

A Bruchiphobe

*Unless otherwise noted all references are to Duke, James A. 1992. Handbook of phytochemical constituents of GRAS herbs and other economic plants. Boca Raton, FL. CRC Press.

Plant	# Chemicals	Total PPM
<i>Abies alba</i> Silver-Fir	1	
<i>Acacia nilotica</i> Babul	1	
<i>Acacia farnesiana</i> Popinac; Opopanax; Huisache; Sweet Acacia; Cassie	1	
<i>Achillea millefolium</i> Yarrow; Milfoil	2	
<i>Achyranthes bidentata</i> Chaff Flower	1	
<i>Achyranthes aspera</i> Chaff Flower	1	
<i>Aconitum napellus</i> European Aconite; Bear's-Foot; Helmet Flower; Blue Rocket; Aconite; Monkshood; Garden Monkshood; Turk's Cap; Garden Wolfsbane; Queen's Fettle; Friar's Cap; Soldier's Cap	2	
<i>Actinidia chinensis</i> Kiwi	1	
<i>Ageratum conyzoides</i> Mexican ageratum	1	
<i>Allium schoenoprasum</i> Chives	2	
<i>Allium sativum</i> var. <i>sativum</i> Garlic	1	
<i>Allium cepa</i> Onion; Shallot	2	
<i>Alocasia macrorrhiza</i> Giant Taro	2	
<i>Aloe vera</i> Aloe; Bitter Aloes	1	
<i>Althaea officinalis</i> White Mallow; Marshmallow	2	80000.0
<i>Ammi visnaga</i> Visnaga	1	
<i>Ananas comosus</i> Pineapple	1	9400.0
<i>Angelica sinensis</i> Dong Quai; Dang Qui; Dang Gui; Chinese Angelica; Dang Quai; Dong Gui	1	
<i>Angelica archangelica</i> Wild Parsnip; Angelica; Garden Angelica	2	
<i>Annona squamosa</i> Sugar-Apple; Sweetsop	1	
<i>Annona muricata</i> Soursop	1	
<i>Apium graveolens</i> Celery	3	
<i>Arctostaphylos uva-ursi</i> Bearberry; Uva Ursi	1	
<i>Arnica montana</i> Mountain Tobacco; Leopard's-Bane	3	
<i>Artemisia vulgaris</i> Mugwort	1	
<i>Artemisia dracunculus</i> Tarragon	1	
<i>Artemisia cina</i> Levant Wormseed	1	
<i>Artemisia capillaris</i> Capillary Wormwood	1	
<i>Artemisia annua</i> Qinghao; Annual Wormwood (GRIN); Annual Mugwort (GRIN); Sweet Wormwood (GRIN); Sweet Annie	1	
<i>Asparagus officinalis</i> Asparagus	1	
<i>Astragalus membranaceus</i> Huang-Chi; Huang Qi	2	
<i>Atropa bella-donna</i> Belladonna	1	
<i>Avena sativa</i> Oats	2	247.8
<i>Averrhoa carambola</i> Star Fruit; Carambola	2	
<i>Berberis vulgaris</i> Barberry	1	
<i>Beta vulgaris</i> Sugar Beet; Beetroot; Garden Beet; Beet	1	
<i>Borago officinalis</i> Beebread; Borage; Beeplant; Talewort	1	
<i>Brassica oleracea</i> var. <i>sabellica</i> I. Kitchen Kale; Kale; Scotch Kale; Curly Kale	2	

Plant	# Chemicals	Total PPM
<i>Brassica oleracea</i> var. <i>italica</i> Purple Cauliflower; Sprouting Broccoli; Cape Broccoli; Heading Broccoli; Asparagus Broccoli; Broccoli; Winter Broccoli; Calabrese	2	
<i>Brassica oleracea</i> var. <i>gemmifera</i> Brussels-Sprouts; Brussel-Sprout	2	
<i>Brassica oleracea</i> var. <i>capitata</i> I. Cabbage; Red Cabbage; White Cabbage	2	
<i>Brassica oleracea</i> var. <i>botrytis</i> I. Cauliflower	2	
<i>Brassica oleracea</i> Kohlrabi	1	
<i>Calea zacatechichi</i> Mexican Calea; Bitter Grass; Dog's Grass	1	
<i>Calendula officinalis</i> Calendula; Pot-Marigold	1	12800.0
<i>Camellia sinensis</i> Tea	1	
<i>Capparis spinosa</i> Caperbush; Caper	1	
<i>Capsella bursa-pastoris</i> Shepherd's Purse	1	
<i>Capsicum frutescens</i> Hot Pepper; Cayenne; Red Chili; Spur Pepper; Tabasco; Chili	1	
<i>Capsicum annuum</i> Cherry Pepper; Sweet Pepper; Green Pepper; Paprika; Bell Pepper; Cone Pepper	1	
<i>Carica papaya</i> Papaya	1	8800.0
<i>Cephaelis ipecacuanha</i> Ipecac; Raicilla	1	
<i>Chaenomeles lagenaria</i> Mu-Kua; Chinese Quince	1	
<i>Chelidonium majus</i> Celandine	2	
<i>Chenopodium ambrosioides</i> Epazote; Wormseed	1	
<i>Chenopodium album</i> Lambsquarter	1	24400.0
<i>Cichorium intybus</i> Chicory; Witloof; Succory	3	
<i>Cinnamomum verum</i> Cinnamon; Ceylon Cinnamon	1	
<i>Cinnamomum aromaticum</i> Saigon Cinnamon; Canelero chino (Sp.); Canelle de Cochinchine (Fr.); Zimtcassie (Ger.); Canela de la China (Sp.); Chinazimt (Ger.); Cassia Lignea; Cassia Bark; Chinesischer Zimtbaum (Ger.); Kashia-Keihi (Jap.); Cassia; Cannelier de Chine (Fr.); China Junk Cassia; Cannelier Casse (Fr.); Chinese Cinnamon; Chinese Cassia	1	
<i>Citrus sinensis</i> Orange	3	5260.0
<i>Citrus reticulata</i> Mandarin; Tangerine	1	4200.0
<i>Citrus paradisi</i> Grapefruit	1	1200.0
<i>Citrus mitis</i> Calamondin; Calamansi	1	
<i>Citrus aurantium</i> Petitgrain; Bitter Orange	2	
<i>Citrus aurantiifolia</i> Lime	2	4000.0
<i>Cocos nucifera</i> Copra; Kokospalme (Ger.); Nariyal; Coconut Palm; Coconut; Cocotero (Sp.)	2	
<i>Cola acuminata</i> Abata Cola	1	5000.0
<i>Convallaria majalis</i> Lily-Of-The-Valley	1	
<i>Conyza canadensis</i> Hogweed; Butterweed; Horseweed	1	
<i>Coriaria thymifolia</i> Ground Toot; Shanshi	1	
<i>Cornus officinalis</i> Chinese Dogwood	1	
<i>Croton lechleri</i> Sangre de Dragon; Sangre de Grado; Sangre de Drago; Dragons Blood	1	
<i>Croton eluteria</i> Cascarilla	1	
<i>Cryptostegia grandifolia</i> Rubber Vine	1	
<i>Cydonia oblonga</i> Quince	1	
<i>Daphne mezereum</i> Spurge Olive; Spurge Laurel	1	
<i>Datura stramonium</i> Jimsonweed	2	4240.0
<i>Daucus carota</i> Carrot	4	70.0

Plant	# Chemicals	Total PPM
<i>Digitalis purpurea</i> Purple Foxglove	1	
<i>Dipteryx odorata</i> Dutch Tonka Bean; Tonka Bean	1	70000.0
<i>Echinacea</i> spp Coneflower; Echinacea	1	
<i>Echinacea purpurea</i> Eastern Purple-Coneflower; Purple-Coneflower; Echinacea	1	
<i>Echinacea angustifolia</i> Narrow Leaf Echinacea; Narrow Leaf Purple-Coneflower; Echinacea	1	
<i>Elytrigia repens</i> Quackgrass; Twitchgrass; Wheatgrass; Couchgrass; Doggrass	1	
<i>Equisetum arvense</i> Horsetail; Field Horsetail	1	
<i>Eriobotrya japonica</i> Loquat	2	
<i>Eschscholzia californica</i> California Poppy	1	
<i>Euonymus atropurpureus</i> Burning Bush; Wahoo	1	
<i>Eupatorium triplinerve</i> Triplinerved eupatorium	1	
<i>Euphorbia tirucalli</i> Aveloz	2	
<i>Fagopyrum esculentum</i> Buckwheat	1	30200.0
<i>Ferula sumbul</i> Sumbul	1	
<i>Ferula alliacea</i> Garlic Ferula	1	
<i>Ficus carica</i> Echte Feige (Ger.); Fig; Figuier Commun (Fr.); Feigenbaum (Ger.); Fico (Ital.); Figueira (Port.); Higuera Comun (Sp.); Higo (Sp.)	2	107200.0
<i>Filipendula ulmaria</i> Queen Of The Meadow; Meadowsweet	1	
<i>Foeniculum vulgare</i> Fennel	1	
<i>Fragaria</i> spp Strawberry	1	16000.0
<i>Frangula purshiana</i> Cascara Buckthorn; Cascara Sagrada	1	
<i>Fritillaria thunbergii</i> Bei-Mu; Fritillary	1	
<i>Galium odoratum</i> Woodruff; Waldmeister	2	26000.0
<i>Ganoderma lucidum</i> Ling Zhi; Reishi	1	
<i>Garcinia cambogia</i> Malabar Tamarind; Garcinia; Brindleberry	1	
<i>Genipa americana</i> Genipap; Jagua	1	12600.0
<i>Geranium thunbergii</i> Gennoshiouko; Oriental Geranium	1	
<i>Ginkgo biloba</i> Maidenhair Tree; Ginkgo	2	
<i>Glechoma hederacea</i> Alehoof	1	
<i>Glycine max</i> Soybean	3	2000.0
<i>Glycyrrhiza glabra</i> Smooth Licorice; Commom Licorice; Licorice; Licorice-Root	2	
<i>Gossypium</i> sp Cotton	1	
<i>Gymnema sylvestre</i> Gymnema; Miracle Fruit	1	
<i>Hedera helix</i> Ivy	1	
<i>Helianthus tuberosus</i> Jerusalem Artichoke	1	
<i>Helianthus annuus</i> Sunflower; Girasol	2	
<i>Hibiscus sabdariffa</i> Jamaica Sorrel; Roselle; Acedera de Guinea (Sp.); Malventee (Ger.); Rosa de Jamaica (Sp.); Indian Sorrel; Sereni (Sp.); Rosella (Ger.); Kharkadi; Red Sorrel; Sorrel	1	158667.0
<i>Hierochloe odorata</i> Holy Grass; Vanilla-Scented Grass; Manna Grass; Vanilla Grass; Seneca Grass; Sweet Grass	1	
<i>Hippophae rhamnoides</i> Sea Buckthorn; Sallow Thorn; Yellow Spine	2	
<i>Hordeum vulgare</i> Barley; Barleygrass	2	471.6
<i>Hyoscyamus niger</i> Henbane	1	
<i>Juglans regia</i> English Walnut	1	

Plant	# Chemicals	Total PPM
<i>Juniperus communis</i> Common Juniper; Juniper	1	
<i>Justicia pectoralis</i> Angel Of Death; Bolek Hena; Curia	2	
<i>Justicia adhatoda</i> Malabar Nut	1	
<i>Kalanchoe pinnata</i> Siempre Viva; Air Plant	2	
<i>Kalanchoe daegrिमontiana</i> Devil's-Backbone	2	
<i>Lactuca virosa</i> Bitter Lettuce	1	
<i>Lactuca scariola</i> Prickly Lettuce	1	
<i>Lactuca sativa</i> Lettuce	1	1200.0
<i>Lavandula x intermedia</i> Dutch Lavender; Lavandin	1	
<i>Lavandula latifolia</i> Spike Lavender; Aspic; Broad-Leaved Lavender	1	44.0
<i>Lavandula angustifolia</i> English Lavender	1	3000.0
<i>Ledum palustre</i> Wild Rosemary; Marsh Tea	1	
<i>Leonurus cardiaca</i> Motherwort	1	
<i>Lepidium meyenii</i> Peruvian Ginseng; Maca	1	
<i>Levisticum officinale</i> Lovage	1	
<i>Linum usitatissimum</i> Flax; Linseed	1	
<i>Lupinus albus</i> White Lupine	2	
<i>Lycium chinense</i> Chinese Matrimony Vine; Chinese Boxthorn; Gou Qi (Chin.); Kuko (Jap.); Chinesischer Bocksdorn (Ger.); Spina Santa Chinese (Ital.); Kaukichai (Malays.); Daun Koki (Indones.); Wolfberry; Chinese Wolfberry; Lyciet de Chine (Fr.)	1	2000.0
<i>Lycium chilense</i> Chilean Wolfberry	1	
<i>Lycium barbarum</i> Duke of Argyll's Eta Tree; Common Matrimony Vine; Barbary Matrimony Vine; Matrimony Vine; Ning Xia Gou Qi (Chin.)	1	
<i>Lycopersicon esculentum</i> Tomato	3	184.0
<i>Lycopus europeus</i> European Bugle	1	2400.0
<i>Malus domestica</i> Apple	1	
<i>Mangifera indica</i> Mango	2	73200.0
<i>Matricaria recutita</i> Annual Camomile; Wild Camomile; German Camomile	1	
<i>Medicago sativa</i> Lucerne; Alfalfa	3	
<i>Melilotus officinalis</i> Yellow Sweetclover	1	4000.0
<i>Melissa officinalis</i> Lemonbalm; Bee Balm; Balm; Melissa	1	
<i>Mentha x piperita</i> Peppermint	2	0.4
<i>Morus alba</i> Sang-Pai-Pi; White Mulberry	2	
<i>Musa x paradisiaca</i> Plantain; Banana	2	7460.0
<i>Myrciaria dubia</i> Araza de Agua (Sp.); Rumberry (Eng.); Camu-camu Negro (Peru); Guapuro Blanco (Bol.); Camo Camo (Peru); Camu-camu (Eng.,Peru,Scn.,Sp.)	1	
<i>Myroxylon balsamum</i> Peru Balsam; Tolu Balsam	1	8000.0
<i>Myrtus communis</i> Myrtle; Myrte (Ger.); Arrayan (Sp.); Mirto (Sp.)	1	
<i>Nicotiana tabacum</i> Tobacco	3	
<i>Ocimum basilicum</i> Sweet Basil; Basil; Cuban Basil	1	
<i>Opuntia ficus-indica</i> Prickly Pear; Nopalito; Indian Fig; Nopal	2	3400.0
<i>Panax quinquefolius</i> Ginseng; American Ginseng	2	80000.0
<i>Panax ginseng</i> Ginseng; Oriental Ginseng; Chinese Ginseng; Korean Ginseng	2	
<i>Papaver somniferum</i> Opium Poppy; Poppyseed Poppy	2	

Plant	# Chemicals	Total PPM
<i>Passiflora edulis</i> Passionfruit; Maracuya	1	
<i>Petiveria alliacea</i> Anamu; Mucura; Guinea Hen Leaf	1	
<i>Petroselinum crispum</i> Parsley	2	
<i>Peumus boldus</i> Boldo	1	5125.0
<i>Phaseolus vulgaris</i> Garden Bean; Green Bean; Black Bean; Field Bean; Snap Bean; Flageolet Bean; Pop Bean; String Bean; Dwarf Bean; Haricot Bean; Kidney Bean; Popping Bean; Navy Bean; Wax Bean; French Bean; Haricot Vert; Haricot	1	
<i>Phoenix dactylifera</i> Date Palm	1	
<i>Physalis peruviana</i> Cape Gooseberry; Ground Cherry	1	
<i>Physalis ixocarpa</i> Tomatillo	2	3040.0
<i>Pimenta dioica</i> Pimento; Allspice; Pimenta; Jamaica-Pepper; Clover-Pepper	1	
<i>Piscidia piscipula</i> Jamaica Dogwood	2	
<i>Pistacia vera</i> Pistachio	1	
<i>Pisum sativum</i> Pea	3	306.0
<i>Plantago major</i> Common Plantain	1	
<i>Plantago asiatica</i> Asian Plantain	1	
<i>Polygonum hydropiperoides</i> Mild Water Pepper	1	
<i>Polygonum hydropiper</i> Common Smartweed	1	
<i>Polypodium vulgare</i> Common Polypody; Sweet Fern	1	
<i>Populus nigra</i> Black Poplar	1	
<i>Portulaca oleracea</i> Purslane; Verdolaga	1	10200.0
<i>Prunus domestica</i> Plum	2	30000.0
<i>Prunus cerasus</i> Sour Cherry	3	
<i>Prunus armeniaca</i> Apricot	2	44000.0
<i>Psoralea corylifolia</i> Malaya Tea; Babchi; Black Dot	1	
<i>Pteridium aquilinum</i> Bracken Fern; Bracken	1	
<i>Ptychopetalum olacoides</i> Muira Puama	1	
<i>Pueraria pseudohirsuta</i> Chinese Kudzu	1	
<i>Pueraria montana</i> Kudzu; Kudzu	1	
<i>Punica granatum</i> Pomegranate; Grenadier (Fr.); Mangrano (Sp.); Granado (Sp.); Granatapfelstrauch (Ger.); Zakuro (Jap.); Granatapfelbaum (Ger.); Romanzeiro (Port.)	2	
<i>Pyrus communis</i> Pear	1	
<i>Quassia amara</i> Bitterwood; Quassia	1	
<i>Quisqualis indica</i> Rangoon Creeper	2	
<i>Rheum rhabarbarum</i> Rhubarb	2	
<i>Ribes uva-crispa</i> Gooseberry	1	14600.0
<i>Ribes rubrum</i> Red Currant; White Currant	2	5200.0
<i>Ricinus communis</i> Castorbean	1	
<i>Rosa spp</i> Rose Hips	1	
<i>Rosa laevigata</i> Cherokee Rose	1	
<i>Rosa gallica</i> French Rose	1	
<i>Rosa centifolia</i> Cabbage Rose	1	
<i>Rosa canina</i> Dog Rose; Dogbrier; Rose	2	124400.0
<i>Rubus idaeus</i> Red Raspberry; Raspberry	2	

Plant	# Chemicals	Total PPM
<i>Rubus fruticosus</i> Blackberry	2	
<i>Rubus chingii</i> Chinese Raspberry	1	
<i>Ruta graveolens</i> Rue	1	
<i>Salvia officinalis</i> Sage	1	
<i>Sambucus nigra</i> European Alder; Black Elder; European Elderberry; Elder; European Elder	1	38000.0
<i>Sanguinaria canadensis</i> Bloodroot	1	
<i>Sarcostemma acidum</i> Soma	2	
<i>Schisandra chinensis</i> Five-Flavor-Fruit; Schizandra; Chinese Magnolia Vine; Magnolia Vine; Wu Wei Zi; Wu Wei Zu	1	
<i>Sclerocarya caffra</i> Marula	1	
<i>Silybum marianum</i> Lady's Thistle; Milk Thistle	1	
<i>Solanum tuberosum</i> Potato	2	2240.0
<i>Sophora pachycarpa</i> Siberian Pachycarpa	2	
<i>Sorbus aucubaria</i> Rowan Berry	2	78000.0
<i>Spinacia oleracea</i> Spinach	1	
<i>Stachys officinalis</i> Bishop's-Wort; Betony; Wood Betony; Purple Betony	1	10000.0
<i>Stevia rebaudiana</i> Stevia; Sweet Leaf of Paraguay; Ca-A-E	2	
<i>Tamarindus indica</i> Indian Tamarind; Kilytree; Tamarind	2	50000.0
<i>Tecoma stans</i> Yellow Elder	1	160.0
<i>Terminalia chebula</i> Black Myrobalan; Myrobalan; Ink Nut; Chebulic Myrobalan	1	
<i>Theobroma cacao</i> Cacao	1	
<i>Trifolium pratense</i> Cowgrass; Peavine Clover; Purple Clover; Red Clover	1	
<i>Trigonella foenum-graecum</i> Alholva (Sp.); Fenugreek; Greek Hay; Greek Clover; Bockshornklee (Ger.)	1	
<i>Trilisa odoratissima</i> Deer's Tongue; Hound's Tongue; Carolina Vanilla; Vanilla Plant	1	
<i>Triticum aestivum</i> Wheat	1	3444.0
<i>Tussilago farfara</i> Coltsfoot	1	
<i>Ulex europaeus</i> Gorse	1	
<i>Urtica dioica</i> European Nettle; Stinging Nettle	4	
<i>Vaccinium vitis-idaea</i> Cowberry; Lingonberry; Lingen	1	
<i>Vaccinium myrtillus</i> Dwarf Bilberry; Whortleberry; Bilberry	2	
<i>Vaccinium macrocarpon</i> Cranberry; Large Cranberry; American Cranberry	1	
<i>Valeriana officinalis</i> Valerian; Garden-Heliotrope; Common Valerian	1	
<i>Valeriana jatamansi</i> Indian Valerian	1	
<i>Vanilla planifolia</i> Vanilla; Bourbon Vanilla	2	
<i>Verbascum thapsus</i> Mullein; Flannelplant; Great Mullein; Velvetplant; Flannelleaf	1	
<i>Viburnum prunifolium</i> Black Haw	1	
<i>Viburnum opulus</i> European Cranberry Bush; Snowballbush; Crampbark; Guelder Rose	1	
<i>Vicia faba</i> Faba Bean; Habas; Broadbean	1	
<i>Viola odorata</i> Sweet Violet; Common Violet	1	
<i>Vitis vinifera</i> Weinrebe (Ger.); Parra (Sp.); Vigne Vinifere (Fr.); Grape; Vid (Sp.); Grapevine; Wine Grape; European Grape	4	4000.0
<i>Zea mays</i> Corn	4	586.0
<i>Zizyphus jujuba</i> Ta-Tsao; Da-Zao; Jujube	1	6000.0