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Woody Nightshade



Black or Common Nightshade



Woody nightshade (*Solanum dulcamara*) and black or common nightshade (*Solanum nigrum*)

- **Woody nightshade** is a perennial vine often seen sprawling over other plants. Flowers have 5 purple petals with a yellow stamen. Berries are red and hang in stemmed clusters.
- **Black or common nightshade** is a perennial shrub, which grows erect. It has 5 white petals with a yellow stamen and black berries that grow in stemmed clusters.
- DO NOT confuse these plants with deadly nightshade (*Atropa belladonna*), a toxic plant that causes different symptoms.

Is it toxic?

Unripe berries, leaves and stems contain a compound called solanine. Ingestion of small amounts may cause a burning sensation in the throat and a stomach upset. Similar symptoms may occur after eating green potatoes. Ingestion of larger amounts may cause more serious symptoms.

Health Effects:

Ingestion: Ingestion of only a few **unripe berries** may result in burning sensation of the throat, a bitter taste, nausea, vomiting, abdominal pain and diarrhea. Ingestion of large amounts may cause headache, drowsiness, confusion, dilated pupils and increased heart rate. **Ripe berries** do not cause these effects.

What to do?

Ingestion: Rinse out the mouth and have a glass of water. **Contact the Poison Control Centre.**

Depending on the amount ingested, **referral to a hospital may be recommended.**

How can I prevent exposure? Do not eat wild berries. Know the name of the plants and berries in your backyard.

Need more information: Contact the Poison Control Centre.

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We are grateful to all the First Nations who have cared for and nurtured the lands and waters around us for all time, including the xʷmʷkʷyʷm (Musqueam), Skʷwxʷuʷmesh Uʷxwumixw (Squamish Nation), and sʔlʔilwʔtaʔ (Tsleil-Waututh Nation) on whose unceded and ancestral territory our centre is located.

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