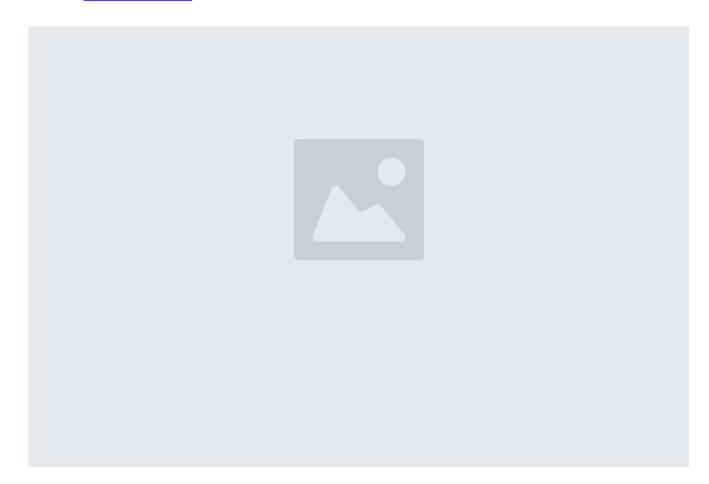
Lettuce

<u>Phytopedia</u>

VEGETABLES



Lettuce acts as a sedative and relaxes nerves

GEEK TALK

Lactuca Sativa

BUT WE TALK

Lettuce

DID YOU KNOW?

Lettuce was first cultivated by the ancient Egyptians. At first, Lettuce was used to produce oils from its seeds, however, after a few centuries, the Egyptians grew romaine lettuce for its leaves. This new lettuce type had a shorter stem, broader leaves, and a more appealing taste, which transformed lettuce into food for consumption.

The types of lettuce include iceberg, which has a "large, firm head"; Batavia, which is "smaller and softer" than the iceberg lettuce; Romaine, which has long leaves with a "loaf-shaped head" and is the most popular in the US; and Butterhead, which has small, soft, oily leaves.

KITCHEN PHARMACY

- Lettuce contains the latucarium. Latucarium is a sedative, which helps relax the nerves without hampering digestion.
- Lettuce is also a great source of potassium, iron, calcium, vitamin A, vitamin C, vitamin K, and anthocyanin.

