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 foliage/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.