamin K	108.6 mcg	90%
Electrolytes		
Sodium	27 mg	2%
Potassium	369 mg	7.5%
Minerals		
Calcium	160 mg	16%
Copper	0.076 mg	8%
Iron	1.46 mg	18%
Magnesium	47 mg	12%
Manganese	0.321 mg	14%
Phosphorus	52 mg	7.5%
Selenium	0.3 mcg	<1%
Zinc	0.47 mg	5%
Phyto-nutrients		
Carotene-β	1424 mcg	
Carotene-α	0 mcg	
Lutein-zeaxanthin	3555 mcg	

Description/Taste

Baby Arugula is simply arugula harvested young for its more petit, delicate leaves and flavor. Although not as intense in flavor as its mature counterparts it still retains that peppery essence and mustard quality that distinguishes arugula from other herbs and leafy greens.

