

Ingredient Spotlight

Arugula

WHAT ARE THE BENEFITS?

- Arugula, also known as rocket or Italian cress, is a low calorie leafy green that is extremely high in vitamin K which is essential for blood clotting and maintaining bone health
- Arugula is also high in lutein, a carotenoid related to beta-carotene and vitamin A known for its antioxidant properties that help to support eye, skin and heart health

WHEN IS IT SEASON?

- As a member of the cabbage family, this peppery green grows quickly in cool climates and is in peak season in early spring and fall

