Arugula

Eruca vesidaria ssp. sativa

Arugula 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.[1] The glucosinolates in Brassicas are the compounds responsible for disease suppression.

Land preparation	Use a smooth, well-drained seedbed that is free of weeds. Must contain sufficient moisture.
Seeding rate	Drill 2-4 lb/ac,[2] ¼-½ inch deep. Broadcast. Seed can be no-tilled into suppressed sod or seeded into a conventionally prepared seedbed.[3] 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.
Seeding date	August.
Seed sources	Rupp Seeds.
Maintenance	Avoid wet spots.
Control	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.
Tips	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.[4]

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

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For more information

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http://covercrop.net

Thomas Björkman
Department of Horticulture

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