GUIDE TO EDIBLE FLOWERS AND PLANTS

Think of Broccoli, Cauliflower and Artichokes as being flowers! Saffron is the stamen from the crocus flower. We have been eating many flowers as regular vegetable food.

Make sure all the plants are free of chemical sprays, pesticides, or herbicides before using them.

ANGELICA (Angelica Archangelica)

Be very careful to have the correct ID with this one as it looks similar to plants that are poisonous. The flowers are whitish, lavender blue to deep rose in colour. The flavour is licorice like. Use the young leaves and shoots in salads or as teas. You can dry the leaves for future use as a tea. The seeds and stems are used as flavouring agents. The roots and leaves are also used for medicinal purposes. The root is dug up in the autumn of the 1st year , sliced longitudinally to fasten the drying process. The root stalks, leaves and fruit are used for coughs, colds, pleurisy, urinary problems, fever.





To Preserve Angelica. Cut in pieces 4 inches long. Steep for 12 hours in salt and water. Put a layer of cabbage or cauliflower leaves in a clean brass pan, then a layer of Angelica, then another layer of leaves and so on, finishing with a layer of leaves on the top. Cover with water and vinegar. Boil slowly till the Angelica becomes quite green, then strain and weigh the stems. Allow 1 lb. loaf sugar to each pound of stems. Put the sugar in a clean pan with water to cover; boil 10 minutes and pour this syrup over the Angelica. Stand for 12 hours. Pour off the syrup, boil it up for 5 minutes and pour it again over the Angelica. Repeat the process, and after the Angelica has stood in the syrup 12 hours, put all on the fire in the brass pan and boil till tender. Then take out the pieces of Angelica, put them in a jar and pour the syrup over them, or dry them on a sieve and sprinkle them with sugar: they then form candy.

ANISE HYSSOP **(Agastache foeniculum). This is not a true hyssop. Tastes sweet, licorice flavour.**



The leaves and tiny lavender blue flowers smell and taste of anise, but the square stems and opposite leaves tell you it belongs to the mint family. Use fresh or dried leaves in tea, crumble flowers over fruit salad. Medicinally it has been used for cough, fevers, wounds, and diarrhea.

APPLE BLOSSOMS - They are delicate with a lovely floral flavour and aroma. Often they are used for fruit dishes but you can use most blossoms in salads and as garnishes. Eat apple blossoms in moderation, they may contain cyanide precursor.



ARUGULA – aka garden rocket. This has become popular lately. Eat raw in salads and sandwiches. The small white flowers with the dark centers have a light piquant flavour. The leaves and flowers taste similar; slightly spicy, peppery which intensifies as the plant matures. Easy to grow. Belongs to same Brassicaceae family as do mustard greens, cauliflower and kale.



BASIL FLOWERS. **The flowers are bright white, pale pink or delicate mauve. The flower has a milder taste than the leaves but there are many varieties on the market now that have lovely subtle tastes.**



BACHELOR BUTTONS aka Cornflower (Centaurea spp.) - These flowers can be spicy or sweet, slightly tasting like cloves. They are usually used as a beautiful garnish.



BEE BALM (Monarda didyma) - This is also called 'Monarda', or 'Bergamot'. As perennials they grow easily in almost any place in Canada or U.S. The leaves taste like Earl Grey Tea, lemony flavour. The flowers can be used in any type of salad. As a special treat you can dip the leaves in chocolate for an extravaganza. Another treat is to make Bee Balm vinegar.



Take a small jar, stuff it with fresh bee balm flowers, and fill the jar with apple cider vinegar; then cap and let it brew for 2 weeks before you use it.

BELLFLOWER, CREEPING (Campanula Rapunculus) is an invasive weed with a long taproot that is totally all edible. Flowers look like bluebells and can be tossed into a salad.

The leaves can be cooked up like spinach. The roots which look like skinny long whitish radishes, can be chopped up for soups, or marinated japanese style.





BIRCH TWIG - Pick twigs that have buds on the end (therefore they are alive). Twig should be soft and flavourful. Break into small pieces and cover with water in a pot, bring to a boil, then simmer for ½ hour, strain and drink.

BLUE SPRUCE – eat the fresh young tips in the springtime. Pick those that are soft and tender. You can also make tea from the tips.

BORAGE (Borago officinalis) - These can take over the garden easily when they go to seed, but their pretty blue star shaped flowers are very attractive in salads and they are often added to cool summer drinks, punches, chilled soups. The flavour is somewhat like cucumber.



BURDOCK – **the root can be sliced and marinated in soy sauce and sesame oil (japanese style). The root can be steamed or sauteed with other vegetables. It is biennial so it is the second year that it flowers. Harvest it in the spring of the second year or in fall.**



The root dried is used in powerful cleansing and healing teas directed at the blood and liver. It is called a tonic. The root is called "gobo" in asian countries where it is used as a vegetable. The plant is biennial therefore collect the root in the spring or fall of the second year; when the plant has a stem. The leaves (less used than the root) can be collected in July. Seeds are collected when ripe (brownish-grey and wrinkled). Leaves can be made into a tea to tone the stomach and are used externally as a poultice for tumours and gout. Seeds can be made into an extract and used for kidney conditions like dropsy (water retention).

BURNET - often called Salad Burnet. Leaves are cucumber like and often added to salad. This is an ancient salad ingredient.



CALENDULA FLOWERS (Calendula officinalis) - This is often called 'poor man's saffron'. A real favourite of ours. We call this 'Pot Marigold'. The entire plant is edible. The petals of the flowers can be sprinkled over salads, pasta, rice dishes and almost anything. Dry the petals and use them all winter.



The flavour is lightly tangy and savoury. Leaves are sometimes used in salads. Flower is also medicinal as an antibacterial, anti-inflammatory, helping to accelerate healing, for menstrual cramps, stomach ulcers and used topically for shingles.

CARNATIONS - Use just the petals of the flower and avoid the bitter white base of the flower. They have a gentle nutmeg/clove scent. Add the petals to salads or desserts. Pinks are used the same.

CARROT –



Everyone knows about eating the carrot roots, but the tops are also edible.
They are loaded with nutrients and are a market vegetable in Europe. They have a slight bitter taste but can be mixed into a salad, used in soups etc.

CAT TAILS -



The young shoots under water can be cleaned and steamed or boiled for food. You will quickly learn which ones are your favourite ones to eat.

CHERVIL -



These delicate white flowers have a licorice flavor. They are best fresh, added at the end of the cooking or preparation cycle to keep their taste fresh. Chervil itself is nice added to salad.

CHESTNUT

Be very careful. The 'american' chestnut tree grows more in the eastern part of Canada and the U.S. And the nuts were a major source of food many years ago in Eastern Canada. However, the population of chestnut trees was almost totally eradicated due

to chestnut blight.
Horse Chestnut trees are what we commonly see and they are a different tree, the fruit of which is not edible. These can be found around Alberta. The true edible chestnut tree does not grow in Alberta, for several reasons, one of which is its need for acidic soil.

CHICKWEED (Stellaria media)–



We use this as a cooling agent in creams and salves for itchy, inflamed skin. It is also a lymph and blood cleanser in poultice, salve or internally. It is also edible – use, or blend into smoothies, or chop up raw in salads. High in minerals and vitamins. Its demulcent quallities are useful as a natural laxative in blended drinks. It grows easily, can easily take over landscapes, likes cooler weather and moist soil, partial sunlight.

CHIVE BLOSSOMS - these are a member of the allium family. Leeks, chives, garlic and garlic chives are all known as flowering onions. Flowers are stronger than leaves. The whole plant is edible but the flower is especially pretty when used in salads.

CLOVER – Both red and white are edible. Leaves and Flowers. The flowers are good blood cleansers as well.

CHRYSANTHEMUM FLOWERS -



These flower petals can be used in salads. The base of the flower is bitter so you usually discard

it. It is suggested that you blanch the flower first, then scatter the petals as desired. You can make a vinegar by placing the chrysanthemum flowers in a jar, filling with vinegar and allowing to sit for several weeks. The Chinese use chrysanthemum tea to improve the condition of the skin.

CILANTRO -



Of course the leaves are relished for their potent and exciting flavour. Often they are used in oriental dishes, but you can use the leaves in salads, soups or anything. When it starts to flower, the flowers are also nice tiny little white edibles in salads. Once it goes to seed, use it as coriander seed to flavour dishes.

CLEAVERS (gallium aparine).



Entire plant is medicinal. Use topically or internally. Use for bladder infections. Excellent liver restorative. Make a tea and use to soak burns. Great for swollen lymph nodes, lymphatic congestion and edema.

COMFREY –



Whole plant is useful. Leaves as a tea. This used to be called "Boneknit" because of its high content of calcium and other constituents that rapidly accelerates healing. Roots are even more powerful. Flower are a favourite of bees. When plant gets too big, just chop down and it will grow up again. It is a demulcent (soothing) for wounds, GI tract inflammations. Used as expectorant for bronchitis.

CORIANDER



Coriander is the seed pots after the cilantro (above) has finished doing its thing. Save the seeds, dry them and use them as a spice or use them to plant your next crop of coriander.

CUCUMBER LEAVES -



You know the cucumbers are nice as a food, but the leaves can also be used as foods and delicious in soups.

DAISY FLOWERS -



The english daisy flowers are a little bitter and usually used more as a garnish rather than as a food.

DANDELIONS - The flowers must be young so they are still sweet. Pick just prior to eating. They can be eaten raw or cooked. Young leaves are eaten in the spring as a good liver tonic. The leaves turn bitter as they mature but can still be used. Roots are used medicinally to cleanse the liver as a tea. Roasted dandelion root can be used as a coffee substitute – bake in a slow oven until they are brown and crisp, then grind. Tea or caps from the leaves help the urinary system.



DAYLILIES **(Hemerocallis spp.) - These flowers have a slightly mild sweet flavour, somewhere between asparagus and zucchini.**



Separate the petals from the bitter base when you use them. Some people stuff them as they would squash flowers. The taste is pungent, onionlike. Make sure you use only the Daylily variety, others are not edible. Daylily may act as a laxative to some people.

DEAD NETTLE – Lamium.



Low growing, preferring shade or semi shade.
Part of the mint family. Has hairy leaves. Usually has tiny purple/pink flower. Square stem. Whole plant is edible. High in Iron, Vit. C. Although edible, taste is strong, grassy flavour. About 2 Tbsp leaves in boiling water can be used as a laxative and to cleanse the kidneys. Bruise the leaves and put on a cut or scrape helps healing and stopping bleeding. Grows well in partial shaded areas.

DILL - the yellow dill flowers are tangy, stronger than the leaves. These are used for pickling, in soups, salads, dressings and dips. The feathery leaves can be chopped up and thrown into salads raw, or cooked into various dishes.





Dill is good source of calcium, dietary fiber, manganese, iron and magnesium. Both leaves and seeds are used as seasoning

DOCK –



There are many varieties of dock. It is considered invasive, but has medicinal benefits. Shown is broad leaf dock. The young leaves and shoots of several species of Dock may be eaten as pot-herbs, but are not very palatable, and have a slight laxative effect. 'Sour Docks' were considered formerly a good accompaniment to boiled beef, either hot or cold, but this was a popular name, not for the ordinary kinds of Docks, but for the closely allied Sorrel or Sorrel Dock (*Rumex acetosa*), whose herbage has a somewhat acid flavour. Common roadside dock is called round leaf dock.

The root has laxative, alterative and mildly tonic action, and can be freely used as a tonic and laxative in rheumatism, bilious complaints and as an astringent in piles, bleedings of the lungs, etc. It is largely prescribed for diseases of the blood, from a spring eruption, to scurvy, scrofula and chronic skin diseases. It is also useful in jaundice and as a tonic to the stomach and the system generally. It has an action on

the bowels very similar to that of Rhubarb, being perhaps a little less active, but operating without pain or uneasiness.

ELDERBERRY - the creamy blossoms are sweetly scented and tasty. Don't wash them, just check for bugs before using them. The fruit is used as wines, jellies. All other parts are POISONOUS including the seeds and stems.



ELM SEEDS – get them when they are young in the spring. Use sparingly so as not to hurt the tree. Sprinkle on salads.

FENNEL - Their yellow flowers have a mild licorice flavour. They can easily be used for desserts, cold soups, and in salads.



FERNS – Fiddlehead ferns are the most eaten.



FUSCHIA -

The blooms are lovely, hanging often in hanging baskets. Make sure they haven't been sprayed

with pesticides before using. Although the flowers don't have much taste (Just pleasantly mild and sweet), they are beautiful when added as a garnish.



Ripe fuchsia berries have a pleasant mild sweet flavour but it can be difficult to pick out the ripe ones which are a little lighter and larger and a little softer than the unripe ones. Eating an unripe one can leave a nasty taste t the throat.

GARDENIAS -



The flowers are so intense in aroma that it can irritate the nose if you get too close. In China the flowers are dried and added to jasmine tea. They are lovely as garnishes and decorations.

GARDEN SORREL -



The flowers are lemony and tart tasting. Use in salads or in dishes when you want a nice lemon flavour. Sorrel soup from the leaves and flowers is very nice.

GARLIC FLOWERS - these are a member of the alium family. Leeks, chives, garlic and garlic chives are all known as flowering onions. Flowers are stronger than leaves. The whole plant is edible but the flower is especially pretty when used in salads.

GARLIC MUSTARD



Garlic mustard is an invasive non-native biennial herb that spreads by seed. Although edible for people, it is not eaten by local wildlife or insects. It is difficult to control once it has reached a site; it can cross-pollinate or self-pollinate, it has a high seed production rate. Available in the early spring and high in vitamins A and C, it has a strong, distinctive smell similar to garlic. Young leaves can be used in recipes; salads, sandwiches, soups, stews etc.

GLADIOLAS -



Remove the anthers from the flowers before using. Very little flavour but make nice vases to hold spreads and sauces. You can use the petals in salads.

GRAPE LEAVES –



Often found in brine stored in glass jars in supermarkets, you can use them in a variety of ways. We like to put them on the top and bottom of dishes in aluminum foil when we barbecue. Famous Greek dish (Dolmades) stuffs grape leaves with cooked rice, chopped onion, dill and mint and lemon, then bakes them with chicken broth, olive oil and lemon. The grapevine bud is used in gemmotherapy as anti-inflammatory for pain, arthritis, joint disorders.

GUMWEED (grindelia).



Many species all over the world. The flowers and leaves are medicinal topically or internally. Use for bladder infections, wound. It is antimicrobial, anti-inflammatory, speeds healing, and is antispasmodic so is good for asthma. It is antispasmodic so helps bronchitis and clears out the lungs.

HAWTHORN – the leaves and flowers and berries are all edible. Herbally used as a popular

heart tonic. The buds in the spring are used in gemmotherapy for heart weakness.



HIBISCUS -



The flowers have a citrus-cranberry flavour. Use the petals sparingly in salads or as a garnish.

HOLLYHOCK -



the flowers are quite bland tasting.

HONEYSUCKLE -



The flowers have a sweet honey flavour - but the berries are very poisonous so don't eat them!

HOSTAS -



Best part is the rolled up leaf as it emerges in the spring although many varieties are still good once unfurled. If small, fry them for a few minutes then add soy and sesame oil, or put into stir fries. When chunky boil briefly as a vegetable. Open leaves can be used as a spinach replacement.

HUCKLEBERRY - Lots in North Vancouver, B.C., haven't found any in Alberta.



HYACHINTH - you can eat the bulb of this plant raw or cooked. It imparts a sweet nutlike flavour.



JASMINE –



The flowers are very fragrant, diminishing when dried. Fresh they are used in teas.

JOHNNY JUMP UPS - The grow wild and look like miniature pansies. They are lovely to throw into a salad.



Johnny Jump Ups

JUNIPER.



Berries and leaf are medicinal. Good for bladder infections, kidney stones, diabetes. Do not take if pregnant. Juniper is used as a flavouring for various cooking dishes. Used to make gin!

LAMBSQUARTER (Chenopodium album).



Also called Wild Spinach, and Pigweed. This comes up in the late spring. Sort of gray in the center of the leaves, when young it is delicious in a salad with a whopping high dose of vitamin A. This was a favourite food of Henry T. Ford loved to eat Lambs quarter and Shepherd's Purse sandwiches with mustard.

LAMIUM PURPUREUM (Deadnettle). Part of the mint family. Common lawn and roadside weed. Entire plant is edible.



Leaves taste mild, grassy. Can use in smoothies. Not sure if all hybrids sold in nurseries are also edible. They can be purchased with pink, purple, white or yellow flowers and like to grow in partial shade. It is said the best way to use this plant is to dehydrate the leaves/flowers, and then make a tea from it.

LAVENDER FLOWERS (Lavendula angustifolia).
We all know how nice the flowers smell, but they are also edible. Add them as a flavoring agent to puddings, ice creams, butter, almost anything - make sure you strain them out before serving.



LEMON BALM –



make a tea out of the leaves, it is calming to the nerves.

LEEK FLOWERS - Leeks, chives, garlic and garlic chives are all known as flowering onions. Flowers are stronger than leaves.

LEMON VERBENA -



Tiny cream coloured citrus scented blossoms. Use the leaves and flowers for tea. Also use to flavour custards, custard type pies.

LEEK BLOSSOMS - these are a member of the allium family. The whole plant is edible, separate the florets and use in salads. These have a light onion flavor.

LILAC -



The flowers are very perfumey and have slight bitter, lemony taste. Can be used in salads. Make into infusion(tea) and can be used as astringent for facials to tighten skin; drink to help

mucous in throat. Leaves are edible but rarely used. History has using the leaves in teas for fevers. Flowers can be made into a tincture, good for control mucous. The buds are used in gemmotherapy to support the heart.

LINDEN -



This tree has small flowers that smell very pleasant and have a honey sweetish flavour. Use fresh in salads. The leaves, flowers, berries are all edible throughout the season. Linden flower tea is mild tasting and alkaline in nature. Buds are used in gemmotherapy as a nerve sedative. There is one in front of our Clinic and several in front of the City Hall, Medicine Hat.

LOVAGE – can grow in any garden, but will grow 4-7' tall. The leaves taste like peppery celery and are used in the famous lovage & potato soup.



You can use the leaves in anything you want to spice up with that nice fresh taste.

MALLOW Common Mallow is edible, flavour is not bad.



When seeds and pods come up they look like cheese rounds – they are crunchy and have sunflower seed texture and taste.
Malva neglecta is a member of the mallow family. The leaves are used traditionally for treating sore throats, ulcers, and as poultices for skin rashes/burns and insect bites. The leaves are

soothing and anti-inflammatory and can be eaten raw; they are high in beta carotene and often included in teas and cough or lung syrups. The lovely pretty flowers look very pretty adorning salads and are totally edible; the taste is delicate and sweet. If you add them to soup, the mucilage content helps to thicken the broth.

MARJORAM -



Use as herb to season, the flowers are a little milder than the leaf.

MAYDAY TREE (prunus padus)



Tall deciduous trees that have lovely light green leaves and white flowers in the spring. In the summer the leaves turn purple-brownish and berries form which become deep purple. The plant

is listed as non-edible, however birds do ingest the berries and many people have collected the berries to eat.

MINT - **the flowers are minty, delicate and can be used as well as the leaves. Plain ol' garden mint is very tasty. Wild mint is very strong, use sparingly.**



Mint is a great appetizer or palate cleanser, and it promotes digestion. It also soothes stomachs in cases of indigestion or inflammation. When you feel sick to your stomach, drinking a cup of mint tea can give you relief. Also, if you are someone who travels long distances via plane or boat, the menthol oil derived from mint can be very soothing for nausea and related motion sickness.

The aroma of the herb activates the salivary glands in our mouth as well as glands which secrete digestive enzymes, thereby facilitating digestion. These attributes are why mint is extensively used in the culinary arts. Much of the western world includes mint as a part of appetizers or as an element of palate cleansers, to be eaten before the main course so the food will digest comfortably.

MUSTARD -



The young leaves of the mustard are steamed and eaten like spinach, or eaten raw in salads. In case you are allergic to mustard, start with a little amount to test.

NASTURTIUMS (Tropaeolum majus). **The whole plant is edible but usually just the leaves and flowers are used. The leaves can be put into sandwiches, imparting a pepper flavour. The flowers are lovely and bright and also have a strong peppery flavour and can be easily added to salads as a whole flower or in petal pieces. The seeds (unopened buds) can be pickled and used as you would capers.**



NETTLE - STINGING NETTLE - **Use the plant when young. Once they start flowering they can become irritating to the kidneys. The leaves can be steamed and eaten like spinach. Use gloves when picking to avoid the sting. Make a strong tea to cleanse the blood and it is also good for prostatitis.**



ONION FLOWERS - these can be picked and used in salads, soups or anything you desire, or just leave them whole, so pretty. Chive flowers are pretty purple colour to add to dishes.

ORACH – member of Lambs Quarter. Comes in purple, green, fushia leaves. Very nice in salads, easy to grow. This is also called *Goosefoot*, wild spinach, and pigweed. Easily grown in the yard, save seeds for the following year. Very high in Vitamin A.



OREGANO – leaves and flowers can be chopped up into any salad, soup, pasta. Italian spice that can lift the spirits.



OREGON GRAPE – Root is medicinal. Berries are edible and taste not bad if the plant gets enough water to make the berries juicy. Medicinally the root is an antibiotic, helps fevers, used as a laxative, for hepatitis, jaundice and general liver cleanse.



PANSIES (Viola X Wittrockiana) -



Pick the flowers as an ornament to any dish and throw them into salads. Leaving them whole at the edge of the salad or other dishes is particularly attractive. The taste is anywhere from sweet to bland.

PEA SHOOTS/FLOWERS -



These are the usual garden variety of edible bush or climbing peas. The shoots when just coming up are great in salads, so are the flowers. . Edible garden peas bloom mostly in white, but may have other pale coloring. The blossoms are slightly sweet and crunch and they taste like peas. The shoots and vine tendrils are edible with a delicate pea like flavour. NOTE: flowering ornamental sweet peas are POISONOUS

PEONY

The roots are used in Chinese remedies medicinally. The flowers, roots and seeds can be used. In China the petals are parboiled and sweetened for use as a tea-time delicacy, in summer salads, or as garnish for punches and lemonades.

What's poisonous: The roots, flowers and seeds of peonies are toxic. Symptoms: If peonies are ingested, poisoning may cause nausea, diarrhea, skin irritation, tremors and an accelerated heartbeat



Peony

PETUNIAS -



The flowers can be eaten and have a mild flowery taste. Use as a garnish.

PINE NEEDLE – use as a tea.



PINKS (Dianthus) -



The smaller version of carnations. They petals of the flowers are used in salads or desserts. The Clove pink has a slight clove taste (Dianthus caryophyllus).

PLANTAIN (all types) Whole plant is edible and can be eaten in salads. Also used in remedies for the digestive system and urinary tract.



POND LILY – **Leaves can be shredded and cooked as a vegetable.**



PRICKLY PEAR (opuntia).



The fruit and flower are edible. Medicinally use for burns like aloe vera, ulcers, and diabetes.

PRIMROSE -

Both leaves and flowers are edible. Bland taste, slightly sweet. Colourful and nice garnish.



PURSLANE (aka Portulaca) This tenaciously creeps through our gardens and is often weeded out.



The plant is totally edible. It is high in omega 3 fatty acid, helps protect the heart, lowers blood pressure and cholesterol levels, provides beta carotene and vitamin c. The whole plant is edible but most eaten and used is the leaves. It contains dopamine, noradrenaline, sterols, malic acid, oxalic acid, glutamic acid, asparatic acid, iron, potassium, glucose and fructose. Use as a paste for any skin problem. As a food it becomes a tonic for multiple benefits including cancer.

QUEEN ANNE'S LACE - **Flowers have carrot like flavour, very nice in salads.**



RADISH FLOWERS -Distinctive, spicy flavour. Use in salads.

RED CLOVER BLOSSOMS - **These are used traditionally in teas as a blood cleanser, but they are very sweet and lovely freshly added to any salad.**



Red clover

ROSEMARY - flavours are milder than the leaf. Dry or use fresh with meats, chicken and seafoods as well as dressings, breads.



ROSES (Rosa spp.) -





Use the petals in teas, salads and skin products. Use the rose hips in teas - very high in vitamin C. Flavour may be strawberry like or apple like, mint or spicy. All roses are edible, and the darker

varieties have more flavour. Use miniature varieties to garnish ice cream and desserts. Many people like to put them in ice cubes when they freeze them for a nice effect.

RUNNER BEANS (Phaeolus coccineus). The flowers are bright and beautiful, giving a bean like taste. The bean pods toughen as they age so eat when they are young, as well as the flowers. Sweet pea flowers are NOT edible.

RUSSIAN OLIVE TREE



This likes Medicine Hat area because of our alkaline soil. It is considered a noxious tree in some areas. The fruit can be eaten raw or cooked as in soups. Fruit can be made into jellies or sherbets but must be fully ripe if eating it raw. The oil from the seeds has been used mediiinally for bronchial treatments and malignant fevers.

SAGE, PINEAPPLE (Salvia elegans). This sage has a nice sweet pineapple taste. Use in salads or as flavouring.

SALAL – Grows around Vancouver and up the coast, Vancouver Island. Berries are black when ripe, taste rich and can be used in jams, pies, enriching other foods.





SALVIAS

There are about 1,000 different plants in this species. Many people have eaten the flowers and leaves with no problems although they are rarely mentioned on any 'edible' list. Common garden sage is a member of the salvia family and the leaves are often used in medicines and cooking. It is advised to not eat the tricolor salvia or annual salvias, not that they are poisonous, but not very tasty.

SAVORY - The flowers are hot and peppery.

SCARLET RUNNER BEANS - see Runner beans.

SELF HEAL



Prunella vulgaris. These grow wild and also can be purchased cultivated. The whole of the wild plant is edible and medicinal.
It is native to Europe and Asia and has made its way around the world, favouring people's lawns and becoming a nuisance as it is part of the mint family and spreads easily . Leaves and young plants can be consumed in many ways.

SHEPHERD'S PURSE – **eaten by Henry T. Ford along with Lamb's Quarter in sandwiches, his favourite food. Notice the little heart shaped leaves, they are actually considered the fruit of this plant.**





SNAP DRAGON - the flowers can be bland to bitter depending on the soil condition.

SPRUCE TIPS - **Blue spruce can be used.**



Eat raw alone, in salads, or cook up in stir fries, soups, casseroles. You can also make tea from the new shoots.

SQUASH BLOSSOMS (Cucurbita spp.) - almost any type of squash flower will do.



Wash and trim stems, remove the stamens, then stuff them with cheeses, rices, anything you like, then quickly saute them and serve them as an elegant appetizer. Flavour is somewhat honeyish.

STINGING NETTLE: see Nettle

SUNFLOWER -



Eaten in the bud stag, taste is similar to artichoke. Once flower is open, use like chrysanthemum, flavour is bittersweet. Unopened flowers buds can also be steamed like artichokes.

SWEET CICELY **(Myrrhis odorata) – All parts are edible. Strong aniseed flavour. Use with cooked rhubarb to reduce acidity. A little hairy for salad use. Young seeds are good but get tough and fibrous with age.**



Root is woody, not very likable to eat but some say the roots make a nice wine. Cook the leaves like spinach or use fresh in salads.

SWEET WOODRUFF **(Galium odoratum) - the delicate pretty white flower is sweet, grassy with a hint of vanilla and nuts.**



Ancient medicine bruised the leaves and applied for cuts and wounds. Their nice smell makes them desirable for potpourri. It is used in different parts of the world as a flavouring agent for beer, brandy, jelly, jam, ice cream, teas. In Germany they steep fresh springs is wine and drink on the first of May.

TARRAGON **(Artemisia dracunculus) – french tarragon can grow in most yards in Canada. The leaves are delicious in salads, soups, sauces. Tarragon is often used to flavour chicken or other meats.**



Fr. Tarragon

THYME - **the flower is milder than the leaf. Use sprigs as garnish or sprinkle the flowers over salads, soups etc. Power medicinal properties.**



TIGER LILY –



Flowers can be eaten but some feel the pollen causes vomiting. All parts of this plant are poisonous to cats.

The bulbs can be either fried or boiled and have a mild taste and starchy texture similar to floury potato. They are cultivated in Asia as food.

TUBEROUS BEGONIA (Begonia X tuberhybrida).



The flower is edible and so georgeous. The flavour is crisp and lemony. The stems can be eaten like rhubarb. Both flowers and stems contain oxalic acid so don't eat if you have gout, kidney stones or rheumatism.

TULIPS (Tupipa spp).



Use the petals of the flowers. Tastes somewhat like crisp pea or cucumber or sweet lettuce. Some people are allergic. If you get a rash from touching, or numbness, leave them alone. DO NOT EAT THE BULBS.

UVA URSI (arctostalryles uva ursi) aka bearberry



The Uva Ursi berries are edible. The leaves are medicinal, used for bladder infections, kidney infections, kidney stones, thrush and topically for hives.

VIOLETS (Viola odorata). **Leaves, stems and flowers are all edible.**
Lovely little flowers, smelling good and tasting good, or just use them as decoration, tasting nectar sweet. They are best picked in the spring. Use the flowers in ice cubes, as garnishes, in salads, desserts. The tender flowers and leaves can be eaten in salads. Can make teas from flowers, stems and leaves.



VIRGINIA CREEPER – (**Parthenocissus quinquefolia)**



This is part of the grape family. The bark and fresh young shoots are used medicinally eg. Hot tea as a poultice tor swellings as from poison ivy rash). Tea from leaves is astringent and diuretic. The fruit is not well flavoured. They look like dark purple small grapes. Stalks should be peeled, then boiled. Roots should be cooked. The berries are said to be poisonous because they can cause nausea, abdominal pain, bloody vomiting, diarrhea, dilated pupils, headache, sweating, wea pulse, drowsiness, facial twitching for many people. Autumn leaves on skin contact may cause dermatitis as the plant contains microscopic irritating needle like crystals. Berries contain oxalic acid.

WATERMELON – **All parts of the watermelon plant are edible including leaves, seeds. The flesh is a good source of liquid, natural sugar and nutrients. The seeds are the real power in nutrition – rich in Vitamins B1, B3, B5, B6, folate, magnesium, potassium, zinc, phosphorus, copper, manganese, arginine, lysine. 100 grams of seeds will give you about 600 calories. The seeds help expansion of blood vessels benefiting arterial sclerosis. erectile dysfunction, angina. To use grind 20-30 seeds and boil in 2 liters of water which you will drink within two days, then do not drink the 3rd day and on the 4th day start over, pausing every 3rd day.**

You can eat them fresh but they need to be chewed well to break down the hard outer shell to get the nutrients. In addition to helping the heart with blood pressure and coronary disease, they are used for intestinal parasites, inflammation, and many recipes can be found for hair health. 80% of the fats in the seeds are unsaturated healthy fats, omega 3. Watermelon rind tea is an old remedy used for good health. You can also pickle the rind or use in jams, candies etc as they do in other parts of the world.

WILD STRAWBERRY – Berries are delicious and high in Vit. C. Leaves can be dried and used as a tea. Root can be used as a toothbrush, as a diuretic, for stomach and lung ailments. Fresh leaf tea can be used for sore throats, and blood cleanse, topically for scraps, burns and sunburns..

WOOD SORREL – Eat the above ground parts. They are lemony in taste. Some use to make pesto from it. It is in season April – June; May to July and May to Sept. You often find it in your garden growing wild. Leave it alone, it is pretty and tasty. Looks a lot like clover with its leaves.



Wood Sorrel

YARROW (achillea millifolium).



Flower and leaf are medicinal. Use for fevers, colds, flues, stopping bleeding internally as well as topically, for menstrual cramps. Not if pregnant.

YUCCA (Yucca spp).

These flowers can be eaten but avoid eating the ovary and other reproductive parts. They may taste bland or sweet.



The petals are crunch and mildly sweet tasting with a hint of artichoke flavour. In the springtime they can be used in salads and as a garnish.

ZINNIAS are the 2nd plant to be tested in the space station's hydroponic veggie lab. They are mostly eaten in salads.



PARTS OF PLANTS YOU MIGHT NOT THINK ARE EDIBLE, BUT THEY ARE:
Cucumber Leaves
Bean leaves
Pea shoots (as in the vegetable peas)
Pepper leaves

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DO NOT EAT:

African Violet
Anemone
Anthurium
Autumn Crocus
Azalea
Baneberry
Blanket Flower
Bleeding Heart
Bloodroot
Bluebells
Boxwood
Burning Bush
Buttercup
Butterfly weed
Caladium
Calla
Castor Bean
Cherry Laurel
Chinese Lantern
Chrysanthemum
Clematis
Columbine
Crocus

Daffodil
Daisy
Datura
Death Cammas
Delphinium/larkspur
Dumbcane
Elephant Ears
Eucalyptus
Four o'clocks
Foxglove
Gasplant
Giant Elephant Ears
Hellebore
Hydrangea
Ivy (english)
Jerusalem Cherry
Hemlock
Hyacinth
Iris
Jack in the pulpit
Jimson weed
Jonquil
Lantana
Leopard's Bane
Lily of the Valley
Lobelia
Marsh Marigold
Mayapple
Mistletoe
Monkshood
Morning Glory
Mountain Laurel
Narcissus
Nightshade (deadly Belladonna)
Ohio Buckeye
Oleander
Periwinkle
Philodendron

Pittosporum
Pokeweed
Potato plant (green parts of potatoes, leaves)
Rhododendron
Rhubarb leaves or roots
Schefflera
Spurge
Star of Bethlehem
Sweet pea
Tomato Leaves
Tulip Bulb

Indoor Plants – Non-Toxic

- **African violet**
- **Aloe**
- **Asparagus fern**
- **Azalea**
- **Begonia**
- **Boston fern**
- **Chinese evergreen**
- **Croton**
- **Dracaena**
- **Easter lily**
- **Fig tree**
- **Fuchsia**
- **Gloxinia**
- **Hoya**
- **Impatiens**
- **Jade plant**
- **Lipstick plant**
- **Snake plant**
- **Spider plant**
- **Umbrella tree**
- **Wandering Jew**
- **Weeping fig**
- **Yucca**

Indoor Plants – Toxic

- **Cactus**
- **Dieffenbachia**
- **Schefflera**
- **Peace lily**
- **Philodendron**
- **Rubber plant**

Berries – Non-Toxic

- **Black Currant**
- **Bearberry “kinnikinnick”**
- **Bunchberry**
- **Caragana tree and pods**
- **Currants: red, black**
- **Chockcherry**
- **Cloudberry**
- **Cranberry**
- **Crowberry**
- **Dogwood tree**
- **Elderberry**
- **False Solomon's sea**
- **Golden Berry**
- **Golden Currant**
- **Gooseberry**
- **Haskap Berry**
- **Hawthorn berry**
- **Maple tree**
- **Mountain ash berries**
- **Oregon Grape**
- **Prickly Pear cactus**
- **Raspberry**
- **Saskatoon Berry**
- **Seabuckthorn berries**
- **Strawberry**
- **Thimbleberry**

Trees, Berries - Toxic

- **Cotoneaster berries**
- **Holly berries**
- **Ivy berries**
- **Jerusalem Cherry**
- **Mayday tree (however some have eaten the black berries and not become sick)**
- **Mistletoe berries**
- **Oak tree acorns (if ingest too many)**
- **Partridge berries**
- **Virginia Creeper berries**
- **Watering Laburnum (flowers)**
- **Wintergreen berries**
- **Yew seeds**

Toxic Plants (by common name)

To search for **photos** of these plants, check the UC Berkeley CalPhotos: Plants site.

Toxicity Class (third column in table below)

1. **Major Toxicity:** These plants may cause serious illness or death. If ingested, immediately call the Poison Control Center -- (800) 222-1222 -- or your doctor.
2. **Minor Toxicity:** Ingestion of these plants may cause minor illnesses such as vomiting or diarrhea. If ingested, call the Poison Control Center or your doctor.
3. **Oxalates:** The juice or sap of these plants contains oxalate crystals. These needle-shaped crystals can irritate the skin, mouth, tongue, and throat, resulting in throat swelling, breathing difficulties, burning pain, and stomach upset. Call the Poison Control Center or your doctor if any of these symptoms appear following ingestion of plants.
4. **Dermatitis:** The juice, sap, or thorns of these plants may cause a skin rash or irritation. Wash the affected area of skin with soap and water as soon as possible after contact. The rashes may be very serious and painful. Call the Poison Control Center or your doctor if symptoms appear following contact with the plants.

Toxic plants: Common name	Scientific name	Toxicity class
Achillea	*Achillea millefolium*	2,4

Aconite	*Aconitum spp.*	1
African boxwood	*Myrsine africana*	2
African lily	*Agapanthus spp.*	2,4
Agapanthus	*Agapanthus spp.*	2,4
Agave	*Agave spp.*	2,3,4
Aglaonema	*Aglaonema spp.*	3,4
Ailanthus	*Ailanthus altissima*	2,4
Alder	*Alnus spp.*	4
Allium	*Allium spp.*	2
Almond (seeds)	*Prunus spp.*	1
Alocasia	*Alocasia spp.*	3,4
Alstroemeria	*Alstroemeria spp.*	2,4
Amaryllis	*Amaryllis belladonna*	2,4
Amaryllis	*Hippeastrum spp.*	2
Anemone	*Anemone spp.*	2,4
Angel's trumpet	*Brugmansia spp.*	1
Anthurium	*Anthurium spp.*	3,4
Apple (seeds)	*Malus spp.*	1
Apricot (seeds)	*Prunus spp.*	1
Aralia, Ming	*Polyscias spp.*	2,4
Arborvitae	*Thuja spp.*	2,4
Arrowhead plant	*Syngonium podophyllum*	3
Arum	*Arum spp.*	3,4
Ash	*Fraxinus spp.*	4
Asparagus, Garden	*Asparagus officinalis*	4
Asparagus, Sprenger	*Asparagus densiflorus*	4
Aster	*Aster spp.*	4
Aucuba, Japanese	*Aucuba japonica*	2
Autumn crocus	*Colchicum autumnale*	1,4
Azalea	*Rhododendron spp.*	1
Baby's breath	*Gypsophila paniculata*	4
Balsam fir	*Abies balsamea*	4
Barberry	*Berberis spp.*	2,4
Begonia	*Begonia spp. (some*	2,3

	spp.)	
Belladonna	*Atropa belladonna*	1
Belladonna lily	*Amaryllis belladonna*	2,4
Bermudagrass	*Cynodon dactylon*	4
Birch tree	*Betula spp.*	2,4
Bird-of-paradise shrub	*Caesalpina gilliesii*	2
Bishop's weed	*Ammi majus*	4
Bittersweet	*Celastrus scandens*	2
Black calla	*Arum spp.*	3,4
Black cherry (seeds)	*Prunus spp.*	1
Black henbane	*Hyoscyamus niger*	1
Black locust (seeds)	*Robinia pseudoacacia*	1
Black nightshade	*Solanum spp.*	1
Blanket flower	*Gaillardia spp.*	4
Bleeding heart	*Dicentra spp.*	4
Blood lily	*Haemanthus spp.*	2,4
Blue gum	*Eucalyptus spp.*	2,4
Boston ivy	*Parthenocissus spp.*	3,4
Bottle tree	*Brachychiton populneus*	4
Bougainvillea (thorns)	*Bougainvillea spp.*	4
Boxwood	*Buxus sempervirens*	2,4
Brazilian pepper tree	*Schinus terebinthifolius*	2,4
Broom	*Cytisus spp.*	2
Buckeye	*Aesculus spp.*	2
Buckthorn	*Rhamnus spp.*	2,4
Burning bush	*Euonymus spp.*	2
Bushman's poison	*Acokanthera spp.*	1
Buttercup	*Ranunculus spp.*	2,4
Butterfly weed	*Asclepias spp.*	2,4
Cactus (thorns and sap)	*Cactus spp.*	4
Cajeput tree	*Melaleuca quinquenervia*	4
Caladium	*Caladium bicolor*	3,4
California bay	*Umbellularia*	4

	californica	
California buckeye	*Aesculus spp.*	2
California laurel	*Umbellularia californica*	4
California pepper tree	*Schinus molle*	4
Calla, Black	*Arum spp.*	3,4
Calla lily	*Zantedeschia aethiopica*	3,4
Camphor tree	*Cinnamomum camphora*	2
Candytuft, Evergreen	*Iberis sempervirens*	4
Cape plumbago	*Plumbago auriculata*	4
Cardinal flower	*Lobelia spp.*	1,4
Carnation	*Dianthus caryophyllus*	2,4
Carolina jessamine	*Gelsemium sempervirens*	1,4
Carolina laurel cherry	*Prunus caroliniana*	1
Castor bean	*Ricinus communis*	1
Century plant	*Agave spp.*	2,3,4
Cestrum	*Cestrum spp.*	1
Chamomile	*Chamaemelum nobile*	4
Checkered lily	*Fritillaria meleagris*	1
Chenille plant	*Acalypha spp.*	2,4
Cherry (seeds)	*Prunus spp.*	1
Chinaberry	*Melia azedarach*	1
Chinese evergreen	*Aglaonema spp.*	3,4
Chinese lantern	*Physalis spp.*	1
Chinese tallow tree	*Sapium sebiferum*	4
Chokecherry	*Prunus virginiana*	1
Christmas rose	*Helleborus spp.*	1,4
Chrysanthemum	*Chrysanthemum spp.*	2,4
Cineraria	*Senecio hybridus*	2,4
Clematis	*Clematis spp.*	2,4
Climbing lily	*Gloriosa spp.*	1
Clivia	*Clivia spp.*	2,4
Coast redwood	*Sequoia sempervirens*	2,4

Coffee plant	*Coffea arabica*	2
Coffeeberry	*Rhamnus spp.*	2,4
Columbine	*Aquilegia spp.*	2
Copperleaf	*Acalypha spp.*	2,4
Coral plant	*Jatropha spp.*	2,4
Coral tree	*Erythrina spp.*	1
Coralberry	*Symphoricarpos spp.*	2
Cotoneaster	*Cotoneaster spp.*	2
Crabapple (seeds)	*Malus spp.*	1
Creeping Charlie	*Glechoma hederacea*	2
Crinum lily	*Crinum spp.*	2,4
Crocus, Autumn	*Colchicum autumnale*	1,4
Croton	*Codiaeum variegatum*	2,4
Crown of thorns	*Euphorbia spp.*	2,4
Cyclamen	*Cyclamen spp.*	2,4
Daffodil (bulb)	*Narcissus spp.*	2,4
Daisy	*Chrysanthemum spp.*	2,4
Daphne	*Daphne spp.*	1
Deadly nightshade	*Atropa belladonna*	1
Deadly nightshade	*Hyoscyamus niger*	1
Deadly nightshade	*Solanum spp.*	1
Death camas	*Zigadenus spp.*	1
Delphinium	*Delphinium spp.*	1
Desert bluebells	*Phacelia spp.*	4
Dichondra	*Dichondra micrantha*	4
Dieffenbachia	*Dieffenbachia spp.*	3
Dogwood	*Cornus spp.*	4
Dumb cane	*Dieffenbachia spp.*	3
Dusty miller	*Senecio spp. (some spp.)*	2,4
Dutch iris	*Iris spp.*	2,4
Echium	*Echium vulgare*	1,4
Elderberry (ripe fruit is nontoxic)	*Sambucus spp.*	1
Elephant's ear	*Alocasia spp.*	3,4

Elephant's ear	*Colocasia spp.*	3,4
Elephant's ear	*Xanthosoma spp.*	3,4
Elm tree	*Ulmus spp.*	4
English daisy	*Bellis perennis*	4
English ivy	*Hedera spp.*	2,4
English laurel	*Prunus laurocerasus*	1
English yew (seeds)	*Taxus baccata*	1
Eucalyptus	*Eucalyptus spp.*	2,4
Euonymus	*Euonymus spp.*	2
Euphorbia	*Euphorbia spp.*	2,4
European mistletoe	*Viscum album*	1
Evergreen candytuft	*Iberis sempervirens*	4
False heather	*Cuphea hyssopifolia*	4
False Queen Anne's lace	*Ammi majus*	4
Fescue (grass)	*Festuca spp.*	4
Fig	*Ficus carica and Ficus spp.*	4
Fig, Weeping	*Ficus spp.*	4
Fig, Fiddle-leaf	*Ficus lyrata*	4
Fiddle-leaf fig	*Ficus lyrata*	4
Fir, Balsam	*Abies balsamea*	4
Firetail	*Acalypha spp.*	2,4
Firethorn	*Pyracantha spp.*	2,4
Fishtail palm	*Caryota spp.*	3,4
Flax	*Linum usitatissimum*	4
Fleabane	*Erigeron spp.*	4
Flowering tobacco	*Nicotiana glauca*	1
Four-o'clock	*Mirabilis jalapa*	2,4
Foxglove	*Digitalis purpurea*	1
Frangipani	*Plumeria rubra*	4
Garden asparagus	*Asparagus officinalis*	4
Ginkgo	*Ginkgo biloba*	4
Gladiolus	*Gladiolus spp.*	2,4
Glory lily	*Gloriosa spp.*	1
Goldenchain tree	*Laburnum anagyroides*	2

Gopher plant	*Euphorbia spp.*	2,4
Grape ivy	*Cissus rhombifolia*	4
Grevillea	*Grevillea spp.*	4
Groundcherry	*Physalis spp.*	1
Ground ivy	*Glechoma hederacea*	2
Guernsey lily	*Nerine spp.*	2,4
Gum, Blue	*Eucalyptus spp.*	2,4
Heart leaf	*Philodendron spp.*	3,4
Heather	*Calluna vulgaris*	1
Heliotrope	*Heliotropum arborescens*	1
Hellebore	*Helleborus spp.*	1,4
Hemlock, Poison	*Conium maculatum*	1
Hemlock, Water	*Cicuta spp.*	1
Henbane, Black	*Hyoscyamus niger*	1
Holly (berries)	*Ilex spp.*	2
Hollyhock	*Alcea rosea*	4
Honey bush	*Melianthus spp.*	1
Horsechestnut	*Aesculus spp.*	2
Hyacinth	*Hyacinthus orientalis*	2,4
Hydrangea	*Hydrangea spp.*	1,4
Iceland poppy	*Papaver nudicaule*	3,4
Indian currant	*Symphoricarpos spp.*	2
Indian turnip	*Arisaema triphyllum*	3,4
Iris	*Iris spp.*	2,4
Italian arum	*Arum spp.*	3,4
Ivy	*Hedera spp.*	2,4
Ivy, Boston	*Parthenocissus spp.*	3,4
Ivy, English	*Hedera spp.*	2,4
Ivy, Grape	*Cissus rhombifolia*	4
Ivy, Ground	*Glechoma hederacea*	2
Jack-in-the-pulpit	*Arisaema triphyllum*	3,4
Jade plant	*Crassula argentea*	2,4
Japanese aucuba	*Aucuba japonica*	2
Japanese pieris	*Pieris japonica*	1

Japanese yew (seeds)	*Taxus spp.*	1
Jatropha	*Jatropha spp.*	2,4
Jequirity bean	*Abrus precatorius*	1
Jerusalem cherry	*Solanum pseudocapsicum*	1
Jessamine	*Cestrum spp.*	1
Jessamine, Carolina	*Gelsemium sempervirens*	1,4
Jimson weed	*Brugmansia spp.*	1
Jonquil (bulb)	*Narcissus spp.*	2,4
Juniper	*Juniperus spp.*	2
Kaffir lily	*Clivia spp.*	2,4
Laburnum	*Laburnum anagyroides*	2
Lady slipper orchid	*Cypripedium spp.*	4
Lantana	*Lantana camara*	1
Larkspur	*Delphinium spp.*	1
Laurel, California	*Umbellularia californica*	4
Laurel cherry	*Prunus caroliniana*	1
Laurel, English	*Prunus laurocerasus*	1
Laurel, Mountain	*Kalmia latifolia*	2
Laurel, New Zealand	*Corynocarpus laevigata*	2
Lenten rose	*Helleborus spp.*	1,4
Ligustrum	*Ligustrum spp.*	2,4
Lily	*Lilium spp. (some spp.)*	2,4
Lily, African	*Agapanthus spp.*	2,4
Lily, Belladonna	*Amaryllis belladonna*	2,4
Lily, Blood	*Haemanthus spp.*	2,4
Lily, Calla	*Zantedeschia aethiopica*	3,4
Lily, Checkered	*Fritillaria meleagris*	1
Lily, Climbing	*Gloriosa spp.*	1
Lily, Crinum	*Crinum spp.*	2,4
Lily, Glory	*Gloriosa spp.*	1

Lily, Guernsey	*Nerine spp.*	2,4
Lily, Kaffir	*Clivia spp.*	2,4
Lily, Peruvian	*Alstroemeria spp.*	2,4
Lily, Spider	*Lycoris spp.*	2
Lily, Spider	*Hymenocallis spp.*	2,4
Lily-of-the-Nile	*Agapanthus spp.*	2,4
Lily-of-the-valley	*Convallaria majalis*	1,4
Lobelia	*Lobelia spp.*	1,4
Locust, Black (seeds)	*Robinia pseudoacacia*	1
Loquat (seeds)	*Eriobotrya japonica*	1
Love-in-a-mist	*Nigella damascena*	2
Love-lies-bleeding	*Amaranthus caudatus*	1
Lupine	*Lupinus spp.*	1
Maidenhair tree	*Ginkgo biloba*	4
Maple	*Acer spp.*	4
Marguerite daisy	*Chrysanthemum spp.*	2,4
Marigold	*Tagetes spp.*	4
Marsh marigold	*Caltha palustris*	2
May apple	*Podophyllum peltatum*	1
Meadow saffron	*Colchicum autumnale*	1,4
Milkweed	*Asclepias spp.*	2,4
Ming aralia	*Polyscias spp.*	2,4
Mistletoe	*Phoradendron spp.*	2,4
Mistletoe, European	*Viscum album*	1
Monkshood	*Aconitum spp.*	1
Morning glory (seeds)	*Ipomoea spp.*	1
Moses-in-the-cradle	*Rhoeo spathacea*	4
Mountain laurel	*Kalmia latifolia*	2
Myoporum	*Myoporum laetum*	1
Myrtle	*Myrtus communis*	2
Myrtle	*Vinca spp.*	1
Naked lady	*Amaryllis belladonna*	2,4
Narcissus (bulb)	*Narcissus spp.*	2,4
Natal plum	*Carissa macrocarpa*	2
Nectarine (seeds)	*Prunus spp.*	1

Nephthytis	*Syngonium podophyllum*	3
Nerine	*Nerine spp.*	2,4
Nettles, Stinging	*Urtica spp.*	4
New Zealand laurel	*Corynocarpus laevigata*	2
Night-blooming jessamine	*Cestrum spp.*	1
Nightshade, Deadly	*Atropa belladonna*	1
Nightshade, Deadly	*Hyoscyamus niger*	1
Nightshade, Black or Deadly	*Solanum spp.*	1
Oak tree (acorns)	*Quercus spp.*	2,4
Oleander	*Nerium oleander*	1,4
Oleander, Yellow	*Thevetia peruviana*	1,4
Onion, Wild	*Allium spp.*	2
Ornithogalum	*Ornithogalum spp.*	1
Pampas grass	*Cortaderia selloana*	1
Pansy (seeds)	*Viola spp.*	2
Pasque flower	*Anemone spp.*	2,4
Peach (seeds)	*Prunus spp.*	1
Pear (seeds)	*Pyrus spp.*	1
Pencil tree	*Euphorbia spp.*	2,4
Pepper tree, Brazilian	*Schinus terebinthifolius*	2,4
Pepper tree, California	*Schinus molle*	4
Periwinkle	*Vinca spp.*	1
Peruvian lily	*Alstroemeria spp.*	2,4
Peruvian scilla	*Scilla spp.*	1
Philodendron	*Philodendron spp.*	3,4
Philodendron, Split-leaf	*Monstera deliciosa*	3,4
Pieris, Japanese	*Pieris japonica*	1
Pineapple	*Ananas comosus*	4
Pink	*Dianthus spp.*	2,4
Pittosporum	*Pittosporum spp.*	1
Plum (seeds)	*Prunus spp.*	1
Plumbago, Cape	*Plumbago auriculata*	4

Plumeria	*Plumeria rubra*	4
Poinciana	*Caesalpina gilliesii*	2
Poinsettia	*Euphorbia spp.*	2,4
Poison hemlock	*Conium maculatum*	1
Poison oak	*Toxicodendron diversilobum*	4
Pokeweed	*Phytolacca americana*	2
Poppy	*Papaver spp.*	2,4
Poppy, Iceland	*Papaver nudicaule*	3,4
Potato plant (green parts)	*Solanum tuberosum*	1
Pothos	*Epipremnum aureum*	3,4
Pregnant onion	*Ornithogalum spp.*	1
Primrose	*Primula spp.*	4
Primula	*Primula spp.*	4
Privet	*Ligustrum spp.*	2,4
Pyracantha	*Pyracantha spp.*	2,4
Queen Anne's lace	*Daucus carota*	4
Queen Anne's lace, False	*Ammi majus*	4
Ranunculus	*Ranunculus spp.*	2,4
Redwood, Coast	*Sequoia sempervirens*	2,4
Rhododendron	*Rhododendron spp.*	1
Rhubarb (leaves)	*Rheum rhabarbarum*	3
Rosary bean	*Abrus precatorius*	1
Rosary pea	*Abrus precatorius*	1
Rubber plant	*Ficus elastica*	4
Rue	*Ruta graveolens*	4
Sagebrush	*Artemisia spp.*	4
Sago palm	*Cycas revoluta*	2
Scarlet pimpernel	*Anagallis arvensis*	2,4
Schefflera	*Schefflera actinophylla*	2,4
Scotch broom	*Cytisus spp.*	2
Shasta daisy	*Chrysanthemum maximum*	2,4
Silk oak	*Grevillea spp.*	4
Skunk cabbage	*Veratrum spp.*	2

Smoke bush	*Cotinus coggygria*	4
Snake plant	*Sansevieria spp.*	2,4
Snakeshead	*Fritillaria meleagris*	1
Snow-on-the-mountain	*Euphorbia spp.*	2,4
Snowberry	*Symphoricarpos spp.*	2
Snowdrop	*Galanthus spp.*	2,4
Snowflake	*Leucojum spp.*	2,4
Spathiphyllum	*Spathiphyllum spp.*	3,4
Spider lily	*Lycoris spp.*	2
Spider lily	*Hymenocallis spp.*	2,4
Split-leaf philodendron	*Monstera deliciosa*	3,4
Sprenger asparagus	*Asparagus densiflorus*	4
Squill	*Scilla spp.*	1
St. Johnswort	*Hypericum calycinum*	1,4
Star-of-Bethelehem	*Ornithogalum spp.*	1
Stinging nettles	*Urtica spp.*	4
String of beads	*Senecio spp. (some spp.)*	2,4
Sweet pea (seeds)	*Lathyrus odoratus*	2
Sweet William	*Dianthus barbatus*	2,4
Tansy	*Tanacetum spp.*	4
Taro	*Colocasia esculenta*	3,4
Tassel flower	*Amaranthus caudatus*	1
Tomato (non-fruit parts)	*Lycopersicon esculentum*	1,4
Toyon	*Heteromeles arbutifolia*	1
Tree-of-heaven	*Ailanthus altissima*	2,4
Tree tobacco	*Nicotiana glauca*	1
Trumpet creeper	*Campsis radicans*	4
Trumpet vine	*Campsis radicans*	4
Tuberose	*Polianthes tuberosa*	2
Tulip (bulb)	*Tulipa spp.*	2,4
Umbrella plant	*Cyperus alternifolius*	2
Umbrella tree	*Schefflera actinophylla*	2,4
Vinca	*Vinca spp.*	1

Violet (seeds)	*Viola spp.*	2
Virginia creeper	*Parthenocissus spp.*	3,4
Walnut	*Juglans spp.*	4
Wandering jew	*Tradescantia spp.*	4
Water hemlock	*Cicuta spp.*	1
Weeping fig	*Ficus spp.*	4
Wild onion	*Allium spp.*	2
Windflower	*Anemone spp.*	2,4
Wintersweet	*Acokanthera spp.*	1
Wisteria	*Wisteria spp.*	2
Wormwood	*Artemisia spp.*	4
Yarrow	*Achillea millefolium*	2,4
Yew, English (seeds)	*Taxus baccata*	1
Yew, Japanese (seeds)	*Taxus spp.*	1
Yew pine	*Podocarpus macrophyllus*	2