



## Fresh Arugula



FUN FACT: Arugula belongs to the same family as broccoli, Brussels sprouts, cauliflower, and cabbage.

Arugula is a leafy-green vegetable native to the Mediterranean region. It has a nutty and peppery flavor and is often used in salads. You could even pizzaz up your pizza by adding arugula on top!

Health Benefits: Arugula contains vitamins A, C, K, and folate. It's also a good source of vitamin K.