

# Which parts of fruits and vegetables are poisonous and/or toxic?



Don't put the apple seeds with the core in your blender when you put mixed fruit and liquid together to make a smoothie. Don't put these seeds or leaves in your blender with the fruits or vegetables. The seeds, rind, and/or leaves are toxic. The fruit or vegetable may be fine, if cooked. And some vegetables can be eaten raw as well as some fruits. But beware of the following toxic seeds, rind or other plant parts labeled as toxic.

*California Garden Clubs, Inc.* is the non-profit federation of garden clubs in California representing more than 22000 California gardeners. Here are the parts of various fruits and vegetables that are toxic, according to the California Garden Clubs Inc.'s brochure, "[Beautiful, but Deadly](#)," from [California Garden Clubs, Inc.](#)

Toxic or Poisonous Seeds and/or Rind:

Apple seeds

Apricot - Inner seed

Balsam Pear - Seeds, outer rind of fruit.

Avocado seeds, bark, leaves, pit, unripe fruit, and stems.

Black Walnut hulls and bark

Cashew shells contain a toxic, poisonous oil.

Cherry twigs, leaves, seed pits

Fig milky sap in leaves and fruit. But the fruit itself if fine.

Nectarine seed, inner pit only

Oak Trees, leaves and acorns.

Peach pit, inner seed, leaves, and bark

Pear seeds, leaves, and bark

Plum leaves, inner seeds, and bark

Sorghum, all parts

Walnut outer green hulls

Wild Black Cherry (Choke Cherry, Rum Cherry) All parts. Withered leaves are poisonous.

Vegetables and Herbs - Toxic and/or Poisonous Parts

Asparagus - Berries and eating green shoots raw may cause dermatitis.

Eggplant, all but the fruit.

Elderberry - all parts

Fava bean, raw or half cooked beans. Some people are allergic to fava bean and come down with "fava bean fever."

Horse bean - raw or half cooked beans.

Potato foilage/leaves/eyes/sprouts are poisonous, toxic, and can be fatal.

Rhubarb, leaves and uncooked stems. Always cook rhubarb.

Rosemary - leaves in some species.

Sage - leaves in some species.

Tomato plant leaves and stems are toxic/poisonous, but not the tomato itself.

Wild onion - (also cultivated onion) - all parts are toxic except the onion. All parts are toxic also when they begin to decay.

Wild Parsnip - underground roots and foliage. Some people get heart beat irregularities after eating parsnip. Check with your doctor.

Above was taken from: <http://www.examiner.com/article/which-parts-of-fruits-and-vegetables-are-poisonous-and-or-toxic>

# Are Vegetable Plants Poisonous to Animals?



Tomatoes and eggplant are among the vegetables that could poison your pet

*For pet owners and animal lovers, plants that can be harmful to animal health are a source of worry. No one likes the idea that something growing in their flower or vegetable garden or in the neighboring countryside could be poisonous to their dog or cat. The best way to assuage worry and ensure the well-being of your pet is to educate yourself on what kinds of plants may be dangerous if ingested by an animal. Not all vegetables pose a threat, but there are a few poisonous ones that people who own or work with animals should know about.*

## Rhubarb

- Rhubarb is one of the most poisonous plants for animals. This vegetable contains a substance called oxalic acid, which ingested in large amounts can cause nausea, diarrhea, breathing problems and comas in extreme cases that go untreated. The highest concentrations of oxalic acid are found in the leaves of rhubarb. The most documented cases of rhubarb poisoning have been among horses, humans, swine, and goats. If you think your pet may have fed on rhubarb leaves, you should immediately take him to a vet or call the Animal Poison Control Center.

## Onions

- Onions pose a great risk to animal health. If an animal eats onions, it may develop a particular type of anemia that, left untreated, will lead to kidney failure. Warning signs include reddish tinted urine, heavy breathing, vomiting and fever. The reddish tinted urine is caused by hemoglobin passing through the body after the breakdown of red blood cells. If you see your pet ingest these poisonous vegetables or notice any of the warning signs, take him to a veterinarian without delay.

## Avocados

- Avocados often top veterinarians' list of poisonous plants for animals. They principally affect horses, dogs and cats. There is no single part of the avocado where poison is concentrated. Every part of the vegetable is equally toxic to animals. Typical symptoms associated with an animal's eating avocados include respiratory problems, nausea, diarrhea and a reduction in the output of milk and mammary gland swelling in animals like cows and goats. Contact a veterinarian and call the Animal Poison Control Center if these symptoms appear.

## Nightshade Family

- Vegetables in the nightshade family, such as potatoes, eggplant and tomatoes, can be dangerous for animals. The leaves and stems are the main parts that need to be avoided. If ingested, they can cause nausea, diarrhea and slowed heart rate in severe cases. You may also notice an animal that has ingested one of these vegetables sleeping and drooling more than usual. A veterinarian should be consulted.

## **How Much Is Too Much**

- As far as how much your pet must eat to make him sick, it depends on the species -- dog, cat, horse, etc. -- health, age and size of the animal. It also depends on the concentration of poison in the material the pet ingested. It will typically take about 10 lbs. (about 5 kg) of rhubarb leaves to make your pet sick. Larger animals such as dogs can get sick from the ingestion of 600 g of uncooked onion, or a smaller amount spread out over time. About 150 g over the course of a few days can result in sickness. Smaller amounts may cause sickness in smaller animals. There is no known specific amount of avocados that must be ingested to make a pet sick, but sickness seems to set in from feeding on a large amount -- at least several avocados. Eating vegetable plants from the nightshade family can be acceptable in small amounts (say, a single potato), if these vegetables are cooked. If they are raw, even a small amount can be harmful (again, a single potato).

## **When to Seek Medical Help**

- While it is hard to pin down a specific amount of these vegetables that is too much, you should generally at least call a veterinarian for his opinion if you see your pet has gotten into a few raw vegetables from the nightshade family, if a large amount of rhubarb leaves have been consumed, or if several avocados have been consumed. If your pet is showing signs of sickness or you think he has fed on any of these vegetables but you're unsure how much, contact your vet. In all of these cases, the first signs of sickness will most likely be vomiting or diarrhea. If this continues or worsens over the long term, or the other symptoms detailed begin to appear, the condition is worsening and you need to seek help. Long-term poisoning may be more difficult to identify, so pay attention to any characteristics your pet may be exhibiting that are out of the norm. Acute poisoning will be more obvious. Your dog won't just be sleepy or experiencing an upset stomach. The majority of the potential symptoms listed will appear soon after ingestion, and you'll need to seek help quickly.

Above was taken from: [http://www.ehow.com/info\\_8334639\\_vegetable-plants-poisonous-animals.html](http://www.ehow.com/info_8334639_vegetable-plants-poisonous-animals.html)