**OLD WORLD**

**Lettuce** is a European plant which is most popularly used in salads. There are a few different kinds of lettuce:
- crisp heading lettuce (like iceberg)
- cos lettuce (like romaine)
- butterhead lettuce (like Boston)

Lettuce grows best in milder climates.

**COFFEE** is a widely consumed beverage prepared from roasted seeds, commonly called beans, of the coffee plant. Coffee was first consumed in the 9th century when it was discovered in the highlands of Ethiopia. From there, it spread to Egypt and Yemen, and by the 15th century had reached Persia, Turkey, and northern Africa. From the Muslim world, coffee spread to Italy, then to the rest of Europe and the Americas. Today, coffee is one of the most popular beverages worldwide.

When coffee reached North America during the colonial period, it was initially not as successful as it had been in Europe. During the Revolutionary War, however, the demand for coffee increased so much that dealers had to hoard their scarce supplies and raise prices dramatically; this was partly due to the reduced availability of tea from British merchants.

Coffee ingestion on average is about a third of that of tap water in most of North America and Europe Worldwide, 6.7 million metric tons of coffee was produced annually in 1998 – 2000, and the forecast is a rise to 7 million metric tons annually by 2010.

**Old World**

**Scrub Typhus** is any one of several similar diseases caused by louse-borne bacteria. The name comes from the Greek typhus, meaning smoky or lazy, describing the state of mind of those affected with typhus. Rickettsia is endemic in rodent hosts, including mice and rats, and spreads to humans through mites, fleas and body lice.

Typhus arrived in Europe with soldiers who had been fighting on the isle of Cyprus. The first reliable description of the disease appears during the Spanish siege of Moorish Granada in 1489. These accounts include descriptions of fever and red spots over arms, back and chest, progressing to delirium, gangrenous sores, and the stink of rotting flesh. During the siege, the Spaniards lost 3,000 men to enemy action but an additional 17,000 died of typhus.

**Old World**

**Grapes** come from cultivars of Vitis vinifera, the European grapevine native to the Mediterranean and Central Asia.

Approximately 71% of world grapes production is used for wine, 27% as fresh fruit, and 2% as dried fruit. A portion of grape production goes to producing grape juice to be used as a sweetener for fruits canned "with no added sugar" and 100% natural. The area dedicated to vineyards is increasing by about 2% per year.

**Old World**

**Yams** are indigenous to Africa. They resemble sweet potatoes, but aren’t even related. They are used like potatoes, but they grow in warm, tropical regions around the world. Yams are a root crop.