

List Of Nightshade Vegetables

== Description == 7e735de4c2 == Overview == 7e735de4c2 Solanum elaeagnifolium was described by A. J. Cavanilles. The plant described under the same name by W. Herbert and C. L. Willdenow based on E.G. von Steudel is Solanum aethiopicum. 7e735de4c2 This plant has been used as a trap crop to protect potatoes from potato cyst nematode. The stems and leaves contain solasodine which makes the plant very resistant to many pests and diseases, with the exception of potato beetles and tomato hornworms. It can also be used as a hedge plant to keep animals out of a garden, because it is covered with prickles (erroneously called thorns). 7e735de4c2 The... 7e735de4c2 == Conceptual basis == 7e735de4c2 == Leafy vegetables and herbs == 7e735de4c2

Solanum in the nightshade family Solanaceae, comprising around 1,500 species. It also contains the so-called horse nettles (unrelated to the genus of true nettles, *Urtica*), as well as numerous plants cultivated for their ornamental flowers and fruit. It is the largest genus in the nightshade family Solanaceae, comprising around 1,500 species. It also contains the so-called horse nettles (unrelated to the genus of true nettles Solanum is a large and diverse genus of flowering plants, which include three food crops of high economic importance: the potato, the tomato and the eggplant (aubergine, brinjal) 7e735de4c2

Leaf vegetables are plant leaves eaten as a vegetable, sometimes accompanied by their petioles and shoots, if tender. Leaf vegetables eaten raw in a salad can be called salad greens, whereas leaf vegetables eaten cooked can be called pot herbs. 7e735de4c2 The foliage and berries are extremely toxic when ingested, containing tropane alkaloids. It can also be harmful to handle or touch these plants. These toxins include atropine, scopolamine, and hyoscyamine, which cause delirium and hallucinations, and are also used as pharmaceutical anticholinergics. Tropane alkaloids are of common occurrence not only in the Old World tribes Hyoscyameae (to which the genus *Atropa* belongs) and Mandragoreae, but also in the New World tribe Datureae—all of which belong to the subfamily Solanoideae of the plant family Solanaceae. 7e735de4c2 The small edible fruits are red on the outside and yellow inside. It grows inside a spiny, green husk. The fruit is ripe when it is easily removed from the stem. The flavor resembles sour cherries and a little bit like a tomato. 7e735de4c2

Solanum americanum Solanum americanum Solanum americanum, commonly known as American black nightshade, small-flowered nightshade or glossy nightshade, is a herbaceous flowering plant. americanum, commonly known as American black nightshade, small-flowered nightshade or glossy nightshade, is a herbaceous flowering plant 7e735de4c2

== Description == 7e735de4c2 *Solanum americanum* grows up to 1-1.5 metres (39-59 in) tall and is an annual or short-lived perennial. The leaves are alternate on the branch, and vary greatly in size, up to 10 centimetres (4 in) long and 7 cm (3 in) broad, with a 4 cm (1+1/2 in) petiole and a coarsely wavy or toothed margin. The flowers are about 1 cm diameter, white or occasionally light purple, with yellow stamens. The fruit is a shiny black berry 5-10 millimetres (1/4-3/8 in) diameter, containing numerous small seeds. 7e735de4c2 Consumption of *Atropa bella-donna* has unpredictable effects. The antidote for belladonna poisoning is physostigmine or pilocarpine, the same as for atropine. 7e735de4c2

Macrobiotic diet Therefore, lists of macrobiotic foods that determine a food as yin or yang generally compare them to whole grains. Nightshade vegetables (including tomatoes A macrobiotic diet (or macrobiotics) is a restrictive dietary regime based on ideas about types of food drawn from Zen Buddhism. Major principles of macrobiotic diets are to reduce animal products, eat locally grown foods that are in season, and consume meals in moderation. The diet tries to balance the food elements classified as yin and yang, a practice that also extends to cookware 7e735de4c2

Solanum elaeagnifolium Other common names include prairie berry, silverleaf nettle, white horsenettle or silver nightshade. More ambiguous names include "bull-nettle", "horsenettle" and the Spanish "trompillo". It is common in parts of southwestern USA, and sometimes weed of western North America. In South Africa it is known as silver-leaf bitter-apple or satansbos ("Satan's bush" in Afrikaans). It is common in parts of southwestern *Solanum elaeagnifolium*, the silverleaf nightshade or silver-leaved nightshade, is a species of plant in the nightshade family native to North and South America. silverleaf nightshade or silver-leaved nightshade, is a species of plant in the nightshade family native to North and South America 7e735de4c2

Solanaceae Many members of the family have high alkaloid contents, making some highly toxic, but many—such as tomatoes, potatoes, and peppers—are commonly used in food around the world. The family contains approximately 2,700 species, several of which are used as agricultural crops, medicinal plants, and ornamental plants. known as the nightshades, is a family of flowering plants in the order Solanales. The family contains approximately 2,700 species, several of which are used Solanaceae (), commonly known as the nightshades, is a family of flowering plants in the order Solanales 7e735de4c2

Nearly 1,000 species of plants with edible leaves are known. Leaf vegetables most often come from short-lived herbaceous plants, such as lettuce and spinach, but also come from some woody plants. The leaves of many fodder crops (e.g. alfalfa, clover, and most grasses) are also edible by humans, but usually only as famine or processed food. 7e735de4c2 Leaf vegetables contain many typical plant nutrients, but being photosynthetic tissues, their vitamin K levels are particularly notable. Accordingly, users of vitamin K antagonist medications like warfarin must limit their consumption of leaf vegetables. 7e735de4c2

Atropa bella-donna *Atropa bella-donna*, commonly known as deadly nightshade or belladonna, is a toxic perennial herbaceous plant in the nightshade family Solanaceae, which also includes *Atropa bella-donna*, commonly known as deadly nightshade or belladonna, is a toxic perennial herbaceous plant in the nightshade family Solanaceae, which also includes tomatoes, potatoes and eggplant. It is native to Europe and Western Asia, including Turkey, its distribution extending from England in the west to western Ukraine and the Iranian province of Gilan in the east. It is also naturalised or introduced in some parts of Canada, North Africa and the United States 7e735de4c2

== Description == 7e735de4c2 == Name == 7e735de4c2 The generic name was first used by Pliny the Elder (AD 23–79) for a plant also known as strychnos, most likely *S. nigrum*. Its derivation is uncertain, possibly stemming from the Latin word *sol*, meaning "sun", referring to its status as a plant of the sun. 7e735de4c2 There is no high-quality clinical evidence that a macrobiotic diet is helpful for people with cancer or other diseases, and it may be harmful. Neither the American Cancer Society nor Cancer Research UK recommends adopting the diet. Deaths have been reported from malnutrition on strict macrobiotic diets. 7e735de4c2

Leaf vegetable Those eaten raw in a salad can be called salad greens, whereas leaf vegetables eaten cooked can be called pot herbs. Accordingly, users of vitamin K antagonist medications like warfarin must limit their consumption of leaf vegetables. Leaf vegetables are plant leaves eaten Leaf vegetables, also called leafy greens, vegetable greens, or simply greens, are plant leaves eaten as a vegetable 7e735de4c2

List of vegetables used in Assamese cuisine The fresh vegetables and herbs used in Assamese food contribute to its distinctive This is a list of culinary vegetables used in the cuisine of Assam. The tribes of Assam were known for using the bark, flowers, fruits, and stem, in addition to green leaves and herbs in their cooking. This is a list of culinary vegetables used in the cuisine of Assam. The fresh vegetables and herbs used in Assamese food contribute to its distinctive flavour. Assamese cuisine uses less oil, masala spice, and seasoning compared to other cuisines of India 7e735de4c2

Nearly 1,000 species of plants with edible leaves are known. Leaf vegetables most often come from short-lived... 7e735de4c2 Originating in South America, Solanaceae now inhabit every continent on Earth with the sole exception of Antarctica. After the K–Pg extinction event they rapidly diversified and have adapted to live in deserts, tundras, rainforests, plains, and highlands, and taken on wide range of forms including trees, vines, shrubs, and epiphytes. Nearly 80% of all nightshades are included in the subfamily Solanoideae, most of which are members of the type genus *Solanum*. Most taxonomists recognize six other subfamilies: Cestroideae, Goetzieoideae, Nicotianoideae, Petunioideae, Schizanthoideae, and Schwenkioideae, although nightshade taxonomy is still controversial. The genus *Duckeodendron* is sometimes placed in its own subfamily, *Duckeodendroideae*. 7e735de4c2

Solanum sisymbriifolium Solanum sisymbriifolium is commonly known as vila-vila, sticky nightshade, red buffalo-bur, the fire-and-ice plant, litchi tomato, or Morelle de Balbis Solanum sisymbriifolium is commonly known as vila-vila, sticky nightshade, red buffalo-bur, the fire-and-ice plant, litchi tomato, or Morelle de Balbis 7e735de4c2

Solanum mammosum Solanum affine of Otto Sendtner. The plant is grown for ornamental purposes, in part because of the distal end of the fruit's resemblance to a human breast, while the proximal end looks like a cow's udder. It is an annual in the family Solanaceae, and part of the genus Solanum, making the plant a relative of the eggplant, tomato, and potato. The plant adapts well to most soils, but thrives in moist, loamy soil. Solanum villosissimum Zuccagni In addition, the name Solanum mammosum was also invalidly given to other nightshade species: Solanum mammosum, commonly known as nipplefruit, fox head, cow's udder, or apple of Sodom, is an inedible Pan-American tropical fruit. This poisonous fruit is native to South America, but has been naturalized in Southern Mexico, Greater Antilles, Central America, and the Caribbean 7e735de4c2

Solanum species show a wide range of growth habits, such as annuals and perennials, vines, subshrubs, shrubs, and small trees. Many formerly independent genera like Lycopersicon (the tomatoes) and Cyphomandra are now included in Solanum as subgenera or sections. Thus, the genus today contains roughly 1,500-2,000 species. 7e735de4c2 The high alkaloid content in some species... 7e735de4c2 == Synonyms == 7e735de4c2

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