

ARUGULA

ON TREND

LEAFY GREENS

This multi-use leafy green is great for salads, as a cooked vegetable, sandwich topping or garnish. With its Mediterranean origin, Arugula is well used as a component in salad blends or stands well on its own with a simple drizzle of olive oil, squeeze of lemon and a pinch of salt.



REGULAR ARUGULA

FLAVOR: Aromatic, less spicy flavor in comparison to Wild Arugula

TEXTURE: Tender, flat, rounded leaf edges

Nutritionals

30 CALORIES
2G FIBER
3G PROTEIN
70% VITAMIN A
10% VITAMIN C
25% CALCIUM
6% IRON

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs.

WILD ARUGULA

FLAVOR: Aromatic, soft pepper flavor

TEXTURE: More curly and narrow leaf with jagged edges

Nutritionals

25 CALORIES
2G FIBER
3G PROTEIN
45% VITAMIN A
25% VITAMIN C
15% CALCIUM
8% IRON

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower based on your calorie needs.

ITEM	SKU	PACK SIZE	SHELF LIFE	PER PALLET	TI/HI
Organic Wild Arugula	400001	2 x 2 lb	16 days	130	10/13
	400002	2 x 1 lb clamshell	16 days	140	10/14
Wild Arugula	342201	2 x 2 lb	16 days	130	10/13
	336502	2 x 1 lb clamshell	16 days	140	10/14
	342209	3 lb UPC carton	16 days	130	10/13
Baby Wild Arugula	657122	4 x 1 lb	16 days	130	10/13
Regular Arugula	330202	2 x 2 lb	16 days	130	10/13



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