

# Children Are Berry Curious

A Guide to the Hazards of Ingestion  
of Raw Berries in Northwest Ohio

Prepared by the Master Gardeners  
of Hancock County, OH  
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Poison Control  
1-419-383-3897  
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# Children Are Berry Curious

VP = Very Poisonous (fatal)

P = Poisonous (sick)

NP = Non-Poisonous

E = Edible

<u>Plant</u>	<u>Color</u>	<u>Season</u>	<u>Toxicity</u>	<u>Poison</u>
<b>Acorn, Oak</b> <i>Quercus spp.</i> Fagaceae	Brown Nut	Fall	P	Tannin
<b>Asparagus</b> <i>Asparagus officinalis</i> Liliaceae	Red	Summer-Fall	NP	
<b>Barberry, American</b> <i>Berberis canadensis/vulgaris</i> Berberidaceae	Red	Fall	E	
<b>Bayberry/ Wax Myrtle</b> <i>Myrica pensylvanica</i> Myricaceae	White-Green	Summer-Fall	NP	
<b>Beautyberry</b> <i>Callicarpa spp.</i> Verbenaceae	rose-violet	Fall	E	
<b>Beech</b> <i>Fagus grandifolia</i> Fagaceae	Tan Nut	Fall	E	
<b>Bittersweet</b> <i>Celastrus scandens</i> Celastraceae	Red-Orange	Fall	P	evomonoside (~digitalis) sesquiterpene alkaoids
<b>Buckeye</b> <i>Aesculus glabra (spp.)</i> Hippocastanaceae	Brown Nut	Fall	P	aesculin, fraxin tannin
<b>Bunchberry</b> <i>Cornus Canadensis</i> Cornaceae	Red	Summer-Fall	P	
<b>Burning-Bush</b> <i>Euonymous spp.</i> Celastraceae	Red-Orange	Fall	P	evomonoside (~digitalis)
<b>Butternut</b> <i>Juglans cinerea</i> Juglandaceae	Black Nut	Fall	E	
<b>Cherries/Plums</b> <i>Prunus spp.</i> Rosaceae	Red-Blue	Summer	E	Seeds contain cyanide

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<b>Chokeberry</b> <i>Prunus virginiana</i> Rosaceae	Red	Fall	E	
<b>Clintonia</b> <i>Clintonia borealis</i> Liliaceae	Blue-Black	Summer-Fall	NP	
<b>Cohosh, White/ Baneberry</b> <i>Actaea pachypoda/arguta</i> Ranunculaceae	White	Summer-Fall	P	protoanemonin
<b>Cohosh, Blue</b> <i>Caulophyllum thalictroides</i> Berberidaceae	Blue	Fall	P	berberine, caulophylline
<b>Cotoneaster</b> <i>Cotoneaster spp.</i> Rosaceae	Red	Fall	P	Seeds contain cyanide
<b>Chinese Lantern</b> <i>Physalis alkekengi</i> Solanaceae	Red-orange	Fall	P-unripe E-ripe	solanine
<b>Crabapple</b> <i>Malus spp.</i> Rosaceae	Red	Fall	E	seeds contain cyanide
<b>Cranberry, Highbush</b> <i>Viburnum trilobum</i> Caprifoliaceae	Red	Fall	NP	
<b>Currants</b> <i>Ribes ssp.</i> Saxifragaceae	Red-Black	Summer-Fall	E	
<b>Daphne</b> <i>Daphne mezereum</i> Thymelaeceae	Red	Fall	VP	dihydroxycoumarin, diterpene alcohol
<b>Dogwood, Flowering</b> <i>Cornus florida</i> Cornaceae	Red	Fall	P	aucubin
<b>Elderberry</b> <i>Sambucus canadensis</i> Caprifoliaceae	Black	Fall	P	sambunigrin, cyanogenic glycoside
<b>False Solomon's Seal</b> <i>Smilacina racemosa</i> Liliaceae	Red	Fall	P	

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<b>Firethorn</b> <i>Cotoneaster pyracantha</i> Rosaceae	Orange-Red	Fall	NP	Seeds contain cyanide
<b>Ginseng</b> <i>Panax quinquefolius</i> Araliaceae	Red	Fall	P	triterpene saponins
<b>Goldenseal</b> <i>Hydrastis canadensis</i> Ranunculaceae	Red	Fall	P	ranunculin
<b>Grapes, Wild</b> <i>Vitis ssp.</i> Vitaceae	Blue-Black	Fall	E	
<b>Greenbrier/Catbrier</b> <i>Smilax rotundifolia</i> Liliaceae	Blue-Black	Fall	NP	
<b>Ground Cherry</b> <i>Physalis virginiana</i> Solanaceae	Red	Fall	E-ripe P-unripe	Solanine
<b>Hackberry</b> <i>Celtis ssp.</i> Ulmaceae	Red	Fall	E	
<b>Hawthorn</b> <i>Crataegus spp.</i> Rosaceae	Red	Fall	E	
<b>Hickory</b> <i>Carya spp.</i> Juglandaceae	Tan Nut	Fall	E	
<b>Holly</b> <i>Ilex spp.</i> Aquifoliaceae	Red	Fall	VP	theobromine
<b>Holly, Oregon Grape</b> <i>Berberis repens</i> Berberidaceae	Blue-Gray	Fall	NP	
<b>Honeysuckle</b> <i>Lonicera spp.</i> Caprifoliaceae	Red	Fall	NP	
<b>Horse Chestnut</b> <i>Aesculus hippocastanum</i> Hippocastanaceae	Brown Nut	Fall	P	aesculin (breaks down blood protein)

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<b>Horse-Nettle</b> <i>Solanum carolinense</i> Solanaceae	Orange-Yellow	Summer-Fall	P	solanine
<b>Indian Currant, Coralberry</b> <i>Symphoricarpos orbiculatus</i> Caprifoliaceae	Purple-Red	Summer-fall	P	Saponin
<b>Inkberry</b> <i>Ilex glabra</i> Aquifoliaceae	Black	Summer-Fall	P	theobromine
<b>Ivy, English</b> <i>Hedera helix</i> Araliaceae	Black	Fall	P	triterpene saponins, hederins
<b>Jack-In-The-Pulpit</b> <i>Arisaema triphyllum</i> Araceae	Green to Red	Summer	NP-Hot	Calcium Oxalate in root
<b>Jerusalem Cherry</b> <i>Solanum pseudocapsicum</i> Solanaceae	Yellow-Red- Green	Summer	VP	solanocapsine, solanine
<b>Juniper</b> <i>Juniperus communis</i> Cupressaceae	Blue	Fall	E	
<b>Lantana</b> <i>Lantana camara</i> Verbenaceae	Green-Black	Fall	VP	Lantantin (~atropine)
<b>Lily-of-the-Valley</b> <i>Convallaria majalis</i> Liliaceae	Red	Summer	VP	convallotoxin (~digitalis)
<b>Mayapple</b> <i>Podophyllum peltatum</i> Berberidaceae	Orange-Yellow	Summer-Fall	P	podophyllin, podophyllotoxin peltatin
<b>Mistletoe</b> <i>Phoradendron flavescens</i> Loranthaceae	White-Red	Fall	P	phoratoxin, toxic amines
<b>Moonseed</b> <i>Menispermum canadense</i> Menispermaceae	Blue-Black	Fall	VP	isoquinoline alkaloids, dauricine
<b>Mountain Ash</b> <i>Sorbus americana</i> Rosaceae	Red	Fall	NP	

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<b>Mulberry</b> <i>Morus rubra</i> Moraceae	Red-Purple	Summer	E	
<b>Nightshade, Bitter</b> <i>Solanum dulcamara</i> Solanaceae	Red	Summer-Fall	VP	solanine, hyoscyamine, atropine, scopolamine, nicotine
<b>Nightshade, Deadly/Black</b> <i>Solanum nigrum</i> Solanaceae	green-black	Summer	VP	solanine, atropine etc.
<b>Nightshade, Purple</b> <i>Solanum Xanti</i> Solanaceae	White-Green	Summer-Fall	VP	solanine, atropine, etc.
<b>PawPaw</b> <i>Asimina triloba</i> Annonaceae	Yellow-Brown	Fall	E	Some people are allergic
<b>Plum/Cherry, Wild</b> <i>Prunus spp.</i> Roseaceae	Red-Purple-Black	Summer	E	Seeds contain cyanide
<b>Poison Ivy</b> <i>Rhus radicans</i> Anacardiaceae	White	Fall	VP	Urushiol, Do Not Touch
<b>Pokeweed</b> <i>Phytolacca americana</i> Phytolaccaceae	Blue-Black	Summer-Fall	VP	triterpene saponins, phytolaccigine, phytolaccic acid
<b>Privet</b> <i>Ligustrum vulgare</i> Oleaceae	Black	Fall	VP	ligustrin, syringin
<b>Quince</b> <i>Chaenomeles speciosa</i> Rosaceae	Yellow-Green	Fall	NP	
<b>Raspberries/Blackberries</b> <i>Rubrus spp.</i> Rosaceae	Red-Black	Summer-Fall	E	
<b>Roses</b> <i>Rosa spp.</i> Rosaceae	Red	Fall	E	
<b>Sarsaparilla</b> <i>Aralia nudicaulis</i> Araliaceae	Red-Blue-Purple	Summer-Fall	P	triterpene saponins

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<b>Sassafras</b> <i>Sassafras albidum</i> Lauraceae	Blue	Fall	NP	
<b>Serviceberry</b> <i>Amelanchier canadensis</i> Rosaceae	Purple-Black	Fall	E	
<b>Solomon's Seal</b> <i>Polygonatum biflorum</i> Liliaceae	Blue-Black	Summer-Fall	P	anthraquinone
<b>Spicebush</b> <i>Lindera benzoin</i> Lauraceae	Red	Fall	E	
<b>Strawberry</b> <i>Fragaria virginiana</i> Rosaceae	Red	Summer	E	
<b>Sumac, Staghorn</b> <i>Rhus typhina</i> Anacardiaceae	Red	Fall	NP	Seeds contain malic acid
<b>Trillium</b> <i>Trillium grandiflorum</i> Liliaceae	Red-Blue-Purple	Fall	NP	
<b>Viburnums</b> <i>Viburnum spp.</i> Caprifoliaceae	Black	Fall	NP	
<b>Virginia Creeper</b> <i>Parthenocissus quinquefolia</i> Vitaceae	Blue	Fall	VP	raphides
<b>Walnut, Black</b> <i>Juglans nigra</i> Juglandaceae	Black Nut	Fall	E	
<b>Yew</b> <i>Taxus canadensis</i> Taxaceae	Red	Fall	VP-seed	taxine, ephedrine, taxiphyllin

**References:**

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