

Eat Rocket!

Raw Rocket adds a peppery yet smooth edge to dishes and is highly nutritious. Use it in salads in place of the ubiquitous Watercress, or try a Rocket and Mozzarella sandwich. with fresh tomatoes It is a classic salad ingredient but when cooked has a milder flavour. It's also a great in juices and gives carrot-based drinks a lovely bite.

HISTORY - Rocket has been cultivated since Roman times. It is referred to in Irish poetry from the 12th century and has been grown in southern England since the early 1800s. Rocket was once popular as a tea, freshly made with lemon and sugar, and it has been used throughout history in Europe and Asia as a tonic for various ills.

BOLOGY - A member of the mustard family and related to garden cress. Rocket is a fast growing plant that thrives when watered with slightly alkaline water.

BUYING TIP - Look for crisp pointed small leaves with a deep green colour.

STORAGE TIP - Rocket is very perishable but can be kept in good condition for a couple of days by refrigerating it stems-down in a glass of water, covered with a plastic bag. Or wrapped in damp paper

PREPARING TIP - Wash thoroughly just before use.

COOKING TIP - Scan the code below to view and download the recipe for **'Smoked Salmon and Rocket Spaghetti'**



BRONZE

