

Columbines School of Botanical Studies
Second Year Apprenticeship Program
Valley Floor and Coast Range

April 2 - 3, 2016
Trip 1, 2

Valley Floor: 420'
Top of Butte: 2050'
Low Elevation Coast Range: 735'

Family	Genus	Name	Uses	Seen
Equisetaceae	Equisetum sp.	Horsetail	Medicinal	
Polypodiaceae	Polypodium glycyrrhiza	Licorice Fern	Edible, Medicinal	X
	Polystichum munitum	Sword Fern	Ecologically important	X
Araceae	Lysichiton americanus (L. americanum)	Skunk Cabbage	+/- Edible	X
Liliaceae	Clintonia uniflora	Queen's Cup	Poisonous?	
	Erythronium oregonum	Fawn Lily	No Pick, Edible	X
	Erythronium revolutum	Pink Fawn Lily	No Pick, Edible	
	Lilium columbianum	Tiger Lily	No Pick, Edible	
	Maianthemum dilatatum	Wild Lily of the Valley		X
	Scoliopus hallii	Fetid Adder's Tongue		X
	Prosartes hookeri (Disporum hookeri)	Fairy Bells	Edible	X
	Prosartes smithii (Disporum smithii)	Fairy Lanterns	Edible	
	Fritillaria affinis (F. lanceolata)	Checker Lily	No Pick, Edible	
Amaryllidaceae (Liliaceae)	Allium sp.	Onion	Edible	X
Asparagaceae (Liliaceae)	Camassia sp.	Camas	No Pick, Edible	
	Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal	Edible, Medicinal	X
	Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal	Edible, Medicinal	X

Columbines School of Botanical Studies
 Second Year Apprenticeship Program
 Valley Floor and Coast Range

Family	Genus	Name	Uses	Seen
Melanthiaceae (Liliaceae)	Trillium ovatum	Trillium	No Pick - Medicinal	X
	Veratrum sp.	False Hellebore	Poisonous	
	Trillium albidum (T. chloropetalum)	Trillium	No Pick - Medicinal	X
Iridaceae	Iris tenax	Iris	Medicinal	
	Olsynium douglasii (Sisyrinchium douglasii)	Blue-eyed Grass	Rare Lane County	X
Orchidaceae	Calypso bulbosa	Calypso Orchid	No pick	X
	Corallorhiza mertensiana	Western Coral Root	No pick	
	Corallorhiza striata	Striped Coral Root	No pick	
	Goodyera oblongifolia	Rattlesnake Plantain	Mucilaginous	
	Neottia cordata (Listera cordata)	Twayblade		X
Cupressaceae	Thuja plicata	Western Red Cedar	Medicinal	X
Pinaceae	Pinus ponderosa	Ponderosa Pine	Edible, Medicinal	X
Salicaceae	Salix sp.	Willow	Astringent, Analgesic	
Betulaceae	Alnus rubra	Red Alder	Medicinal	X
Urticaceae	Urtica sp.	Stinging Nettle	Edible, Medicinal, Fiber	X
Aristolochiaceae	Asarum caudatum	Wild Ginger	Spice, Medicinal	X
Polygonaceae	Rumex acetosella	Sheep's Sorrel	Edible, Medicinal	
	Rumex crispus	Yellow Dock	Edible, Medicinal	
	Rumex obtusifolius	Bitter Dock	Edible, Medicinal	X
Portulacaceae	Montia perfoliata	Miner's Lettuce	Choice Edible	

Columbines School of Botanical Studies
Second Year Apprenticeship Program
Valley Floor and Coast Range

Family	Genus	Name	Uses	Seen
Portulacaceae	Montia sibirica	Candy Flower	Choice Edible	X
Caryophyllaceae	Cerastium sp.	Hairy Chickweed	Edible	
	Stellaria media	Chickweed	Edible	
	Arenaria macrophyllum	Large Sandwort		X
Ranunculaceae	Actea rubra	Baneberry	Poisonous, Medicinal	X
	Delphinium sp.	Larkspur	Poisonous, (Lice)	
	Ranunculus sp.	Buttercup	Poisonous	
	Ranunculus occidentalis	Field Buttercup	Poisonous	
	Ranunculus uncinatus	Woods Buttercup	Poisonous	
	Thalictrum sp.	Meadow-rue	Poisonous	
Berberidaceae	Berberis aquifolium	Tall Oregon Grape	Edible, Medicinal	X
	Berberis nervosa	Mountain Oregon grape	Edible, Medicinal	X
	Vancouveria hexandra	Inside-out Flower	Edible	X
Fumariaceae	Dicentra formosa	Bleeding Heart	Poisonous, Medicinal	X
Brassicaceae (Cruciferae)	Brassica campestris/B. rapa	Wild Mustard	Edible	
	Cardamine oligosperma	Bittercress	Edible	X
	Draba sp.	Cress	Edible	X
	Yellow unidentified mustard		Poisonous	
	Cardamine nuttallii (C. pulcherrima)	Spring Beauty	Edible	X
Saxifragaceae	Heuchera micrantha	Alum Root	Medicinal	X
	Lithophragma parviflora	Ragged Starflower	Edibility unknown	X
	Mitella ovalis	Small Bishop's Cap	Edibility unknown	
	Saxifraga sp.		Edible	
	Tellima grandiflora	Fringecup	Edibility unknown	X
	Tolmiea menziesii	Youth on Age	Edibility unknown	

Columbines School of Botanical Studies
 Second Year Apprenticeship Program
 Valley Floor and Coast Range

Family	Genus	Name	Uses	Seen
Grossulariaceae	Ribes lobbii	Gummy gooseberry	Edible	
	Ribes sanguineum	Red Flowering Currant	Edible	
	Ribes sp.	Currant or Gooseberry	Edible	
Rosaceae	Fragaria sp.	Wild Strawberry	Choice edible, Medicinal	
	Geum macrophyllum	Geum, Avens	Astringent	
	Oemleria cerasiformis	Osoberry	Edible	X
	Physocarpus capitatus	Ninebark	Fiber	X
	Prunus sp.	Cherry	Edible, Medicinal	
	Rosa sp.	Wild Rose	Edible, Medicinal	
	Rubus leucodermis	Blackcap Raspberry	Choice edible, Medicinal	X
	Rubus parviflorus	Thimbleberry	Choice edible, Medicinal	
	Rubus sp.	Blackberry	Choice edible, Medicinal	X
Rubus spectabilis	Salmonberry	Choice edible, Medicinal	X	
Fabaceae (Leguminosae)	Cytisus scoparius	Scotch Broom	Poisonous	
	Lupinus sp.	Lupine	Poisonous	
	Trifolium pratense	Red Clover	Edible, Medicinal	
	Trifolium repens	White Clover	Edible	
	Unidentified	Legume	Poisonous	
	Vicia sp.	Vetch	Poisonous	
Geraniaceae	Erodium cicutarium	Storksbill	Edible	
	Geranium molle	Geranium	Edible	
	Geranium robertianum	Herb Robert, Stinky Bob	Edible, Medicinal Astringent	
Oxalidaceae	Oxalis oregana	Oxalis	Choice Edible	X
Anacardiaceae	Rhus diversiloba	Poison Oak	Poisonous	X

Columbines School of Botanical Studies
 Second Year Apprenticeship Program
 Valley Floor and Coast Range

Family	Genus	Name	Uses	Seen
Aceraceae	Acer circinatum	Vine Maple	Edible	
	Acer macrophyllum	Big Leaf Maple	Choice Edible	X
Hypericaceae	Hypericum formosum	St. John's Wort	Medicinal	
	Hypericum perforatum	St. John's Wort	Medicinal	
Violaceae	Viola adunca	Field Violet	Choice Edible	
	Viola glabella	Woods Violet	Choice Edible	X
	Viola nuttalli var. praemorsa	Prairie Violet	Choice Edible	X
	Viola sp.	Violet	Choice Edible	X
Aquifoliaceae	Ilex aquifolium	Holly	Poisonous	X
Apiaceae (Umbelliferae)	Conium maculatum	Poison Hemlock	Poisonous	
	Heracleum lanatum	Cow Parsnip	Medicinal	X
	Lomatium sp.	Biscuit Root	Edible	
	Lomatium utriculatum	Spring Gold, Biscuit Root	Edible	X
	Oenanthe sarmentosa	Water Parsley	Poisonous	X
	Osmorhiza chilensis	Sweet Cicely	Edible	
	Unidentified yellow Umbelliferae		Poisonous	
Cornaceae	Cornus nuttallii	Dogwood	Astringent	
Ericaceae	Arbutus menziesii	Madrone	Edible, Astringent	
	Arctostaphylos nevadensis	Kinnikinnik	Edible, Astringent	
	Gaultheria shallon	Salal	Edible	X
	Monotropa uniflora	Indian Pipe	No pick	
	Rhododendron macrophyllum	Rhododendron	Poisonous	
	Vaccinium parvifolium	Huckleberry	Edible, Medicinal	X
Vaccinium sp.	Huckleberry	Edible		

Columbines School of Botanical Studies
Second Year Apprenticeship Program
Valley Floor and Coast Range

Family	Genus	Name	Uses	Seen
Primulaceae	Dodecatheon hendersonii	Shooting Star	Edible	X
	Trientalis latifolia	Starflower	Edible	
Hydrophyllaceae	Hydrophyllum tenuipes	Waterleaf	Choice Edible	X
	Nemophila menziesii	Baby Blue Eyes		X
	Nemophila parviflora	Wood Nemophila		X
Boraginaceae	Cynoglossum grande	Hounds Tongue	Medicinal (PA's)	X
	Mertensia sp.	Oregon Bluebells	Medicinal (PA's)	
Lamiaceae (Labiatae)	Lamium purpureum	Red Dead Nettle	Edible	X
	Melissa officinalis	Lemon Balm	Medicinal	
	Prunella vulgaris	Self Heal, Heal All	Edible, Medicinal	
	Satureja douglasii	Yerba Buena	Spice, Medicinal	
	Stachys sp.	Hedge Nettle	Edible, Medicinal	
Scrophulariaceae	Collinsia parviflora	Small Blue-eyed Mary	Edibility unknown	
	Digitalis purpurea	Foxglove	Poisonous, Medicinal	X
	Mimulus alsinoides	Baby Monkeyflower	Edible	X
	Mimulus sp.	Monkeyflower	Edible	
	Verbascum thapsus	Mullein	Medicinal, TP	
	Veronica sp.	Veronica	Edible	
Plantaginaceae	Plantago lanceolata	Plantain	Edible, Medicinal	
	Plantago major	Plantain	Edible, Medicinal	
Rubiaceae	Gallium sp.	Bedstraw, Cleavers	Edible, Medicinal	X
Caprifoliaceae	Lonicera ciliosa	Honeysuckle		
	Sambucus racemosa	Red Elder	Astringent, Diaphoretic	X
	Symphoricarpus albus	Snowberry	Edible?	

Columbines School of Botanical Studies
 Second Year Apprenticeship Program
 Valley Floor and Coast Range

Family	Genus	Name	Uses	Seen
Cucurbitaceae	Marah oreganus	Wild Cucumber	Poisonous	
Asteraceae (Compositae)	Achillea millefolium	Yarrow	Medicinal	
	Adenocaulon bicolor	Pathfinder	Poisonous	
	Bellis perennis	Field Daisy	Edible	X
	Chrysanthemum leucanthemum	Ox Eye Daisy	Edible, Medicinal	
	Cirsium sp.	Thistle	Edible	
	DYC		Poisonous	
	Hypochaeris radicata	False Dandelion	Edible	
	Petasites frigidus	Western Coltsfoot	+/- Edible (PA's)	X
	Senecio vulgaris	Groundsel	Poisonous	
Taraxacum officinale	Dandelion	Edible, Medicinal		

**Columbines School of Botanical Studies
Second Year Apprenticeship Program
Valley Floor and Coast Range
Trip 1, 2 Highlights**

Botany Review
Plant Zones of the Pacific Northwest
Picking Trip to Bring List

Keyed out:

Trillium albidum (*T. chloropetalum*)

Nemophila menziesii

Olsynium douglasii (*Sisyrinchium douglasii*)

Polypodium glycyrrhiza

Uses of *Polypodium glycyrrhiza*

Urtica locating and harvesting

Harvested Wild edibles: *Viola* sp., *Oxalis oregana*, *Rubus spectabilis* leaves, *Montia sibirica*, *Cardamine nuttallii*, *Hydrophyllum tenuipes*

IgE Mediated Histamine Responses