

# Plant sheet



## Rocket (*Eruca sativa*)

Hot and spicy rocket puts some flavour into your salad bowl. It is called rocket because it grows like one. Get it in the ground straight away. It will be up and away before you know it. Rich, free-draining soil and a regular water supply will see you picking leaves within weeks. Spring is the perfect time to be growing it, as once the hot summer comes along, it can bolt to seed.

Keep it well-watered and fertilise with a manure tea or some fish emulsion every week or two to keep it well fed. Cut back flower stems, which will delay the inevitable seeding. But wow, what a beautiful mass of flowers it makes. Perfect for bees and other pollinators.



Height: .8 metre  
Spread: .30 metres  
Soil: Well-drained loam or sand  
pH: Acid, neutral  
Sunlight: Full sun