



## INTRODUCING DRAGONHEAD AS A VEGETABLE IN FOOD BASKET

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Dragonhead, *Dracocephalum moldavica*, is a medicinal plant belonging to Lamiaceae family. The essential oil of the herb of this plant had been found to include antiseptic, analgesic and anticolitic effects, and is used against headaches, colds and kidney complaints and also in food and cosmetic industries. In this research trial, nutritional value of dragonhead was investigated for introducing as a vegetable in food basket. GC and GC/MS analysis showed that the main components of essential oil (0.88%) consisted of geranial, geraniol, geranyl acetate, neral contained about 90% of essential oils. The results also demonstrated dragonhead is full of macro and micro elements especially iron, boron, magnesium, potassium and calcium. The comparison of mineral content of dragonhead with other leaf vegetables showed that the content of iron in 100 gr fresh dragonhead was higher than spinach (5.2mg) and parsley (4.8 mg), about 7.8 mg. The content of protein in this plant was high and nearly was as well as Brussels sprouts. The survey of flavor and taste among people in the age of 25-40 years old showed that it is suitable for introducing to food basket as vegetable.

### References

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