



Toxic Plants

Toxic plants can pose serious risks to humans and animals, as they contain harmful compounds that may lead to a range of health issues, from mild gastrointestinal distress to severe reactions and even death. Many common garden and houseplants, such as oleander, yew, and azalea, contain toxic substances that can affect vital organs and systems. Symptoms of poisoning can vary widely depending on the plant and the amount ingested, but may include nausea, vomiting, dizziness, and respiratory distress. It's crucial for gardeners and pet owners to be aware of these plants and to take precautions to ensure safety in their environments. Understanding the potential dangers of toxic plants is an important aspect of responsible gardening and landscaping.

1. **Amaryllis (*Amaryllis spp.*)** - It is toxic to humans and animals. The bulbs are the most toxic part of the plant. Ingesting large quantities can be fatal. Symptoms include vomiting, diarrhea, stomach upset, lack of appetite, tremors, and excessive drooling.
2. **American Pokeweed (*Phytolacca americana*)** - It is toxic to humans and animals. All parts of the plant are toxic, especially the root system. Symptoms include cramps, vomiting, and diarrhea. This is a deciduous plant.
3. **Azalea (*Rhododendron spp.*)** - It is toxic to humans and animals; the toxin within the plant is called grayanotoxins. It affects nerve function, even in the heart. Symptoms may include a burning sensation in the mouth, excess saliva, vomiting, diarrhea, and cardiac arrhythmia. This is an evergreen plant.

4. **Foxglove (*Digitalis purpurea*)** - This plant contains a chemical called digitalis that can be used to treat heart failure and high blood pressure. However, the plant is poisonous if consumed directly, causing a wide variety of health problems. All parts of this plant are poisonous.
5. **Hydrangea (*Hydrangea macrophylla*)** - Ingesting a large amount of hydrangea could almost have the same effect as cyanide. The plant contains "hydragin," a cyanogenic glycoside. If ingested, it can cause dizziness, shortness of breath, an accelerated pulse rate, fainting with a sharp drop in blood pressure, and even death. The entire plant is toxic. This is another deciduous plant.
6. **Iris (*Iris × germanica* or spp.)** - It is toxic to humans and animals; the entire plant is toxic. The toxins are irisin, iridin, and irisine. Ingestion can result in drooling, vomiting, diarrhea, lethargy, and fever. Most varieties of the plant are evergreen.
7. **Lantana (*Lantana spp.*)** - It is poisonous to humans and animals. All parts are toxic, and if ingested, can cause vomiting, diarrhea, abdominal pain, seizures, coma, and death. In animals, it can also cause liver failure. It is harmful when burned. This is considered an annual in our zone.
8. **Larkspur (*Delphinium consolida*)** - The leaves and seeds of this plant are toxic if ingested. It can cause a burning sensation and vomiting. If you have any of those symptoms, seek medical attention immediately, as it can be fatal.
9. **Nandina (*Nandina domestica*)** - It is toxic to humans and animals. The main toxin is hydrogen cyanide (HCN). Sudden death may be the only sign of cyanide poisoning, which can occur within minutes to an hour. The berries can cause internal bleeding and death.
10. **Oleander (*Nerium oleander*)** - Oleander is a highly toxic plant to humans and animals. It can cause sickness and death if ingested. All parts of the plant are toxic, mainly the leaves and flowers, causing vomiting, diarrhea, dizziness, convulsions, irregular pulse, respiratory distress, and skin irritation. Smoke from burning the plant is also toxic. This is an evergreen plant.

11. **Poinsettia (*Euphorbia pulcherrima*)** - The sap inside the poinsettia can be toxic if ingested. Most of the time, it is not fatal; it can just cause health complications. There have been only two reports of it being fatal.
12. **Wisteria (*Wisteria sinensis*)** - All parts of the wisteria are harmful to humans and animals if ingested. Glycosides, alkaloids, saponins, and lectins are the toxic compounds within the plant, causing nausea, vomiting, diarrhea, abdominal pain, confusion, and dizziness. This is a deciduous plant.
13. **Yew (*Taxus cuspidata*)** - It is known to be one of the most toxic woody plants. It contains taxine, the main toxic component. Symptoms include dizziness, diarrhea, vomiting, and tremors; if enough is consumed, it can be fatal. This is an evergreen plant.
14. **ZZ Plant (*Zamioculcas zamiifolia*)** - It is toxic to humans and animals. If touched or ingested, it is mildly toxic and can cause eye and skin irritation, numbing, sores, and nausea. The toxin component is calcium oxalate.