

5-16-2012

Arugula

Jillian Cartwright

Amanda Spackman

Amanda Whitlock

Follow this and additional works at: http://digitalcommons.usu.edu/student_organicfarm

Recommended Citation

Cartwright, Jillian; Spackman, Amanda; and Whitlock, Amanda, "Arugula" (2012). *USU Student Organic Farm Newsletter*. Paper 43.
http://digitalcommons.usu.edu/student_organicfarm/43

This Newsletter is brought to you for free and open access by the Agriculture and Applied Sciences at DigitalCommons@USU. It has been accepted for inclusion in USU Student Organic Farm Newsletter by an authorized administrator of DigitalCommons@USU. For more information, please contact dylan.burns@usu.edu.



USU Student Organic Farm

May 16, 2012
Volume 3, Issue 1

Newsletter



Interns weeding arugula in the hoop house

Conquering the Bounty

Love arugula, but have more than you know what to do with? Here are more than enough ideas to make sure you get the biggest bang for your "arugula" buck.

Arugula can also be used as a garnish for soups, pastas, and even as a topping on pizza. Just add a little arugula in the last 2-3 minutes of cooking time for a little extra flavor in your favorite dishes.

If you still have too much arugula, try pesto. Pesto uses a lot of arugula and it can give traditional pesto a new twist.

Lastly, if the arugula in your refrigerator is starting to look a little sad, and there's no chance it would be accepted in a salad, try sautéing it. Heat a little olive oil in a fry pan and sauté arugula lightly until it's just wilted, season according to your taste. Shallots or onions are a great addition.

Article by: Amanda Spackman

Veggie Feature: Arugula

Arugula can be known as the ugly step child in the greens family. It has a reputation for having a strong, peppery, bitter taste that can easily ruin a good salad. But if it's used with the right ingredients, this strong, off-putting taste suddenly becomes a unique flavor that can be used to showcase and highlight other flavors as well. Take this Arugula Pesto for example. Arugula is paired with cilantro, pecans, freshly grated parmesan cheese, and a shot of lemon juice to round everything out. Having only ever made basil pesto, I was pleasantly surprised at how different this pesto was, yet I found myself dipping some crackers into it again and again as I mulled over the different flavors in my mouth. The best word to describe this pesto is fresh; it tastes earthy and crisp, smells fantastic, and its vivid green color brought spring right into my kitchen.

Now for a few fun facts ... Arugula, also known as rocket in some parts of the world, is a green that grows wild in the Mediterranean region, and its use has been documented since Roman times. Traditionally this green is used in salads, but it can also be used in a variety of other ways (see Conquering the Bounty). In some regions of Italy, it is even used to make a liquor that Italians drink following the large evening meal. Though native to some areas, arugula has been cultivated in Europe and the United States since the 1990s.

Article by: Jillian Cartwright



Arugula Pesto

Adapted from Sunshine and Smile Blog

- 1 c fresh arugula
- 1/2 c fresh cilantro
- 6 pecans
- 1 garlic clove
- 1 T lemon juice
- ¼ c extra-virgin olive oil
- 1/2 c grated parmesan cheese
- pinch of salt
- pinch of sugar (may need more depending on how much of a "bite" the arugula has)
- freshly grated pepper

Combine all ingredients in a blender or food processor and blend until smooth. Makes ½ cup. Serve as a dip, as a pasta sauce, or as a spread on crusty baguette.

On the Farm News

Hello CSA members and welcome! We are so excited to be starting another season on the USU Student Organic Farm. Lately, we've been seeding carrots, beets, and radishes and working on transplanting some final items into the hoop houses. These next couple of weeks (and months!) are going to be very busy, but everything is going well so far. We're looking forward to a great summer full of delicious, organic produce.

Veggies to expect next week:

- Tons of beautiful greens – chard, kale, lettuce, and spinach
- Green onions



Dining on a Dime: Ideas to Decrease the Grocery Bill

Article by: Amanda Spackman

Spring is upon us, and what does that mean? Salads are in season. You can expect lots of green leafy goodness in the next few weeks made even better by the perfect salad dressing. What better time to try your hand at making your own salad dressing for more flavor in your mouth and more money in your pocket.

Making your own salad dressing is a less expensive alternative to buying it because with only a handful of ingredients you have everything you need to make dozens of different dressings. It provides variety without the expense of stocking up the refrigerator.

Making salad dressing is not a science, and they can truly be catered to your own taste. Most salad dressings have a fat component such as olive oil, mayo, yogurt, or buttermilk. Next they have a vinegar or acid component like rice vinegar, white wine vinegar, balsamic vinegar, or even lemon juice or orange juice. Next come the seasonings or sweeteners including mustard, orange juice, salt and pepper, sugar or honey, and anything you can think of that would give your salad that “yum” factor.

Try this recipe for a simple salad dressing that will jazz up any salad.

Lemon Vinaigrette

Adapted from Epicurious.com

- 1/2 c olive or canola oil
- 3 Tbl fresh lemon juice
- 1 Tbl minced onion
- 1 1/2 tsp Dijon mustard
- 1/2 tsp grated lemon peel
- 1/2 tsp sugar

Whisk all ingredients together in a medium-sized bowl. Season with salt and pepper. Serve with salad of your choosing

For more information about the USU Student Organic Farm or CSA shares visit:

www.usu.edu/organicfarms

Everything Organic

Organic agriculture is growing in popularity as people are becoming more familiar with the story behind the foods they eat. People love to know they are helping support a farm that has raised cattle fed from a pasture or that the crops were grown without using unhealthy pesticides. In fact, organic farms often use “the story behind the produce” as a good way to help market their produce. People are starting to get more interested in finding out where their food is coming from, which has led to a record demand for organic food.

However, there are downsides to transitioning a conventional farm to organic. It takes three years before the farmer can certify the land as suitable to grow organic crops. Huge amounts of trial and error are also involved in learning how an organic system operates and what is best for the farm. As more people are being educated on what the benefits of organic farming are and demand continues to grow, organic farming will likely continue to grow in the future.

Article by: Amanda Whitlock