

SAFE PLANTS FOR FLORIDA GARDENING PROGRAMS

This is a list of plants that would generally be considered safe to use with all gardeners, including children or those with Alzheimer's or visual impairments who may not be able to distinguish between edible or non-edible plants. All parts of the plants on this list are generally considered non-toxic if they were consumed by humans, but most are not considered edible plants. Additionally, these plants do not commonly cause skin irritation when handled, or have sharp spines.

Many plants of different species share the same common names. When procuring plants, it is important to properly verify their identity by scientific name.

If plants have been treated with pesticides, which is common in the commercial horticulture industry, this could affect whether they could be consumed or handled safely. As with any plant or food, there may be a possibility that certain individuals could have a negative reaction to consuming or touching a plant due to allergy or interaction with medication. This list should not be considered an all-inclusive list of plants for gardening programs, as a much larger palette of plants can be used with very little risk to most gardeners. This list does not imply safety of consumption by animals.

Plants for indoors or shady porches

Most of these plants are not considered edible, but if they were consumed by humans, they are generally considered non-toxic.

Common Name	<i>Scientific Name</i>	Notes
African violet	<i>Saintpaulia</i> spp.	
Aluminum plant	<i>Pilea</i> spp.	
Bear's paw	<i>Cotyledon tomentosa</i>	
Begonia	<i>Begonia</i> spp.	
Bird's nest fern	<i>Asplenium nidus</i>	
Bloodlead	<i>Iresine herbstii</i>	
Calathea	<i>Calathea</i> spp.	
Carpet bugle	<i>Ajuga reptans</i>	
Cast iron plant	<i>Aspidistra elatior</i>	
Christmas "cactus"	<i>Schlumbergera</i> spp.	
Coleus	<i>Coleus</i> spp.	
Donkey tail	<i>Sedum morganianum</i> , <i>Sedum burrito</i>	
Dracaena (corn plant; lucky bamboo, Madagascar dragon tree, etc.)	<i>Dracaena</i> spp.	
Echeveria	<i>Echeveria</i> spp.	
False aralia	<i>Dizygotheca elegantissima</i>	
Fiddleleaf fig	<i>Ficus lyrata</i>	
Flame violet	<i>Episcia</i> spp.	
Fuchsia	<i>Fuchsia</i> spp. and hybrids	
Geraniums	<i>Pelargonium</i> spp.	

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Common Name	<i>Scientific Name</i>	Notes
Golden polypody	<i>Phlebodium aureum</i> (previously <i>Polypodium aureum</i>)	
Goldfish plant	<i>Columnea</i> spp.	
Holly fern	<i>Cyrtomium falcatum</i>	
Impatiens	<i>Impatiens</i> hybrids	
Jade plant	<i>Crassula argentea</i>	
Japanese aralia	<i>Fatsia japonica</i>	
Lipstick plant	<i>Aeschynanthus</i> spp.	
Living stones	<i>Lithops</i> spp.	
Maidenhair fern	<i>Adiantum</i> spp.	
Moneywort	<i>Lysimachia nummularia</i>	
Nerve plant	<i>Fittonia</i> spp.	
Norfolk Island Pine	<i>Araucaria heterophylla</i>	
Orchids	<i>Phalaenopsis</i> spp., <i>Cattleya</i> spp., <i>Epidendrum</i> spp., <i>Oncidium</i> spp., <i>Paphiopedilum</i> spp.	
Peperomia	<i>Peperomia</i> spp.	
Persian violet	<i>Exacum affine</i>	
Petunia	<i>Petunia</i> spp.	
Polka Dot plant	<i>Hypoestes phyllostachya</i>	
Ponytail "palm"	<i>Beaucarnea recurvata</i>	
Prayer plant	<i>Maranta leuconeura</i>	
Purple passion plant	<i>Gynura aurantiaca</i>	
Spider plant	<i>Chlorophytum comosum</i>	
String of hearts	<i>Ceropegia woodii</i>	
Ti plant	<i>Cordyline terminalis</i>	
Wax plant	<i>Hoya carmosa</i>	
Wishbone flower	<i>Torenia</i> spp.	
Zebra plant	<i>Aphelandra squarrosa</i>	

Vegetables, herbs, annual flowers - usually grown outdoors in garden beds or containers

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Common Name	Scientific Name	Notes
Alyssum	<i>Alyssum</i> spp.	
Anise	<i>Pimpinella anisum</i>	
Arugula	<i>Eruca sativa</i>	
Basil	<i>Ocimum</i> spp.	
Bay	<i>Laurus nobilis</i>	
Bee balm	<i>Monarda</i> spp.	
Beet	<i>Beta vulgaris</i>	
Borage	<i>Borago officinalis</i>	
Broccoli	<i>Brassica oleracea</i> var. <i>italica</i>	
Cabbage	<i>Brassica oleracea</i>	
Calendula	<i>Calendula officinalis</i>	
Carrot	<i>Daucus carota</i> var. <i>sativus</i>	
Catnip	<i>Nepeta cataria</i>	
Cauliflower	<i>Brassica oleracea</i> var. <i>botrytis</i>	
Chamomile	<i>Chamaemilum mobile</i> & <i>Matricaria recutita</i>	
Chervil	<i>Anthriscus cerefolium</i>	
Chives/Garlic chives	<i>Allium schoenoprasum</i> , <i>Allium tuberosum</i>	
Cilantro/Coriander	<i>Coriandrum sativum</i>	
Cock's comb	<i>Celosia</i> spp.	
Collards	<i>Brassica oleracea</i>	
Coreopsis	<i>Coreopsis</i> spp.	
Cosmos	<i>Cosmos bipinnatus</i>	
Cuban "oregano"	<i>Plectranthus amboinicus</i>	
Dahlia	<i>Dahlia</i> hybrids	
Echinacea	<i>Echinacea</i> spp.	
Ginger	<i>Zingiber officinale</i>	
Green bean	<i>Phaseolus vulgaris</i>	
Kale	<i>Brassica oleracea</i>	
Kohlrabi	<i>Brassica oleracea</i>	
Lemon balm	<i>Melissa officinalis</i>	
Lemon verbena	<i>Aloysia triphylla</i>	
Malabar "spinach"	<i>Basella</i> species	
Marigolds	<i>Tagetes</i> spp.	
Marjoram	<i>Origanum majorana</i>	
Mints	<i>Mentha</i> spp.	
Nasturtium	<i>Tropaeolum</i> spp.	
Okinawa "spinach"	<i>Gynura</i> species	

Vegetables, herbs, annual flowers - usually grown outdoors in garden beds or containers

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Common Name	Scientific Name	Notes
Oregano	<i>Origanum</i> spp.	
Parsley	<i>Petroselinum crispum</i>	
Peas (vegetable)	<i>Pisum sativum</i>	Edible peas should not be confused with the ornamental sweet pea (<i>Lathyrus odoratus</i>). All parts of this species are toxic.
Portulaca	<i>Portulaca</i> spp.	
Rosemary	<i>Rosmarinus officinalis</i>	
Sage	<i>Salvia officinalis</i>	
Salvia	<i>Salvia</i> spp.	
Savory	<i>Satureja</i> spp.	
Snapdragon	<i>Antirrhinum</i> spp.	
Spinach	<i>Spinacia oleracea</i>	
Stevia	<i>Stevia rebaudinana</i>	
Sunflowers	<i>Helianthus</i> spp.	
Swiss chard	<i>Beta vulgaris</i>	
Thyme	<i>Thymus</i> spp.	
Turnip	<i>Brassica rapa</i>	
Zinnia	<i>Zinnia</i> spp.	

Plants for outdoors - usually grown in landscapes

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Common Name	Scientific Name	Notes
American lotus	<i>Nelumbo lutea</i>	For use in water gardens
Bamboo		Bamboo comes in all sizes; consult with local experts on appropriate species for your garden. Only non-invasive, clumping bamboo species should be used.
Bird of paradise	<i>Strelitzia reginae</i>	
Bottlebrush	<i>Callistemon</i> spp.	
Bromeliads	<i>Billbergia</i> spp., <i>Aechmea</i> spp., <i>Bromelia</i> spp., <i>Neoregalia</i> spp., <i>Vriesia</i> spp.	
Camellia	<i>Camellia japonica</i>	
Crape myrtle	<i>Lagerstroemia indica</i>	
Daylily	<i>Hemerocallis</i> spp.	
Gardenia	<i>Gardenia jasminoides</i>	
Golden canna	<i>Canna flaccida</i>	Best grown in water gardens
Hibiscus	<i>Hibiscus</i> spp.	
Liriope	<i>Liriope muscari</i>	
Mulberry	<i>Morus</i> spp.	
Osmanthus	<i>Osmanthus</i> spp.	
Pine	<i>Pinus</i> spp.	
Roses	<i>Rosa</i> spp.	
Society garlic	<i>Tulbaghia violacea</i>	
Staghorn fern	<i>Platynerium bifurcatum</i>	
Star jasmine	<i>Trachelospermum jasminoides</i>	
Stephanotis	<i>Marsdenia floribunda</i>	
Sweetgum	<i>Liquidambar</i> spp.	
Sycamore	<i>Platanus occidentalis</i>	
Viburnum	<i>Viburnum</i> spp.	
Willow	<i>Salix</i> spp.	

Spp. - species

References:

<http://www.ladybug.uconn.edu/FactSheets/houseplants--safe-or-poisonous.php>

<https://horttherapywithhankbruce.weebly.com/safe-plants--dangerous-plants.html>

https://lancaster.unl.edu/hort/factsheets/031_ToxicityHouseplants.pdf

<https://plants.ces.ncsu.edu/>

https://ucanr.edu/sites/poisonous_safe_plants/

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