



Arugula

BABY, REGULAR & WILD

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.



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.

REGULAR ARUGULA

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

TEXTURE: Tender, flat, rounded leaf edges

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