

LIST OF NIGHTSHADES

Nightshade Vegetables

- ▶ Banana Peppers
- ▶ Datil
- ▶ Eggplant
- ▶ Hot peppers¹
- ▶ Paprika
- ▶ Pimentos
- ▶ Potatoes²
- ▶ Sweet Peppers
- ▶ Thai Peppers
- ▶ Tomatillos

Nightshade Fruits

- ▶ Garden huckleberry³
- ▶ Goji berries⁴
- ▶ Gooseberries⁵
- ▶ Jerusalem Cherries
- ▶ Pepino
- ▶ Sunberry⁶
- ▶ Tamarillo
- ▶ Tomatoes

¹ Including chili peppers, jalapeños, habaneros, red pepper, cayenne, etc.

² Sweet potatoes are *not* nightshades.

³ Not to be confused with regular huckleberries.

⁴ Also known as “wolfberries.”

⁵ Also known as “cape gooseberries” and “ground cherries” (not to be confused with regular tree cherries).

⁶ Also known as “wonderberries.”

LIST OF NIGHTSHADES

Nightshade Herbs & Plants

- ▶ Ashwagandha
- ▶ Banewort
- ▶ Belladonna⁷
- ▶ Bittersweet (Atropine Belladonna)
- ▶ Brugmansia
- ▶ Datura
- ▶ Deadly Nightshade
- ▶ Devil's Cherries
- ▶ Devil's Herb
- ▶ Divale
- ▶ Dubiosia
- ▶ Dwale
- ▶ Dwayberry
- ▶ Great Morel
- ▶ Henbane
- ▶ Hyoscyamus
- ▶ Jimson Weed
- ▶ Mandrake
- ▶ Mandragore
- ▶ Petunias
- ▶ Solanum
- ▶ Tobacco

⁷ Also known as "Atropa Belladonna." Found in Viagra & used in Homeopathy.