

Dr. Duke's Phytochemical and Ethnobotanical Database

List of Plants for KAEMPFEROL

Plant	Part	Low PPM	High PPM	StdDev	Reference
Abelmoschus moschatus	Flower	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
Abutilon theophrasti	Flower	--	--		Matlawska, I. 1990. Investigation of Flavonoid Compounds of Selected Species from Malvaceae Family. Herba Pol., 36(3): 65-69.
Abutilon theophrasti	Leaf	--	--		Matlawska, I. 1990. Investigation of Flavonoid Compounds of Selected Species from Malvaceae Family. Herba Pol., 36(3): 65-69.
Acacia catechu	Plant	--	--		--
Acacia farnesiana	Plant	--	--		--
Acacia farnesiana	Fruit	--	--		--
Acacia senegal	Plant	--	--		Pakistan Encyclopedia Planta Medica. 1986.
Acalypha indica	Plant	--	--		Wealth of India.
Acinos suaveolens	Shoot	16.6	16.6	-0.6110367475008089	Jim Duke's personal files.
Aesculus hippocastanum	Bud	--	--		Jim Duke's personal files.
Aesculus hippocastanum	Seed	--	--		--
Ageratum conyzoides	Plant	--	--		J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
Agrimonia eupatoria	Shoot	23.6	24	-0.33987201397721156	--
Albizia lebeck	Leaf	--	--		Wealth of India.
Allium cepa	Bulb	--	2		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Allium sativum var. sativum	Plant	--	--		--
Allium schoenoprasum	Leaf	16	55	-0.4750733041944262	--
Alpinia officinarum	Rhizome	--	--		--
Althaea officinalis	Leaf	--	--		Williamson, E. M. and Evans, F. J., Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.
Althaea officinalis	Root	--	--		--
Ammi visnaga	Plant	--	--		--
Anemone pulsatilla	Leaf	--	--		--
Anethum graveolens	Fruit	--	--		--
Anethum graveolens	Seed	--	--		Williamson, E. M. and Evans, F. J., Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.
Apium graveolens	Leaf	--	0	-0.755027215594713	--
Armoracia rusticana	Leaf	--	--		Abstract (See species file)
Armoracia rusticana	Root	--	6		--
Artemisia annua	Plant	--	--		--
Artemisia annua	Shoot	--	--		Wright,C.W.(Ed)2002.Medicinal&Aromatic Plants-Industrial Profiles.Artemisia.344pp.Maffei,M.(Ed)2002.Vetiveria.The Genus Vetiveria.Taylor&Francis.NY,NY.191pp.Southwell,I.,Lowe,R.(Eds)1999.Tea Tree.The Genus Melaleuca.Harwood Acad.Pub.Amsterdam,Netherlands.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Asparagus officinalis	Root	--	--		--
Astragalus membranaceus	Root	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Azadirachta indica	Flower	2000	2000	1.332774642908181	--
Berberis vulgaris	Plant	--	--		--
Beta vulgaris	Plant	--	--		--
Borago officinalis	Plant	--	--		Jim Duke's personal files.
Brassica oleracea	Shoot	80	80	1.7121854289040663	--
Brassica oleracea var. botrytis l.	Leaf	--	--		--
Brassica oleracea var. botrytis l.	Flower	--	30	-1.0760015465680726	--
Brassica oleracea var. capitata l.	Leaf	100	300	0.7719941193159421	Jim Duke's personal files.
Brassica oleracea var. italica	Leaf	--	--		Stitt, Paul. Why George should eat broccoli.
Brassica oleracea var. sabellica l.	Leaf	--	13	-0.6888562910819179	--
Calendula officinalis	Plant	--	--		--
Camellia sinensis	Plant	--	--		--
Camellia sinensis	Leaf	--	520	1.8918097649170893	--
Camellia sinensis	Shoot	--	--		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Capsicum frutescens	Anther	--	--		--
Carum carvi	Seed	--	--		--
Carum carvi	Leaf	--	--		--
Carum carvi	Flower	--	--		--
Castanea sativa	Leaf	--	--		--
Catharanthus roseus	Plant	--	--		Rizk, A.F.M., The Phytochemistry of the Flora of Qatar, Scientific and Applied Research Centre, University of Qatar, Kingprint, Richmond, UK, 1986.
Ceiba pentandra	Flower	--	--		=ICMR(Indian Council of Medical Research).1976.Medicinal Plants of India.Vol.1.Indian Council of Med. Res.Cambridge Printing Works, New Delhi.487 pp;ICMR.1987.Medicinal Plants of India.Vol.2.Indian Council of Med. Res.Cambr. Printing Works,New Delhi.600pp
Centaurea cyanus	Shoot	--	--		Jim Duke's personal files.
Centaurea cyanus	Plant	--	--		Wealth of India.
Centella asiatica	Plant	--	--		--
Centella asiatica	Leaf	--	--		Jim Duke's personal files.
Chimaphila umbellata	Plant	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Cichorium intybus	Plant	--	--		--
Cichorium intybus	Seed	--	20		--
Cinnamomum camphora	Plant	--	--		--
Citrus paradisi	Fruit	--	--		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses

Plant	Part	Low PPM	High PPM	StdDev	Reference
Cola acuminata	Plant	--	--		--
Consolida ajacis	Flower	--	--		--
Cornus florida	Flower	--	--		--
Cornus mas	Leaf	--	--		Bate-Smith, E. C., Ferguson, I. K., Hutson, K., Jensen, S. R., Nielsen, B. J., Swain, T. 1975. Phytochemical Interrelationships in the Cornaceae. Biochem. Syst. Ecol., 3: 79.
Corylus avellana	Bark	--	--		--
Crataegus monogyna	Inflorescence	--	--		--
Crataegus monogyna	Flower	--	--		--
Crataegus monogyna	Leaf	--	--		--
Crocus sativus	Flower	--	--		--
Cucurbita pepo	Leaf	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Cuscuta reflexa	Plant	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Cyamopsis tetragonoloba	Fruit	--	--		Daniel, M. 1989. Polyphenols of Some Indian Vegetables. Curr Sci, 58(23): 1332-1334.
Daucus carota	Seed	--	--		--
Diospyros virginiana	Plant	--	--		--
Dodonaea viscosa	Plant	--	--		--
Drimys winteri	Leaf	--	--		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Echinacea angustifolia	Leaf	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.
Echinacea spp	Leaf	--	--		Economic & Medicinal Plant Research, 5: 253.
Elaeagnus angustifolia	Leaf	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Ephedra sinica	Shoot	--	--		Jim Duke's personal files.
Equisetum arvense	Plant	--	--		--
Eriobotrya japonica	Plant	--	--		--
Erythroxylum coca	Plant	--	--		--
Eupatorium perfoliatum	Plant	--	--		--
Euphorbia hirta	Leaf	--	--		--
Euphorbia lathyris	Leaf	--	--		--
Euphrasia officinalis	Plant	--	--		Jim Duke's personal files.
Ficus carica	Plant	--	--		--
Filipendula ulmaria	Flower	--	--		Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp.
Foeniculum vulgare	Plant	--	--		--
Foeniculum vulgare	Leaf	--	--		Jim Duke's personal files.
Fragaria spp	Leaf	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Frangula alnus	Seed	--	--		--
Galega officinalis	Shoot	--	--		--
Geranium thunbergii	Leaf	--	--		--
Ginkgo biloba	Leaf	--	--		--
Glycine max	Plant	--	--		--
Glycine max	Leaf	--	--		--
Glycine max	Shoot	--	--		--
Glycine max	Seed	--	--		--
Glycyrrhiza glabra	Shoot	--	--		--
Glycyrrhiza glabra	Root	--	--		--
Gossypium sp	Flower	--	--		--
Guazuma tomentosa	Flower	--	--		--
Hamamelis virginiana	Leaf	--	--		--
Harpagophytum procumbens	Root	--	--		Abstract (See species file)
Harpagophytum procumbens	Tuber	--	--		--
Helianthemum glomeratum	Leaf	--	--		Meckes, M., Calzada, F., Tapia-Contreras, A., Cedillo-Rivera, R. 1999. Antiprotozoal Properties of Helianthemum glomeratum. Phytotherapy Research, 13(2): 102-105.
Hippophae rhamnoides	Fruit	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Holarrhena pubescens	Leaf	--	--		--
Humulus lupulus	Leaf	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
Hura crepitans	Leaf	--	--		--
Hydrangea arborescens	Root	--	--		Williamson, E. M. and Evans, F. J., Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.
Hypericum perforatum	Plant	--	--		--
Isatis tinctoria	Plant	--	--		--
Juglans regia	Leaf	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Kalanchoe pinnata	Leaf	--	--		--
Kalanchoe spathulata	Leaf	--	--		--
Lactuca sativa	Plant	--	--		--
Laurus nobilis	Plant	--	--		--
Ligustrum japonicum	Flower	--	--		--
Lycium chinense	Leaf	--	--		Hansel, R., Keller, K., Rimpler, H., and Schneider, G. eds. 1992. Hager's Handbuch der Pharmazeutischen Praxis, Drogen (A-D), 1209 pp., 1993 (E-O), 970 pp., 1994 (P-Z), 1196 pp. Springer-Verlag, Berlin.
Lycopersicon esculentum	Seed	--	--		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Maclura pomifera	Wood	--	--		Smith, J. L. and Perino, J. V. 1981. Osage Orange (Maclura pomifera): History and Economic Uses. Economic Botany 35(1): 24-41
Maclura pomifera	Bark	--	29		--
Maclura pomifera	Fruit	--	10000	1.7320451833851958	--
Magnolia denudata	Plant	--	--		--
Magnolia kobus	Plant	--	--		--
Magnolia officinalis	Plant	--	--		--
Malus domestica	Fruit	--	2	-0.5794291374991353	--
Mangifera indica	Plant	--	--		--
Matricaria recutita	Plant	--	--		Kameoka, H. and Nakai, K. 1987. Components of essential oil from the root of Glycyrrhiza-glabra. Nippon Gogeikagaku Kaishi 61(9): 1119-1122.
Medicago sativa	Flower	--	--		--
Melaleuca leucadendra	Plant	--	--		--
Melia azedarach	Plant	--	--		--
Melilotus officinalis	Leaf	--	--		Bisset, N.G., ed. 1994. Herbal Drugs and Phytopharmaceuticals. CRC Press. Boca Raton, FL. 566 pp.
Melilotus officinalis	Shoot	--	12.5	-0.7612766674260454	--
Melilotus officinalis	Flower	--	--		--
Menyanthes trifoliata	Plant	--	--		Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Moringa oleifera	Flower	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Moringa oleifera	Leaf	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Morus alba	Wood	--	--		--
Musa x paradisiaca	Fruit	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
Musa x paradisiaca	Plant	--	--		Stitt, Paul. Why George should eat broccoli.
Myristica fragrans	Plant	--	--		--
Nelumbo nucifera	Plant	--	--		--
Nicotiana tabacum	Leaf	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Ocimum basilicum	Leaf	--	--		--
Oenothera biennis	Leaf	--	--		--
Olea europaea	Stem	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
Ononis spinosa	Shoot	--	--		Blaschek, W., Hansel, R., Keller, K., Reichling, J., Rimpler, H., and Schneider, G. eds. 1998. Hager's Handbuch der Pharmazeutischen Praxis, Auflage Band 2 (A-K), 909 pp., (L-Z), 858 pp. Springer-Verlag, Berlin.
Opuntia ficus-indica	Flower	--	--		--
Opuntia ficus-indica	Pt	--	--		--
Origanum vulgare	Plant	--	--		Lawrence, B.M., Essential Oils 1976-1977, Essential Oils 1978, Essential Oils 1979-1980.

Plant	Part	Low PPM	High PPM	StdDev	Reference
<i>Paeonia lactiflora</i>	Leaf	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Paeonia moutan</i>	Leaf	--	--		--
<i>Paeonia officinalis</i>	Flower	--	--		Wichtl, M. 1984. Teedrogen. Ein Handbuch für Apotheker und Ärzte. Wissenschaftliche Verlagsgesellschaft. mbH Stuttgart. 393 pp.
<i>Paeonia suffruticosa</i>	Leaf	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Panax ginseng</i>	Leaf	--	--		--
<i>Panax ginseng</i>	Shoot	--	--		--
<i>Panax quinquefolius</i>	Plant	--	--		--
<i>Passiflora incarnata</i>	Plant	--	--		Williamson, E. M. and Evans, F. J., Potter's New Cyclopaedia of Botanical Drugs and Preparations, Revised Ed., Saffron Walden, the C. W. Daniel Co., Ltd., Essex UK, 362 pp, 1988, reprint 1989.
<i>Pastinaca sativa</i>	Seed	--	--		--
<i>Petasites japonicus</i>	Plant	--	--		Chemical Constituents of Oriental Herbs (3 diff. books)
<i>Petroselinum crispum</i>	Plant	--	--		Stitt, Paul. Why George should eat broccoli.
<i>Phyllanthus emblica</i>	Leaf	--	--		--
<i>Physalis peruviana</i>	Fruit	--	--		--
<i>Pinus mugo</i>	Wood	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
<i>Piper nigrum</i>	Fruit	--	--		Leung, A. Y. and Foster, S. 1995. Encyclopedia of Common Natural Ingredients 2nd Ed. John Wiley & Sons, New York. 649 pp.

Plant	Part	Low PPM	High PPM	StdDev	Reference
Pistacia lentiscus	Leaf	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Pisum sativum	Tissue Culture	500	500		--
Plumeria acutifolia	Flower	--	--		--
Podophyllum hexandrum	Rhizome	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Podophyllum peltatum	Rhizome	--	--		--
Podophyllum pleianthum	Rhizome	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Polygonum hydropiper	Plant	--	--		--
Polygonum hydropiperoides	Plant	--	--		--
Populus tacamahacca	Plant	--	--		--
Prunella vulgaris	Flower	--	--		--
Prunus armeniaca	Leaf	--	--		--
Prunus armeniaca	Fruit	--	--		--
Prunus cerasus	Plant	--	--		--
Prunus domestica	Wood	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Prunus dulcis	Plant	--	--		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Prunus laurocerasus	Plant	--	--		--
Prunus persica	Leaf	--	--		--
Prunus serotina	Plant	--	--		--
Prunus spinosa	Flower	--	--		--
Psidium cattleianum	Plant	--	--		--
Punica granatum	Plant	--	--		--
Punica granatum	Leaf	--	--		--
Punica granatum	Fruit	--	--		Seeram, N. P., Schulman, R. N., and Heber, D., eds. 2006. Pomegranates - Ancient Roots to Modern Medicine. Taylor & Francis. Boca Raton, FL. 244 pp.
Punica granatum	Pericarp	--	--		Seeram, N. P., Schulman, R. N., and Heber, D., eds. 2006. Pomegranates - Ancient Roots to Modern Medicine. Taylor & Francis. Boca Raton, FL. 244 pp.
Rhododendron dauricum	Plant	--	--		--
Rhus toxicodendron	Plant	--	--		--
Ribes nigrum	Fruit	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Ribes nigrum	Fruit Juice	--	--		--
Ricinus communis	Plant	--	--		--
Robinia pseudoacacia	Flower	--	--		--
Rosa damascena	Plant	--	--		--
Rubus idaeus	Juice	--	--		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Sambucus nigra	Flower	--	--		--
Sanguisorba minor	Plant	--	--		--
Sanguisorba officinalis	Plant	--	--		--
Schinus molle	Leaf	--	--		--
Schinus terebinthifolius	Leaf	--	--		CRC Handbook of Medicinal Herbs and/or CRC Handbook of Proximate Analyses
Serenoa repens	Fruit	--	--		By assumption; if a glycoside is reported, it is automatically assumed that the aglycone is present also in the plant, though sometimes in traces only.
Silybum marianum	Seed	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Silybum marianum	Flower	--	--		--
Solanum tuberosum	Flower	--	--		--
Solidago gigantea	Flower	--	--		--
Sophora japonica	Plant	--	--		--
Spinacia oleracea	Plant	--	--		--
Spinacia oleracea	Leaf	--	2	-0.7448470733619753	--
Syzygium aromaticum	Flower	--	--		--
Syzygium aromaticum	Fruit	--	29	-0.5731869083869251	--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Tagetes erecta	Leaf	--	--		Rizk, A.F.M. and Al-Nowaihi, A.S., The Phytochemistry of the Horticultural Plants of Qatar, Scientific and Applied Research Centre, University of Qatar.
Tagetes patula	Plant	--	--		--
Terminalia catappa	Leaf	--	--		List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Teucrium polium	Plant	--	--		Abstract (See species file)
Theobroma cacao	Leaf	--	--		Grenand, P., Moretti, C., and Jacquemin, H. 1987. Pharmacopees Traditionnelles en Guyane. l'ORSTROM, Paris. 569 pp.
Thespesia populnea	Flower	700	700	-0.25677309634010825	List, P.H. and Horhammer, L., Hager's Handbuch der Pharmazeutischen Praxis, Vols. 2-6, Springer-Verlag, Berlin, 1969-1979.
Thevetia peruviana	Plant	--	--		J.S. Glasby Dict.Pls Containing 2ndary Metabolite. 1991.
Thymus vulgaris	Plant	--	--		Stitt, Paul. Why George should eat broccoli.
Tribulus terrestris	Flower	--	--		--
Trifolium pratense	Leaf	--	--		Jeffery B. Harborne and H. Baxter, eds. 1983. Phytochemical Dictionary. A Handbook of Bioactive Compounds from Plants. Taylor & Frost, London. 791 pp.
Trifolium pratense	Flower	--	--		--
Trigonella foenum-graecum	Plant	--	--		--
Trigonella foenum-graecum	Leaf	--	--		--
Trigonella foenum-graecum	Flower	--	--		--
Tsuga canadensis	Branches	--	--		--

Plant	Part	Low PPM	High PPM	StdDev	Reference
Uncaria guianensis	Leaf	--	--		--
Urtica dioica	Inflorescence	--	--		Jim Duke's personal files.
Urtica dioica	Plant	--	--		Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Vaccinium vitis-idaea	Fruit	--	--		--
Valeriana officinalis	Plant	--	--		--
Viburnum opulus	Leaf	--	--		--
Vicia faba	Shoot	--	--		ANON. 1948-1976. The Wealth of India raw materials. Publications and Information Directorate, CSIR, New Delhi. 11 volumes.
Vigna radiata	Sprout Seedling	--	--		--
Viola odorata	Plant	--	--		--
Vitex agnus-castus	Plant	--	--		Newall, C. A., Anderson, L. A. and Phillipson, J. D. 1996. Herbal Medicine - A Guide for Health-care Professionals. The Pharmaceutical Press, London. 296pp.
Vitis vinifera	Leaf	--	--		--
Vitis vinifera	Fruit	--	2	-0.5794291374991353	--
Zingiber officinale	Plant	--	--		Stitt, Paul. Why George should eat broccoli.