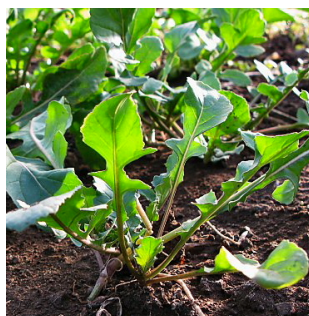




# Arugula

*Eruca vesidaria ssp. sativa*

**A**rugula is a fall-seeded, overwintering Brassica. It is useful for suppressing weeds and minimizing surface compaction. Arugula provides less ground cover but more biofumigation potential than turnips or rape.<sup>1</sup> The glucosinolates in Brassicas are the compounds responsible for disease suppression.



<i>Land preparation</i>	Use a smooth, well-drained seedbed that is free of weeds. Must contain sufficient moisture.
<i>Seeding rate</i>	Drill 2-4 lb/ac, <sup>2</sup> ¼-½ inch deep. Broadcast. Seed can be no-tilled into suppressed sod or seeded into a conventionally prepared seedbed. <sup>3</sup> When using conventional tillage, control the first flush of weeds before seeding to ensure a weed-free seedbed. Roll after seeding to improve seed-to-soil contact but do not break up aggregates.
<i>Seeding date</i>	August.
<i>Seed sources</i>	Rupp Seeds.
<i>Maintenance</i>	Avoid wet spots.
<i>Control</i>	Incorporate in the spring. For biofumigation, mow when the soil is warm but before seeds are set. Incorporate immediately and roll soil to seal the surface. Wait a minimum of 10 days to fit and plant.
<i>Tips</i>	Do not use in rotation with other Brassicas. Brassicas can be magnets for flea beetles. Arugula is reported to reduce the populations of northern root knot nematodes on tomatoes. <sup>4</sup>

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**References:**

- <sup>1</sup>Tim Whitwood, Rupp seeds; personal communication.  
<sup>2</sup>Rupp Seed catalog  
<sup>3</sup>Forage Brassica fact sheet, AMPAC Seed Company.  
<sup>4</sup>Melakeberhan, H, et al. 2006, Potential use of arugula (*Eruca sativus* L.) as a trap crop for *Meloidogyne hapla*, Nematology 8: 793-799.

**Disclaimer**

This fact sheet reflects the current (and past) authors' best effort to interpret a complex body of scientific research, and to translate this into practical management options. Following the guidance provided in this fact sheet does not assure compliance with any applicable law, rule, regulation, or standard, or the achievement of particular discharge levels from agricultural land.

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For more information



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