

Salad Rocket

Rocket has become a very popular salad ingredient in recent years and is easy to grow.

There are two main types of salad rocket; Wild rocket. and Rucola

These two are complimentary if you seek to secure a year round supply from your garden.

Wild rocket is a perennial and does not easily go to seed, this makes it ideal for summer salads, and it does not grow much in winter. Some people sow it fresh each year but I have found that second year plants yield well although the leaves may not be quite so tender.

Rucola is an annual and runs to flower in summer. Early spring sowings under glass give a good early bite and autumn sowings give a supply of leaves over the winter if protected from the weather. I have used both the polytunnel and cold frames.

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