

The Seasonal Gourmet

by **CLAIRE PARSONS** /// EAC Staff

Springtime Arugula Pesto

Homemade pesto is one of the best ways to enjoy a bounty of fresh arugula in the springtime. Arugula, also known as “rocket” or “rocquette” is a fast-growing, cool season leafy green with zesty leaves that adds a lot of flavour to a pesto. When compared to a more traditional basil pesto, arugula pesto has more of a peppery flavour. Arugula pesto is quick and easy to make and is great on pasta, potatoes, pizza, crackers and bread.



DRY INGREDIENTS

2 cups of packed arugula leaves (stems removed or included)

½ cup of shelled walnuts

½ cup of parmesan (fresh is best, but others work)

½ cup of extra virgin olive oil

6 garlic cloves (peeled)

½ teaspoon salt

DIRECTIONS

First, it's important that you clean your arugula well before consuming to ensure that you remove any dirt, pesticides or bacteria. Rinse the arugula under the tap or swirl them around in a bowl of clean water, and then pat dry or air-dry in a salad spinner.

Add your arugula, parmesan, walnuts, garlic, olive oil, and salt to a food processor or blender. Cover with the lid and blend until you have a smooth sauce.

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Our Seasonal Gourmet for this issue comes from the EAC's very own Strategic Communications Manager, **Claire** (she/her).