



## Arugula: More Than A Salad Green



[Tozer's](#) arugula breeding program began in the late 1990s and triumphed in 2004 with the introduction of Voyager. Tozer has continued to release improved arugula types with better agronomic, post-harvest and consumer appeal characteristics. Tozer provides a selection of wild rocket varieties; providing retailers with improved flavor and more interesting leaves and growers with more vigorous, slower bolting plants which are easier to grow. Tozer will have new lines to trial beginning January 2019.

Read about our varieties below.

### Athena TZ 1441

Athena trials show significantly reduced levels of mildew in the field compared to standard wild rocket varieties. The mildew tolerance makes it ideal for main season and autumn productions.



### Atlas TZ 3092

Atlas is fast growing and shows decent mildew tolerance. This variety is good for winter production.



## Apollo TZ 4194

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Apollo is a new mildew tolerant, wild variety that delivers a similar vigor to Voyager with good uniformity. It has a good color and upright habit.



## Aphrodite TZ 3191

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Aphrodite is a new mildew tolerant wild type. It has a similar speed to Voyager and good leaf shape.



## Ares TZ 1138

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Ares is a new mildew tolerant wild variety. It is slow bolting with decent growing speed. This variety has a similar leaf shape to Voyager with a stronger color.



## Voyager

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Voyager was the first wild type to be commercially replicated. It is more vigorous, uniform, and upright than standard varieties. It is slow bolting with dark-green, thick leaves.



[Click Here to Learn More About Arugula Varieties](#)



### Warm Arugula Salad with Bacon and Poached Eggs

Servings: 4    Prep Time: 15 minutes

#### Ingredients

- 8 ounces thick-cut bacon, cut into lardons
- 2 large shallots, sliced
- 8 ounces arugula
- 4 large eggs
- 1/4 cup red wine vinegar
- 1 tablespoon balsamic vinegar
- kosher salt and black pepper to taste

## Instructions

1. Bring a medium pot of water to a boil for the eggs.
2. In a medium (10-inch) skillet over high heat, heat the bacon with 1/4 cup water. Once the water is evaporated, lower the heat to medium-low and continue cooking the bacon until it's beginning to crisp.
3. Add the shallot to the bacon and cook until it's wilted and translucent and the bacon is crisp, about 3 minutes more.
4. Put the arugula in a salad bowl and spoon the bacon-shallot mixture over the greens (you may want to leave some fat behind, depending on how much there is in the pan and the quantity of greens). Toss together to evenly coat.
5. Meanwhile, crack the eggs into individual small bowls or ramekins. Lower the water to a simmer and carefully add the eggs one at a time. Cook gently until the white is completely set but the yolk is still runny, 3-4 minutes.
6. Sprinkle the arugula with the vinegar (start with less and add to taste). Season with salt and pepper and divide amongst plates or bowls. Top with poached eggs and serve immediately.

See full recipe here: <https://www.serious-eats.com/recipes/2012/11/michael-ruhlmans-warm-arugula-salad-with-bacon.html>



Consuming 2 cups of arugula will provide 20 percent of vitamin A, over 50 percent of vitamin K, 8 percent of vitamin C, folate, and calcium needs for the day.



Young leaves of arugula have mild, sweetish taste, while older leaves have peppery, slightly nutty flavor.



Arugula's spicy aroma and flavor make it naturally resistant to pests.



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