

SAFE Foods

Agrimony
Alfalfa
Apple
Avens
Balm
Banana
Barley
Basil
Beetroot
Blackberry
Borage
Broccoli
Buckwheat
Burnet
Camomile
Caraway
Carrot GREENS (tops only)
Celery
Celeric
Chervil
Chicory
Chickweed
Chinese leaf
Cleavers
Coltsfoot
Coriander
Corn marigold
Corn spurrey
Cow parsnip
Crosswort

Cucumber
Dandelion
Dead-Nettles
Dill
Endive
Fat hen
Fennel
Goosefoot
Goosegrass
Hawkbit
Hawkweed
Heather
Hedge parsley
Horseradish
Jerusalem artichoke
Knapweed
Knotgrass
Kohlrabi
Lavender
Lovage
Mallow
Marjoram
Mayweed
Maywort
Meadowsweet
Melon
Milk thistle
Mugwort
Nipplewort
Oats
Orache
Oxeye daisy
Parsley

Parsnip
Pear
Peppermint
Pigweed
Plantain
Pumpkin
Radish GREENS
Raspberry
Sage
Savory
Sanfoin
Shepherd's purse
Silverweed
Sow thistle
Soya
Strawberry
Swiss Chard
Tare
Tomatoes
Trefoil
Vetch
Vine leaves
Watercress
Watermelon
Wheat
Yarrow

Safe in moderation:

Brussels sprouts
Cabbage
Carrot

Cauliflower
Corn
Groundsel
Kale
Green Lettuce (e.g. Romaine)
Molasses
Mustard greens
Spinach
Tallow
Turnip

Safe tree and shrub fresh leaves:

Acacia
Apple
Beech
Birch
Blackberry
Cherry
Hazel
Horse Chestnut
Lime
Mountain Ash
Mulberry
Pear
Poplar (not black)
Raspberry
Strawberry

Safe twigs:

Apple
Birch
Blackberry
Fir
Hazel
Hawthorn
Maple
Pear
Raspberry
Spruce
Willow

Safe flowers:

Aster
Carnation
Daisy
Geranium
Geum
Helenium
Hollyhock
Honesty
Marguerite
Marigold
Michaelmas daisy
Nasturtium
Rose
Stock
Sunflower
Wallflower



UNSAFE FOOD

Arum
Bigwort
Bindweed
Bluebell
Bryony
Buttercup
Celandine
Clover RED
Colchicum
Corncockle
Cowslip
Cuckoo pint
Dog's Mercury
Elder after flowering
Euphorbia
Evergreens
Fool's parsley
Foxglove
Ground ivy
Hemlock
Henbane
Kingcup
Meadow Saffron
Milkweed
Nightshade
Ragwort
Scarlet Pimpernel
Spurge
Toadflax
Tomato LEAVES
Traveller's joy



Beans
Peach leaves
Plum leaves
Potato SPROUTS
Rhubarb
Wood sorrel

UNSAFE TWIGS

Acacia
Apricot
Azalea
Beech
Box
Cherry
Clematis
Elder
Holly
Ivy
Laburnum
Mistletoe
Nux vomica
Oak
Oleander
Peach
Periwinkle
Plum
Privet
Rhododendron
Rosewood
Snowberry
Spindleberry
Thorn apple
Waxplant
Wisteria
Yew
All evergreens not mentioned in
safe twig list

Unsafe flowers:

Acacia
Aconite
Antirrhinum
Anemone
Brugmansia
Columbine
Crocus
Daffodil
Dahlia
Delphinium
Feverfew
Gypsophila
Hellebore
Hyacinth
Iris
Larkspur
Lily of the Valley
Lobelia
Love-in-a-mist
Lupin
Narcissus
Poppy
Primrose
Snowdrop
Tulip
Any bulbs