



Arugula

Eruca vesidaria ssp. sativa

Arugula is a Fall seeded over wintering Brassica..It is useful for weed suppression and minimizing surface compaction. Arugula provides less ground cover but more biofumigation potencial than turnips or rape.ⁱ The glucosinolates in Brassicas are the compounds responsible for disease suppression.



<i>Land Preparation</i>	Smooth seed bed free of weeds and well drained with sufficient moisture.
<i>Seeding rate</i>	Drill 2-4 lbs./acre ⁱⁱ 1/4-1/2 inch deep Broadcast Seed can be no-tilled into suppressed sod or seeded into a conventionally prepared seedbed. ⁱⁱⁱ 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 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 seed 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 rot nematodes on tomatoes. ^{iv}

ⁱ Tim Whitwood, Rupp seeds; personal communication.

ⁱⁱ Rupp Seed catalog

ⁱⁱⁱ Forage Brassica fact sheet, AMPAC Seed Company.

^{iv} Forage Brassica fact sheet, AMPAC Seed Company.

^{iv} Melakeberhan, H, et al. 2006, Potential use of arugula (*Eruca sativus* L.) as a trap crop for *Meloidogyne hapla*, Nematology 8: 793-799.