



Plants with Potential Toxic Components

*Jenn Parlin, Veronique Villalba, Cori Cantin, Heather Doss, Kara Adams,
Gayle Gratop, Glenda Garcia, Becky Welp*

Introduction

Gardens serve as valuable educational tools, offering people of all ages hands-on learning experiences that enhance their understanding of science, nature, and sustainability. While these gardens provide numerous benefits, they also pose potential risks due to the presence of certain plants that may be toxic if ingested or improperly handled.

These documents are designed to provide information on common plants in educational gardens, including information about the plant, the nature of their toxicity (if any), and practical strategies for mitigating risks. The information provided is intended to serve as a resource where there was previously a lack.

A team of Cooperative Extension staff and faculty, Poison Control staff, Arizona Department of Health Services staff, and Master Gardeners have contributed to this project. Our goal is to provide educators with essential information on toxic plants that may be encountered in gardens. By familiarizing themselves with the identification, risks, and safe management of these plants, educators can ensure an enriching environment for everyone, while prioritizing safety and well-being.

This resource includes detailed information on specific plant families and potential toxicities present. Each two page document lists plant information, toxicity for each part of the plant, signs of toxicity, and actions to take in the event of exposure. The toxicity of each plant, indicated by a color code system, is referenced below.

The Arizona Poison and Drug Information Center provides services to Arizonans 24/7/365 completely free of charge. Calls are answered by board certified pharmacists who are specialists in poison information. Poison centers accept calls about poisonous plants, bites and stings, household products, personal care products and much more. Many of the cases reported are able to be safely managed at home with the guidance of poison control experts, saving callers the time and money associated with visiting the emergency department. The poison center has services available to assist callers in over 150 languages and those hard of hearing. Poison centers also accept information calls; if you have a question about something, experts are available to answer them. The poison center number (1-800-222-1222) is a national number which can be used from anywhere in the United States.

For more information on plants, see the resources below:

Cooperative Extension educational materials:

<https://extension.arizona.edu/educational-materials>

Finding a local Master Gardener:

<https://extension.arizona.edu/local-offices>

Starting a garden and seasonality for planting:

<https://extension.arizona.edu/sites/default/files/2024-08/az1435-2015.pdf>

Flower Planting Guide:

<https://extension.arizona.edu/sites/default/files/2024-08/az1100a.pdf>

Color	Toxicity Rating
Red	Toxicity recorded in humans when ingested in small amounts.
Yellow	Some indication of toxicity or irritation. Depends on the audience if it would be planted or not.
Green	No indication of toxicity.



Apple Tree
Malus

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Apple Tree

SCIENTIFIC NAME:

MALUS

**COMMON NAME
ENGLISH/SPANISH**

Apple tree/Manzano

PLANT FAMILY

Rosaceae

**LOOK-ALIKE
PLANT(S)**

N/A



Apple seeds and plant leaves contain amygdalin, a substance that can create hydrogen cyanide when digested by enzymes in the gut. Therefore, seeds and leaves may be toxic if ingested. Significant amounts would need to be ingested for poisoning to occur.

How toxic or irritating is the plant if ingested or touched?

The amount of amygdalin can vary depending on health of the plant and environmental factors. It is difficult to predict toxicity if ingested by a human, but generally the more plant matter that is consumed, the higher the risk of toxicity.

What symptoms would be present if ingested or touched?

Signs and symptoms of cyanide toxicity include shortness of breath, headache, confusion, seizures. Initially, people can experience a high heart rate and blood pressure, but this will ultimately progress to a dangerously low heart rate and blood pressure. There is an antidote available to reverse cyanide poisoning.



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

Contact poison control if apple seeds/leaves have been ingested. **DO NOT INDUCE VOMITING.** Wipe or rinse out the mouth and provide a serving size of water to drink.

For life threatening symptoms, immediately call 911

If ingested, contact poison control
24/7: 1-800-222-1222
(free to call)

ARIZONA
Poison and Drug
Information Center



1-800-222-1222



**GOOD
TO PLANT**
WITH ANY GROUP

Beet
Beta vulgaris L.

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Beet

SCIENTIFIC NAME:

BETA
VULGARIS L.



Safe to consume.

**COMMON NAME
ENGLISH/SPANISH**

Beetroot/Betabel

PLANT FAMILY

Chenopodiaceae

**LOOK-ALIKE
PLANT(S)**

Turnip, Radish, Swiss Chard

How toxic or irritating is the plant if ingested or touched?

Safe to consume entire plant.

What symptoms would be present if ingested or touched?

N/A



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

Contact poison control for any symptoms, remove any parts of the plant from the mouth.

For life threatening symptoms, immediately call 911

If ingested, contact poison control 24/7:
1-800-222-1222
(free to call)

ARIZONA
Poison and Drug
Information Center



1-800-222-1222



**PLANT WITH
CAUTION, DEPENDING
ON THE GROUP**

Bell Peppers
Capsicum annuum

**PLANTS WITH
POTENTIAL TOXIC
COMPONENTS**



Cooperative Extension

Bell Peppers

SCIENTIFIC NAME:

*CAPSICUM
ANNUUM*

COMMON NAME ENGLISH/SPANISH

Bell pepper, Green pepper, Red pepper, Sweet pepper/Pimiento morrón, Chile campana, Chile morrón, Chile dulce, Pimiento dulce, Campana

PLANT FAMILY

Solanaceae

LOOK-ALIKE PLANT(S)

N/A



Bell peppers are a nightshade plant that contain the glycoalkaloid, solanine. All parts of the plant can contain the toxin but the highest concentration is found in the parts of the plants that are above ground and the green parts of the plant.

How toxic or irritating is the plant if ingested or touched?

Poisoning in humans is rare. There's no known amount that causes illness.

What symptoms would be present if ingested or touched?

Common symptoms include upset stomach, vomiting, and stomach pain.

Other possible symptoms include:

- Fast heartbeat
- Warm, red skin
- Dry mouth and skin
- Difficulty urinating



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

Do not try to treat an exposure before speaking with a healthcare professional.

DO NOT INDUCE VOMITING. In some cases, vomiting can affect heart rate.

For life threatening symptoms, immediately call 911

If ingested, contact poison control
24/7: 1-800-222-1222
(free to call)

ARIZONA
Poison and Drug
Information Center



1-800-222-1222



Blackberry
Rubus fruticosus

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Blackberry

SCIENTIFIC NAME:

RUBUS
FRUTICOSUS

**COMMON NAME
ENGLISH/SPANISH**

Blackberry/Moras,
Zarzamoras

PLANT FAMILY

Rosaceae

**LOOK-ALIKE
PLANT(S)**

Cloudberry, Dewberry,
Raspberry, Loganberry,
Marionberry



Safe to consume. Physical risk of many
thorns on branches.

How toxic or irritating is the plant if
ingested or touched?

Safe to consume. Be careful of wild look alike
plants that may not be safe to eat.

What symptoms would be present if
ingested or touched?

N/A



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

Contact poison control for any symptoms a
person may experience as a result of
consumption/exposure.

For life threatening symptoms,
immediately call 911

If ingested, contact poison control
24/7: 1-800-222-1222
(free to call)

ARIZONA
Poison and Drug
Information Center



1-800-222-1222



PLANT WITH
CAUTION, DEPENDING
ON THE GROUP

Borage
Borago officinalis

PLANTS WITH
POTENTIAL TOXIC
COMPONENTS



Cooperative Extension

Borage

SCIENTIFIC NAME:

*BORAGO
OFFICINALIS*

**COMMON NAME
ENGLISH/SPANISH**

Borage/Borraja

PLANT FAMILY

Boraginaceae

**LOOK-ALIKE
PLANT(S)**

N/A



Borage contains potassium nitrate and pyrrolizidine alkaloids in small amounts in the stems, leaves, seeds, and flowers.

How toxic or irritating is the plant if ingested or touched?

Consumption of 10-20 mg has resulted in toxicity, but predicting the dose contained in individual plants remains difficult.

What symptoms would be present if ingested or touched?

Initially, ingestion can cause nausea, vomiting, abdominal pain, and diarrhea. If consumed routinely, liver disease can develop over a period of time.



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

Contact poison control if ingested or if skin irritation occurs as a result of coming into contact with the plant.

For life threatening symptoms, immediately call 911

If ingested, contact poison control
24/7: 1-800-222-1222
(free to call)

ARIZONA
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1-800-222-1222

A close-up photograph of a Chocolate Mint plant (Mentha x piperita f. citrata). The leaves are green with prominent veins and serrated edges. A small, developing flower spike is visible in the center of the frame.

**GOOD
TO PLANT**
WITH ANY GROUP

Chocolate
Mint

Mentha × piperita f. citrata

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Chocolate Mint



SCIENTIFIC NAME:

MENTHA × *PIPERITA*
F. CITRATA

COMMON NAME ENGLISH/SPANISH

Mint/Hierba buena, Yerba
buena

PLANT FAMILY

Lamiaceae

LOOK-ALIKE PLANT(S)

Pennyroyal (*Mentha*
pulegium)

Overall a safe to consume plant for humans,
but consumption in large amounts may cause
gastrointestinal upset.

How toxic or irritating is the plant if
ingested or touched?

Safe to consume.

What symptoms would be present if
ingested or touched?

N/A



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

Contact poison control for any symptoms,
remove any parts of the plant from the
mouth.

For life threatening symptoms,
immediately call 911

If ingested, contact poison control
24/7: 1-800-222-1222
(free to call)

ARIZONA
Poison and Drug
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1-800-222-1222



**PLANT WITH
EXTREME CAUTION
OR NOT AT ALL**

Daffodil
Narcissus

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Daffodil

SCIENTIFIC NAME:

NARCISSUS

**COMMON NAME
ENGLISH/SPANISH**

Daffodil/Narciso

PLANT FAMILY

Liliaceae

**LOOK-ALIKE
PLANT(S)**

N/A



All parts contain a toxic chemical, lycorine, but the bulbs contain most of the toxin. However, eating any parts of the plant can cause toxicity. Bulbs specifically also contain oxalates, which are a microscopic and needle-like substance that can cause severe irritation to the lips, tongue, and throat if ingested.

How toxic or irritating is the plant if ingested or touched?

Animals who ingest daffodils have been reported to experience severe toxicity, but there have not been any reports of severe toxicity in humans.

What symptoms would be present if ingested or touched?

Ingestion results in nausea, vomiting, abdominal pain, and diarrhea. Symptoms can last a few hours and resolve on their own without treatment.



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

Usually, the only treatment required is rinsing the mouth well and drinking water or milk. If vomiting and diarrhea persist, watch for dehydration. If a person is having severe throat pain, difficulty swallowing, or drooling, medical evaluation and treatment is needed.

For life threatening symptoms,
immediately call 911

If ingested, contact poison control
24/7: 1-800-222-1222
(free to call)

ARIZONA
Poison and Drug
Information Center



1-800-222-1222



PLANT WITH
EXTREME CAUTION
OR NOT AT ALL

Delphinium
Delphinium elatum

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Delphinium

SCIENTIFIC NAME:

*DELPHINIUM
ELATUM*

COMMON NAME ENGLISH/SPANISH

Delphinium/Dauphinelle

PLANT FAMILY

Ranunculaceae

LOOK-ALIKE PLANT(S)

Larkspurs



All parts of the plant (flowers, leaves, seeds, stems) contain toxins.

How toxic or irritating is the plant if ingested or touched?

Toxicity of plant is dependent on seasonal changes and conditions of the terrain it is growing in. Generally, as the plant matures it lessens in toxicity. Human exposure is common, with poisonings more common among animals.

What symptoms would be present if ingested or touched?

Upon consumption, the following symptoms may result: burning sensation on the lips or mouth, numbness of throat, severe gastrointestinal symptoms (vomiting and diarrhea), muscular weakness and/or spasms, respiratory paralysis and convulsions. Death may occur as a result of severe poisoning.



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

Examine mouth to ensure any remaining parts of the plant are removed. Seek medical attention/contact poison control.

For life threatening symptoms, immediately call 911

If ingested, contact poison control
24/7: 1-800-222-1222
(free to call)

ARIZONA
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1-800-222-1222



**PLANT WITH
CAUTION, DEPENDING
ON THE GROUP**

Eggplant
Solanum melongena

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Eggplant

SCIENTIFIC NAME:

***SOLANUM
MELONGENA***

COMMON NAME ENGLISH/SPANISH

Eggplant, Aubergine,
Brinjal, Mad apple, Raging
apple/Berenjena

PLANT FAMILY

Solanaceae

LOOK-ALIKE PLANT(S)

Easter egg plant (*Solanum
ovigerum*)



Primarily leaves and flowers of eggplant contain solanine, a natural toxin which can lead to nausea, vomiting, and diarrhea if overconsumption occurs.

How toxic or irritating is the plant if ingested or touched?

No specific dose information found.

What symptoms would be present if ingested or touched?

Nausea, vomiting, abdominal pain and diarrhea. Confusion, hallucinations, and coma has been previously reported, but it is not well understood.



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

Contact poison control for any symptoms, remove any parts of the plant from the mouth.

For life threatening symptoms,
immediately call 911

If ingested, contact poison control
24/7: 1-800-222-1222
(free to call)

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PLANT WITH
EXTREME CAUTION
OR NOT AT ALL

Foxglove
Digitalis purpurea

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Foxglove

SCIENTIFIC NAME:

*DIGITALIS
PURPUREA*

COMMON NAME ENGLISH/SPANISH

Fairy gloves, Fairy bells,
Lady's glove/Digital,
Dedeladera

PLANT FAMILY

Scrophulariaceae

LOOK-ALIKE PLANT(S)

Penstemons, Snapdragons



The whole plant is poisonous. Plant contains the toxins digitoxin, digoxin (cardioactive steroids) and irritant saponins (gastrointestinal irritants).

How toxic or irritating is the plant if ingested or touched?

Poisoning is dependent on the quantity ingested, but ingestion can result in severe poisoning.

What symptoms would be present if ingested or touched?

After ingestion, symptoms would include pain in the mouth, nausea, vomiting, abdominal pain, cramping and diarrhea. Person may also experience cardiac abnormalities.



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

Examine mouth to ensure any remaining parts of the plant are removed. Seek medical attention/contact poison control.

For life threatening symptoms, immediately call 911

If ingested, contact poison control 24/7:

1-800-222-1222

(free to call)

ARIZONA
Poison and Drug
Information Center



1-800-222-1222



PLANT WITH
EXTREME CAUTION
OR NOT AT ALL

Horsetail
Milkweed
Asclepias

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Horsetail Milkweed

SCIENTIFIC NAME:

ASCLEPIAS

**COMMON NAME
ENGLISH/SPANISH**

Milkweed/Algodoncillo cola
de caballo

PLANT FAMILY

Apocynaceae

**LOOK-ALIKE
PLANT(S)**

N/A



All parts of the plant contain toxic cardiac glycosides. The highest concentrations of cardiac glycosides are found in the plant's latex fluid followed by the stems, leaves, and roots. The plant is most toxic just before it reaches maturity.

How toxic or irritating is the plant if ingested or touched?

If touched, the sap can cause skin and eye irritation. The concentration of cardiac glycoside in the latices, stems, and leaves varies throughout the year and growing cycle of the plant. Concentration in the roots is relatively stable throughout the year.

What symptoms would be present if ingested or touched?

A few hours after ingestion, initial symptoms include nausea, vomiting, abdominal pain, weakness, lethargy. Severe toxicity can experience seizures, abnormal heart rhythms, and dangerously slow heart rate.



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

If your skin comes into contact with milkweed sap, you should immediately wash the affected area thoroughly with soap and water. If someone experiences eye irritation after getting sap in their eye, gently rinse the eye with room temperature water for 10–15 minutes. If there are any persistent skin or eye pain or symptoms, seek medical examination and treatment.

For life threatening symptoms,
immediately call 911

If ingested, contact poison control
24/7: 1-800-222-1222
(free to call)

ARIZONA
Poison and Drug
Information Center



1-800-222-1222



**PLANT WITH
CAUTION, DEPENDING
ON THE GROUP**



Hot Peppers
Capsicum annuum

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Hot Peppers

SCIENTIFIC NAME:

*CAPSICUM
ANNUUM*

COMMON NAME ENGLISH/SPANISH

Chili pepper, Hot
pepper/Chile

PLANT FAMILY

Solanaceae

LOOK-ALIKE PLANT(S)

N/A



Hot peppers contain an irritant called capsaicin. The membrane inside of peppers contains the highest concentrations. Seeds and juices of the pepper can also contain the irritant. Take caution when handling/touching any part of the plant. As a nightshade, these plants also produce toxic alkaloids. Alkaloids are found in unripe fruit, stem, and leaves of pepper plants.

How toxic or irritating is the plant if ingested or touched?

Amount of capsaicin depends on the type of pepper. The contents is directly related to the strength of the pepper.

What symptoms would be present if ingested or touched?

Burning and stinging of the skin is the most common. If ingested in large amounts, capsaicin causes nausea, vomiting, abdominal pain, and diarrhea. Eye exposures produce tearing and pain.



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

If ingested, consuming small amounts of milk or water may be helpful. For an eye exposure, flush the eye with water for about 15 minutes. For skin exposures, clean off areas of the skin with soap and water. If the person is having trouble breathing or experiencing chest discomfort, call 911. For other non life-threatening symptoms call poison control.

For life threatening symptoms,
immediately call 911

If ingested, contact poison control
24/7: 1-800-222-1222
(free to call)

ARIZONA
Poison and Drug
Information Center



1-800-222-1222



Lantana
Lantana camara

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Lantana

SCIENTIFIC NAME:

*LANTANA
CAMARA*

COMMON NAME ENGLISH/SPANISH

Lantana/Lantana

PLANT FAMILY

Verbenaceae

LOOK-ALIKE PLANT(S)

N/A



Immature berries of the lantana plant are poisonous. Leaves have reportedly been toxic among livestock. There have been no reported intoxications due to consuming mature fruit.

How toxic or irritating is the plant if ingested or touched?

Poisoning in humans is rare, reports of toxicity among animals are more common.

What symptoms would be present if ingested or touched?

Gastrointestinal symptoms include nausea, vomiting, stomach cramping, and diarrhea. In severe cases symptoms can also include weakness, dilated pupils, lethargy, slowed/shallow breathing. Onset of symptoms could occur anywhere from 2-6 hours after ingestion.



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

Remove any remaining parts of the plant from the mouth and rinse out the mouth. Contact poison control for treatment advice or seek immediate medical attention for severe symptoms. Patient may need to be treated for dehydration in cases of severe gastrointestinal effects.

For life threatening symptoms,
immediately call 911

If ingested, contact poison control
24/7: 1-800-222-1222
(free to call)

ARIZONA
Poison and Drug
Information Center



1-800-222-1222

A close-up photograph of a lavender field with numerous purple flower spikes on green stems, slightly out of focus in the background.

**GOOD
TO PLANT**
WITH ANY GROUP

Lavender
Lavandula angustifolia

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Lavender

SCIENTIFIC NAME:

*LAVENDULA
ANGUSTIFOLIA*

COMMON NAME ENGLISH/SPANISH

Lavendar/Lavanda

PLANT FAMILY

Lamiaceae

LOOK-ALIKE PLANT(S)

N/A



Safe to plant. However, lavender oil can have adverse effects.

How toxic or irritating is the plant if ingested or touched?

Safe to plant.

What symptoms would be present if ingested or touched?

Lavender that is inhaled or absorbed through the skin may cause symptoms such as nausea, vomiting, headache, and chills. On contact with the skin, lavender oil could lead to skin irritation.



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

Contact poison control for any symptoms a person may experience as a result of consumption/exposure.

For life threatening symptoms,
immediately call 911

If ingested, contact poison control
24/7: 1-800-222-1222
(free to call)

ARIZONA
Poison and Drug
Information Center



1-800-222-1222



**GOOD
TO PLANT**
WITH ANY GROUP

Lemon Tree
Citrus limon

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Lemon Tree



SCIENTIFIC NAME:

*CITRUS
LIMON*

COMMON NAME ENGLISH/SPANISH

Lemon tree/Limonero

PLANT FAMILY

Rutaceae

LOOK-ALIKE PLANT(S)

N/A

Safe to consume. Physical risk of thorns on branches.

How toxic or irritating is the plant if ingested or touched?

Safe to consume.

What symptoms would be present if ingested or touched?

N/A



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

Contact poison control for any symptoms a person may experience as a result of consumption/exposure.

For life threatening symptoms,
immediately call 911

If ingested, contact poison control
24/7: 1-800-222-1222
(free to call)

ARIZONA
Poison and Drug
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1-800-222-1222



**PLANT WITH
CAUTION, DEPENDING
ON THE GROUP**

Marigold
Tagetes

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Marigold

SCIENTIFIC NAME:

TAGETES

COMMON NAME ENGLISH/SPANISH

French marigold/Caléndula
francesa

PLANT FAMILY

Asteraceae

LOOK-ALIKE PLANT(S)

N/A



Marigold toxic agents are phototoxic thiophene derivatives. Flowers, leaves, and roots of plant are considered to be the toxic parts of the plant.

How toxic or irritating is the plant if ingested or touched?

No specific dose information found, no documented human exposures.

What symptoms would be present if ingested or touched?

These plants can cause a contact dermatitis due to the irritating sap that the plant produces, but are no documented human exposures. In animals, consumption caused mouth pain, irritation, and blistering.



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

Contact poison control for symptoms of dermatitis or other symptoms that may occur as a result of exposure. May wash exposed areas of the skin with soap and water and remove contaminated clothing to prevent further skin irritation.

For life threatening symptoms,
immediately call 911

If ingested, contact poison control
24/7: 1-800-222-1222
(free to call)

ARIZONA
Poison and Drug
Information Center



1-800-222-1222



**GOOD
TO PLANT**
WITH ANY GROUP

Oregano
Origanum vulgare

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Oregano

SCIENTIFIC NAME:

*ORIGANUM
VULGARE*



Safe to consume.

**COMMON NAME
ENGLISH/SPANISH**

Oregano/Oregano

PLANT FAMILY

Lamiaceae

**LOOK-ALIKE
PLANT(S)**

N/A

How toxic or irritating is the plant if ingested or touched?

Safe to consume.

What symptoms would be present if ingested or touched?

Consuming very large quantities can cause gastrointestinal symptoms.



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

If a person experiences symptoms after exposure, ensure any parts of the plant are removed from the mouth and contact poison control.

For life threatening symptoms, immediately call 911

If ingested, contact poison control
24/7: 1-800-222-1222
(free to call)

ARIZONA
Poison and Drug
Information Center



1-800-222-1222



**GOOD
TO PLANT**
WITH ANY GROUP

Parsley
Petroselinum crispum

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Parsley



SCIENTIFIC NAME:

*PETROSELINUM
CRISPUM*

COMMON NAME ENGLISH/SPANISH

Parsley/Perejil

PLANT FAMILY

Apiaceae

LOOK-ALIKE PLANT(S)

Wild carrot (*Daucus carota*), Poison hemlock (*Conium maculatum*), Wild parsnip (*Pastinaca sativa*), Cow parsnip (*Heracleum sphondylium*), and Giant hogweed (*Heracleum mantegazzianum*)

Leaves are safe to use as flavoring and garnish. Plant contains furanocoumarins which can lead to sun sensitivity when exposed to very large amounts of the toxin. However, no credible information was found for human exposures.

How toxic or irritating is the plant if ingested or touched?

Safe to consume.

What symptoms would be present if ingested or touched?

In dogs and cats, consumption can lead to increased sensitivity to the sun. No human effects found.



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

If a person experiences symptoms after exposure, ensure any parts of the plant are removed from the mouth and contact poison control.

For life threatening symptoms, immediately call 911

If ingested, contact poison control
24/7: 1-800-222-1222
(free to call)

ARIZONA
Poison and Drug
Information Center



1-800-222-1222



**PLANT WITH
CAUTION, DEPENDING
ON THE GROUP**

Peach Tree
Prunus persica

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Peach Tree

SCIENTIFIC NAME:

*PRUNUS
PERSICA*

**COMMON NAME
ENGLISH/SPANISH**

Peach tree/Melocotonero

PLANT FAMILY

Rosaceae

**LOOK-ALIKE
PLANT(S)**

N/A



Peach pits and leaves contain amygdalin, a substance that can create cyanide when digested by enzymes in the gut. Therefore, pits and leaves may be toxic if ingested.

How toxic or irritating is the plant if ingested or touched?

The amount of amygdalin can vary depending on health of the plant and environmental factors. It is difficult to predict toxicity if ingested by a human, but generally the more plant matter that is consumed, the higher the risk of toxicity.

What symptoms would be present if ingested or touched?

Signs and symptoms of cyanide toxicity include shortness of breath, headache, confusion, seizures. Initially, people can experience a high heart rate and blood pressure, but this will ultimately progress to a dangerously low heart rate and blood pressure. There is an antidote available to reverse cyanide poisoning.



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

Contact Poison Control if peach pit has been ingested. **DO NOT INDUCE VOMITING.** Wipe or rinse out the mouth and provide a serving size of water to drink.

For life threatening symptoms, immediately call 911

If ingested, contact poison control
24/7: 1-800-222-1222
(free to call)

ARIZONA
Poison and Drug
Information Center



1-800-222-1222



**GOOD
TO PLANT**
WITH ANY GROUP

Peppermint
Mentha × piperita

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Peppermint

SCIENTIFIC NAME:

MENTHA ×
PIPERITA

**COMMON NAME
ENGLISH/SPANISH**

Mint/Hierba buena, Yerba
buena

PLANT FAMILY

Lamiaceae

**LOOK-ALIKE
PLANT(S)**

Pennyroyal (*Mentha
pulegium*)



Leaves and oils from the plant may be irritating to the skin (especially of small children or infants), but the plant is overall safe to consume.

How toxic or irritating is the plant if ingested or touched?

Safe to consume.

What symptoms would be present if ingested or touched?

The plant is safe to consume. Ingestion of peppermint oil can cause nausea, vomiting, diarrhea, slowed heart rate, rapid or shallow breathing, confusion, dizziness.



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

Contact poison control for any symptoms, remove any parts of the plant from the mouth.

For life threatening symptoms,
immediately call 911

If ingested, contact poison control
24/7: 1-800-222-1222
(free to call)

ARIZONA
Poison and Drug
Information Center



1-800-222-1222



**PLANT WITH
CAUTION, DEPENDING
ON THE GROUP**

Potato
Solanum tuberosum

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Potato

SCIENTIFIC NAME:

*SOLANUM
TUBEROSUM*

COMMON NAME ENGLISH/SPANISH

White potato, Irish
potato/Papa, Patata

PLANT FAMILY

Solanaceae

LOOK-ALIKE PLANT(S)

N/A



The entire plant contains glycoalkaloids toxins (solanine and chaconine). However, the leaves, flowers, eyes, sprouts, and green skin contain the highest concentrations of toxins.

How toxic or irritating is the plant if ingested or touched?

Poisoning in humans is rare.

What symptoms would be present if ingested or touched?

Symptoms could include dry mouth/eyes/skin, flushing, increased heart rate, but toxicity is rarely seen in humans.



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

Do not try to treat an exposure before speaking with a healthcare professional.

DO NOT INDUCE VOMITING. In some cases, vomiting can affect heart rate.

For life threatening symptoms,
immediately call 911

If ingested, contact poison control 24/7:
1-800-222-1222
(free to call)

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1-800-222-1222



**GOOD
TO PLANT**
WITH ANY GROUP

Radish
Raphanus sativus

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Radish

SCIENTIFIC NAME:

*RAPHANUS
SATIVUS*



Safe to consume.

**COMMON NAME
ENGLISH/SPANISH**

Radish/Rábano

PLANT FAMILY

Brassicaceae

**LOOK-ALIKE
PLANT(S)**

Wild radish, Turnip, Beet

How toxic or irritating is the plant if ingested or touched?

Safe to consume entire plant.

What symptoms would be present if ingested or touched?

N/A



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

Contact poison control for any symptoms, remove any parts of the plant from the mouth.

For life threatening symptoms, immediately call 911

If ingested, contact poison control 24/7:

1-800-222-1222

(free to call)

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1-800-222-1222



**GOOD
TO PLANT**
WITH ANY GROUP

Snap Peas
Pisum sativum L.

**PLANTS WITH
POTENTIAL TOXIC
COMPONENTS**



Cooperative Extension

Snap Peas



SCIENTIFIC NAME:

*PISUM
SATIVUM L.*

Safe to consume.

COMMON NAME ENGLISH/SPANISH

Snap pea/Guisantes

PLANT FAMILY

Fabaceae

LOOK-ALIKE PLANT(S)

Sugar peas, Snow peas,
Green peas (all edible)

How toxic or irritating is the plant if
ingested or touched?

Safe to consume.

What symptoms would be present if
ingested or touched?

N/A



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

Contact poison control for any symptoms,
remove any parts of the plant from the
mouth.

For life threatening symptoms,
immediately call 911

If ingested, contact poison control
24/7: 1-800-222-1222
(free to call)

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1-800-222-1222



**GOOD
TO PLANT**
WITH ANY GROUP

Snow Peas
Pisum sativum var.
saccharatum

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Snow Peas



SCIENTIFIC NAME:

PISUM
SATIVUM VAR.
SACCHARATUM

Safe to consume.

COMMON NAME ENGLISH/SPANISH

Snow pea/Guisantes

PLANT FAMILY

Fabaceae

LOOK-ALIKE PLANT(S)

Sugar pea, Snap pea, Green
pea (all edible)

How toxic or irritating is the plant if
ingested or touched?

Safe to consume.

What symptoms would be present if
ingested or touched?

N/A



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

Contact poison control for any symptoms,
remove any parts of the plant from the
mouth.

For life threatening symptoms,
immediately call 911

If ingested, contact poison control
24/7: 1-800-222-1222
(free to call)

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1-800-222-1222



**GOOD
TO PLANT**
WITH ANY GROUP

Spearmint
Mentha spicata

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Spearmint

SCIENTIFIC NAME:

*MENTHA
SPICATA*

**COMMON NAME
ENGLISH/SPANISH**

Mint/Hierba buena, Yerba
buena

PLANT FAMILY

Lamiaceae

**LOOK-ALIKE
PLANT(S)**

Pennyroyal (*Mentha
pulegium*)



Safe to consume.

How toxic or irritating is the plant if ingested or touched?

Safe to consume.

What symptoms would be present if ingested or touched?

Can cause vomiting and diarrhea in cats and dogs. No human effects found.



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

Contact poison control for any symptoms, remove any parts of the plant from the mouth.

For life threatening symptoms,
immediately call 911

If ingested, contact poison control
24/7: 1-800-222-1222
(free to call)

ARIZONA
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1-800-222-1222



**GOOD
TO PLANT**
WITH ANY GROUP

Strawberry
Fragaria × ananassa

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Strawberry

SCIENTIFIC NAME:

FRAGARIA ×
ANANASSA



Safe to consume.

**COMMON NAME
ENGLISH/SPANISH**

Strawberry/Fresa

PLANT FAMILY

Rosaceae

**LOOK-ALIKE
PLANT(S)**

Mock strawberry

How toxic or irritating is the plant if ingested or touched?

Safe to consume.

What symptoms would be present if ingested or touched?

N/A



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

Contact poison control for any symptoms a person may experience as a result of consumption/exposure.

For life threatening symptoms,
immediately call 911

If ingested, contact poison control
24/7: 1-800-222-1222
(free to call)

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1-800-222-1222



**GOOD
TO PLANT**
WITH ANY GROUP

Summer Squash
Cucurbita pepo

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Summer Squash

SCIENTIFIC NAME:

CUCURBITA
PEPO



Safe to consume.

COMMON NAME ENGLISH/SPANISH

Summer squash, Crookneck
squash/Calabaza de verano

PLANT FAMILY

Curcubitaceae

LOOK-ALIKE PLANT(S)

Pattypan, Cousa, Crookneck,
Straightneck, Tatume,
Trombonino, Zephyr, Zucchini

How toxic or irritating is the plant if ingested or touched?

Safe to consume. If squash has a very bitter taste, this is a sign it may have gone bad and contains too much cucurbitacin E, which is toxic.

Overconsumption of cucurbitacin E may lead to cucurbit poisoning. However, cucurbit poisoning is very unlikely in summer squash.

What symptoms would be present if ingested or touched?

If squash contains too much cucurbitacin E, gastrointestinal upset may occur.



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

Contact poison control for any symptoms a person may experience as a result of consumption/exposure.

For life threatening symptoms,
immediately call 911

If ingested, contact poison control
24/7: 1-800-222-1222
(free to call)

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1-800-222-1222

A large, vibrant sunflower is the central focus, with many other sunflowers in the background. The sky is a mix of blue and orange, suggesting a sunset or sunrise. The overall tone is warm and natural.

**GOOD
TO PLANT**
WITH ANY GROUP

Sunflower
Helianthus annuus

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Sunflower

SCIENTIFIC NAME:

*HELIANTHUS
ANNUUS*

COMMON NAME ENGLISH/SPANISH

Sunflower, Wild
sunflower/Girasol

PLANT FAMILY

Asteraceae

LOOK-ALIKE PLANT(S)

N/A



Flower is safe to consume. Consuming the green part of the plant may cause general stomach upset.

How toxic or irritating is the plant if ingested or touched?

Flower is safe to consume.

What symptoms would be present if ingested or touched?

Gastrointestinal upset can occur. Symptoms are typically mild and include nausea, vomiting, stomach pain.



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

Contact poison control if someone is experiencing symptoms after consumption or touching the plant.

For life threatening symptoms,
immediately call 911

If ingested, contact poison control
24/7: 1-800-222-1222
(free to call)

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1-800-222-1222



**GOOD
TO PLANT**
WITH ANY GROUP

Sweet Potato
Ipomoea batatas

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Sweet Potato



SCIENTIFIC NAME:

*PISUM
SATIVUM L.*

Safe to consume.

COMMON NAME ENGLISH/SPANISH

Sweet potato/Batata,
Boniato

PLANT FAMILY

Solanaceae

LOOK-ALIKE PLANT(S)

N/A

How toxic or irritating is the plant if
ingested or touched?

Safe to consume.

What symptoms would be present if
ingested or touched?

N/A



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

Contact poison control for any symptoms,
remove any parts of the plant from the
mouth.

For life threatening symptoms,
immediately call 911

If ingested, contact poison control
24/7: 1-800-222-1222
(free to call)

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1-800-222-1222



**PLANT WITH
CAUTION, DEPENDING
ON THE GROUP**



Tepary Beans
Phaseolus acutifolius

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Tepary Beans

SCIENTIFIC NAME:

*PHASEOLUS
ACUTIFOLIUS*

COMMON NAME ENGLISH/SPANISH

Tepary bean/Frijol tépari

PLANT FAMILY

Fabaceae

LOOK-ALIKE PLANT(S)

Other bean plant varieties



Considered toxic in raw/uncooked state due to containing antinutrients (trypsin inhibitors and lectins).

How toxic or irritating is the plant if ingested or touched?

There have been reports of people experiencing abdominal symptoms after consuming even a small amount of uncooked/undercooked beans.

What symptoms would be present if ingested or touched?

Common acute symptoms include stomach upset, abdominal pain, vomiting, diarrhea. Bloating and gas may also present in some cases.



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

Ensure individual does not continue to consume uncooked/undercooked beans. Removed any remaining bits of beans from the mouth. Contact poison control. Seek immediate medical attention for severe or life-threatening symptoms.

For life threatening symptoms, immediately call 911

If ingested, contact poison control
24/7: 1-800-222-1222
(free to call)

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1-800-222-1222



Tomato
Solanum lycopersicum

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Tomato

SCIENTIFIC NAME:

*SOLANUM
LYCOPERSICUM*

COMMON NAME ENGLISH/SPANISH

Tomato/Tomate

PLANT FAMILY

Solanaceae

LOOK-ALIKE PLANT(S)

N/A



Unripe tomatoes contain the toxin solanine. All parts of the plant (leaves, green fruit, and tubers) can contain the toxin. Highest concentration of toxin is found in the above ground parts of the plant.

How toxic or irritating is the plant if ingested or touched?

Poisoning in humans is rare. There's no known amount that causes illness.

What symptoms would be present if ingested or touched?

Common symptoms include upset stomach, vomiting, and stomach pain.

Other possible symptoms include:

- Fast heartbeat
- Warm, red skin
- Dry mouth and skin
- Difficulty urinating



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

Do not try to treat an exposure before speaking with a healthcare professional.

DO NOT INDUCE VOMITING. In some cases, vomiting can affect heart rate.

For life threatening symptoms, immediately call 911

If ingested, contact poison control
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1-800-222-1222

A close-up photograph of several triangular slices of watermelon resting on a wooden cutting board. The watermelon has a vibrant red interior with visible black seeds and a green rind. The background is slightly blurred, showing more watermelon slices.

**GOOD
TO PLANT**
WITH ANY GROUP

Watermelon
Citrullus lanatus

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Watermelon



SCIENTIFIC NAME:

*CITRULLUS
LANATUS*

Safe to consume.

COMMON NAME ENGLISH/SPANISH

Watermelon/Sandía

PLANT FAMILY

Curcubitaceae

LOOK-ALIKE PLANT(S)

Buffalo bur, Coyote gourd,
other melons

How toxic or irritating is the plant if
ingested or touched?

Safe to consume.

What symptoms would be present if
ingested or touched?

N/A



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

Contact poison control for any symptoms a
person may experience as a result of
consumption/exposure.

For life threatening symptoms,
immediately call 911

If ingested, contact poison control
24/7: 1-800-222-1222
(free to call)

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1-800-222-1222



GOOD
TO PLANT
WITH ANY GROUP

Zinnia
Zinnia elegans

PLANTS WITH POTENTIAL TOXIC COMPONENTS



Cooperative Extension

Zinnia

SCIENTIFIC NAME:

*ZINNIA
ELEGANS*



Safe to plant.

COMMON NAME ENGLISH/SPANISH

Zinnia/Zinnia

PLANT FAMILY

Asteraceae

LOOK-ALIKE PLANT(S)

Dahlia, Cosmos,
Coneflower

How toxic or irritating is the plant if ingested or touched?

Zinnias are generally considered non-toxic but may cause minor skin irritations or allergy symptoms for some individuals.

What symptoms would be present if ingested or touched?

N/A



WHAT TO DO IF SOMEONE TOUCHES/INGESTS AND/OR IS ALLERGIC TO THE PLANT:

For any symptoms experienced after exposure to zinnia, contact poison control. For severe symptoms, seek medical attention immediately.

For life threatening symptoms,
immediately call 911

If ingested, contact poison control
24/7: 1-800-222-1222
(free to call)

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1-800-222-1222



THE UNIVERSITY OF ARIZONA

Cooperative Extension

AUTHORS

JENNIFER PARLIN

Assistant Agent, Pima County

VERONIQUE VILLALBA

Community Outreach Professional II, Pima County

CORI CANTIN

Coordinator, Community Outreach, Arizona Poison and Drug Information Center

HEATHER DOSS

Coordinator, Community Outreach, Arizona Poison and Drug Information Center

KARA ADAMS

Master Gardener, Pima County

GAYLE GRATOP

Assistant Agent, Coconino County

GLENDA GARCIA

Community Outreach Professional III, Pima County

BECKY WELP

Former lead, Empower Program, Arizona Department of Health Services

CONTACT

JENN PARLIN

jparlin@arizona.edu

**This information has been reviewed
by University faculty.**

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