

Hey kids, become a FOOD EXPLORER and check this out!

Arugula



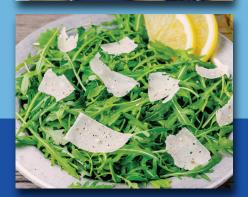


Did you know...?









 Arugula has been around for centuries. It was first harvested in the 6th century B.C.

DELICIOUS AND NUTRITIOUS

Arugula contains phytonutrients that can help protect your health.

A SUPER SNACK IDEA

Make an arugula salad with olive oil, lemon, and parmesan cheese.

ARUGULA HUMOR

What's a wolf's favorite vegetable?
Arroooooogula!!