

# Information



**Botanic name:** Perennial wall-rocket

**Ilk:** Cruciferae-Brassicaceae

**Description :**

It is a plant very rustic, with green leaves and yellow flowers gathered in racemes.

### **Harvest:**

From mid-summer to autumn when leaves are well developed

### **Source:**

It grows spontaneously all over the peninsula, from sea level up to 800 meters

### **Climate:**

Mediterranean

### **Exposure and Brightness:**

It prefers bright places but shaded.

### **Terrain:**

It doesn't have special needs

### **Irrigation:**

regular watering

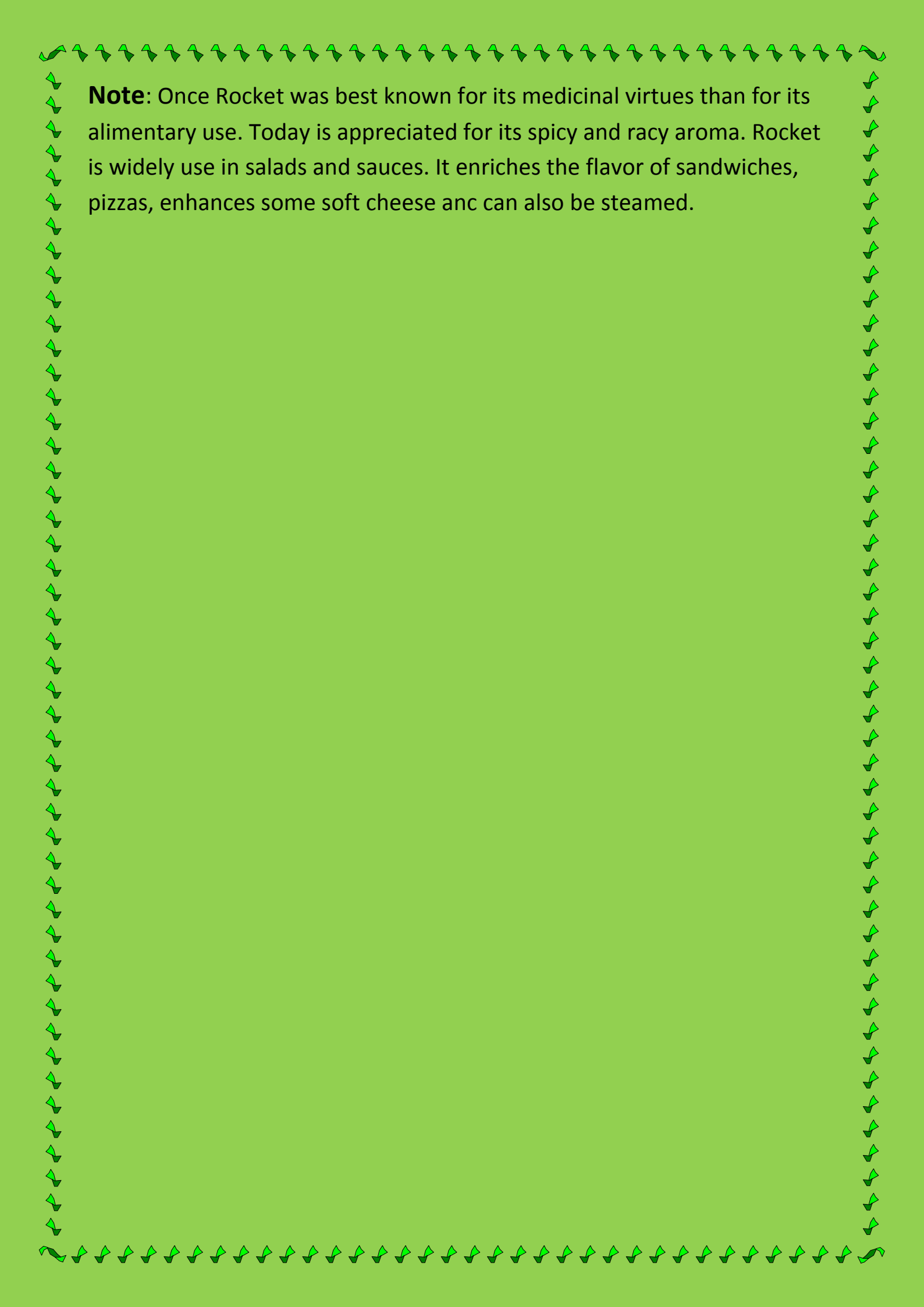
### **Fertilization:**

It doesn't require any fertilization

### **Propagation:**

by seed, in springtime

**Properties:** Vitaminic, antiscorbutic, aperitif, digestive. Rich in vitamin C, it's useful to counteract spring-colds. It also contains moderate amounts of calcium, potassium, iron, sodium, magnesium and phosphorus, that's why it can be considered as a good supplement, in case of fatigue.



**Note:** Once Rocket was best known for its medicinal virtues than for its alimentary use. Today is appreciated for its spicy and racy aroma. Rocket is widely use in salads and sauces. It enriches the flavor of sandwiches, pizzas, enhances some soft cheese anc can also be steamed.