



Poinsettia Leaf Salad

Hello Michael,

One enduring holiday myth is that poinsettia leaves are poisonous. The belief originates from the 1919 death of a two-year-old child of a US Army officer in Honolulu who was mistakenly believed to have died from eating a poinsettia leaf. The death was the basis for the claim in the 1944 book *Poisonous Plants of Hawaii* that the leaves and sap cause "intense emesis and catharsis and delirium before death." Although the author later retracted the claim, the belief took hold. A 1996 study by the American Journal of Emergency Medicine of over 22,000 poinsettia poisoning calls found not one casualty. According to the CDC, although the sap can cause dermatitis, a 50 lb child would have to eat more than 500 poinsettia leaves to even begin approaching a toxic level.

It is still probably a good idea to skip the Poinsettia Leaf Salad. We hope you enjoy these articles. We appreciate you, and wish you warmth and joy for the holidays and a Happy New Year!

Mike & Perry



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