

# Lettuce

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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.