

Rocket

Eruca vesicaria · Brassica family

DIFFICULTY Easy
TYPE Annual, direct sown
MATURITY 30–40 days



SUN
Full–part sun



WATER
Consistent



SOIL PH
6.0–7.0



SPACING
15cm



DEPTH
0.5cm

01 Fast and peppery

One of the quickest leafy crops from sowing to plate — succession sow every couple of weeks, and pick young for the mildest, least peppery flavour.



02 Planting

METHOD	Direct sow thinly, little and often.
SOIL	Loose, moisture-retentive.
TIMING	Sow year-round in mild zones; avoid peak summer heat.

04 Problems

- **Flea beetle** — small holes in leaves; net young plants.
- **Bolting** — heat stress; grow in cooler months.
- **Slugs and snails** — target seedlings; use barriers.
- **Bitter flavour** — left too long before picking or grown in heat.

06 Companions & rotation

PLANT NEARBY	AVOID NEARBY	ROTATION NOTE
LettuceBeetroot	Other brassicas nearby	Rotate brassicas loosely on a 2–3 year cycle.

03 Growing care

- Keep soil consistently moist for milder-tasting leaves.
- Succession sow every 2 weeks.
- Harvest young for the best flavour — older leaves turn hot and bitter.
- Provide light afternoon shade in hot weather.

05 Harvest & storage

SIGNS	Leaves reach usable size, picked young for the best flavour.
METHOD	Cut or pinch outer leaves, or the whole plant at the base.
CURING	None needed.
STORAGE	Fridge crisper, a few days.