

## BERRIES YOU SHOULDN'T EAT

Although many of the berries at Bowker Creek are edible, some of them are poisonous and you should avoid them. Being able to identify these berries will help insure that you do not make the mistake of eating them.

- **Snowberries:** Although these white berries do look juicy and delicious, they definitely are not edible. They contain viburnin, chelidonine, saponins, tannins, terpenes, tryglycerides and coumarins. This combination of chemicals irritates the human gastrointestinal system causing vomiting, bloody urine, and delirium. Thankfully, these berries usually are expelled undigested.



- **Blue Elderberry:** These berries are not to be mistaken for their relative black elderberry, which is edible. Blue Elderberry is not edible and the seed contain glycosides. Glycosides can cause nausea, and other gastrointestinal upset. However, blue elderberry is edible if you cook the berries down.

