

Columbines School of Botanical Studies
 Second Year Apprenticeship Program
 Low and Middle Elevation Western Cascades

April 24, 2015
 Trip 4

Middle Elevation Coniferous Woods and Lava Beds 2800'
 Low Elevation Coniferous Woods and Riparian Zone 2400'
<http://www.botanicalstudies.net/botany/plantlists.php>

Family	Genus	Name	Uses	Seen
Equisetaceae	Equisetum sp.	Horsetail	Edible, Medicinal	
Ophioglossaceae	Botrychium sp.	Grape Fern		
Polypodiaceae	Polypodium glycyrrhiza	Licorice Fern		
	Polypodium hesperium	Not Licorice Fern		
	Polystichum munitum	Sword Fern		
Cupressaceae	Calocedrus decurrens	Incense Cedar	Medicinal	X
	Thuja plicata	Western Red Cedar	Medicinal	X
Pinaceae	Pseudotsuga menzeisii	Douglas the Fir		X
Araceae	Lysichiton americanus (L. americanum)	Skunk Cabbage	+/- Edible	
Liliaceae	Calochortus tolmiei	Cat's Ears	No Pick - Edible	
	Clintonia uniflora	Queen's Cup	Poisonous?	X
	Erythronium grandiflorum	Glacier Lily	No Pick - Edible	
	Erythronium oregonum	Fawn Lily	No Pick - Edible	
	Lilium sp.	Lily	No Pick - Edible	X
	Prosartes hookeri (Disporum hookeri)	Fairy Bells	Cathartic	X
	Streptopus amplexifolius	Twisted Stalk	Cathartic	
Asparagaceae (Liliaceae)	Dichelostemma congestum (Brodiaea congesta)	Harvest Lily	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

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Family	Genus	Name	Uses	Seen
Melanthiaceae (Liliaceae)	<i>Anticlea occidentalis</i> (<i>Stenanthium occidentale</i>)			
	<i>Trillium ovatum</i>	Trillium	No Pick - Medicinal	X
	<i>Veratrum</i> sp.	False Hellebore	Poisonous	
	<i>Xerophyllum tenax</i>	Beargrass	Edible, Fiber	
Tofieldiaceae (Liliaceae)	<i>Triantha occidentalis</i> (<i>Tofieldia occidentalis</i>)			
Iridaceae	<i>Iris chrysophylla</i>	Iris	Medicinal	
	<i>Iris tenax</i>	Iris	Medicinal	
	<i>Sisyrinchium</i> sp.	Blue-eyed Grass		
Orchidaceae	<i>Calypso bulbosa</i>	Calypso Orchid	No Pick	X
	<i>Corallorhiza</i> sp.	Coral Root	No Pick	
	<i>Goodyera oblongifolia</i>	Rattlesnake Plantain	Mucilaginous	X
	<i>Neottia cordata</i> (<i>Listera cordata</i>)	Twayblade	Edible?	X
	<i>Platanthera dilatata</i> (<i>Habenaria dilatata</i>)	White Rein Orchid	No Pick - Edible	
	<i>Platanthera stricta</i> (<i>Habenaria saccata</i>)	Green Rein Orchid	No Pick - Edible	
Fagaceae	<i>Castanopsis chrysophylla</i>	Chinquapin	Edible	X
Urticaceae	<i>Urtica</i> sp.	Stinging Nettle	Edible, Medicinal	X
Aristolochiaceae	<i>Asarum caudatum</i>	Wild Ginger	Edible, Medicinal	X
Salicaceae	<i>Salix</i> sp.	Willow	Astringent, Analgesic	
Polygonaceae	<i>Eriogonum</i> sp.	Wild Buckwheat	Edible	
	<i>Polygonum bistortoides</i>	Mountain Bistort	Edible, Astringent	
	<i>Rumex acetosella</i>	Sheep's Sorrel	Edible, Medicinal	
	<i>Rumex crispus</i>	Yellow Dock	Edible, Medicinal	
	<i>Rumex obtusifolius</i>	Bitter Dock	Edible, Medicinal	

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Family	Genus	Name	Uses	Seen
Montiaceae (Portulacaceae)	Claytonia lanceolata	Spring Beauty	Edible	
	Montia parvifolia	Small Leaf Montia	Edible	
	Montia perfoliata	Miner's Lettuce	Choice Edible	
	Montia sibirica	Candy Flower	Choice Edible	X
Caryophyllaceae	Arenaria macrophylla	Sandwort		
Ranunculaceae	Aconitum sp.	Monkshood	Poisonous	
	Actaea rubra	Baneberry	Poisonous, Medicinal	X
	Anemone deltoidea	Large Windflower	Poisonous	
	Anemone lyallii	Small Windflower	Poisonous	X
	Aquilegia formosa	Columbine	Poisonous	
	Caltha biflora	Marsh Marigold	Edible cooked	
	Coptis laciniata	Gold thread	Medicinal	
	Delphinium sp.	Larkspur	Poisonous	
	Ranunculus sp.	Buttercup	Poisonous	
	Ranunculus populago	Marsh Buttercup	Poisonous	
Ranunculus uncinatus	Woods Buttercup	Poisonous		
Thalictrum sp.	Meadow-rue	Poisonous		
Berberidaceae	Achlys triphylla	Vanilla Leaf	Edible	X
	Berberis aquifolium	Tall Oregon Grape	Edible, Medicinal	X
	Berberis nervosa	Mountain Oregon grape	Edible, Medicinal	X
	Vancouveria hexandra	Inside-out Flower	Edible	
Papaveraceae (Fumariaceae)	Dicentra formosa	Bleeding Heart	Poisonous, Medicinal	X
Cruciferae	Cardamine oligosperma	Bittercress	Edible	
Crassulaceae	Sedum sp.	Stonecrop	Edible	X

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Family	Genus	Name	Uses	Seen
Saxifragaceae	Boykinia elata			
	Heuchera micrantha	Alum Root	Medicinal	X
	Mitella caulescens	Large Bishop's Cap	Edibility unknown	
	Mitella ovalis	Small Bishop's Cap	Edibility unknown	
	Saxifraga arguta	Saxifrage	Edible	
	Saxifraga mertensiana	Saxifrage	Edible	
	Saxifraga sp.			
	Tellima grandiflora	Fringecup	Edibility unknown	
	Tiarella unifoliata	Coolwort	Edibility unknown	
	Tolmiea menziesii	Youth on Age	Edibility unknown	
-	Unidentified Saxifrage Leaf			
Grossulariaceae	Ribes bracteosum	Stinking Currant	Edible	
	Ribes lacustre	Swamp Currant	Edible	
	Ribes lobbii	Gummy gooseberry	Edible	
	Ribes sanguineum	Red Flowering Currant	Edible	X
	Ribes sp.	Current or Gooseberry	Edible	
	Ribes viscosissimum	Sticky Currant	Edible	
Rosaceae	Amelanchier alnifolia	Serviceberry	Edible	X
	Aruncus sylvestris	Goat's Beard		
	Fragaria sp.	Wild Strawberry	Choice Edible	
	Geum macrophyllum	Geum, Avens	Astringent	
	Holodiscus discolor	Oceanspray	Astringent	X
	Oemleria cerasiformis	Osoberry	Edible	
	Physocarpus capitatus	Ninebark	Fiber	
	Potentilla sp.	Potentilla	Astringent	
	Prunus emarginata	Bitter Cherry	Edible, Medicinal	
	Rosa sp.	Wild Rose	Edible, Astringent	
Rubus parviflorus	Thimbleberry	Choice Edible		

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Family	Genus	Name	Uses	Seen
Rosaceae	Rubus sp.	Blackberry	Choice Edible	
	Rubus spectabilis	Salmonberry	Edible, Astringent	
	Sorbus sitchensis	Mountain Ash	Edible	
	Spiraea sp.	Spirea	Astringent	
Fabaceae (Leguminosae)	Cytisus monspessulanus	Moonlight Broom	Poisonous	
	Cytisus scoparius	Scotch Broom	Poisonous	
	Lathyrus sp.	Pea	Generally Poisonous	
	Lupinus sp.	Lupine	Poisonous	
	Trifolium pratense	Red Clover	Edible, Medicinal	
	Trifolium repens	White Clover	Edible, Medicinal	
	Unidentified	Legume	Poisonous	
	Vicia sp.	Vetch	Poisonous	
Oxalidaceae	Oxalis oregana	Oxalis	Choice Edible	
Celastraceae	Pachystima myrsinites	Oregon Box	Ornamental	X
Sapindaceae (Aceraceae)	Acer circinatum	Vine Maple	Edible	X
	Acer macrophyllum	Big leaf Maple	Choice Edible	X
Rhamnaceae	Ceanothus integerrimus var. peduncularis	Ceanothus	Medicinal, Soap	
	Ceanothus sanguineus	Ceanothus	Medicinal, Soap	
	Ceanothus velutinus	Ceanothus	Medicinal, Soap	
	Rhamnus purshiana	Cascara	Medicinal	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

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Family	Genus	Name	Uses	Seen
Violaceae	<i>Viola nuttallii</i>	Violet	Choice Edible	
	<i>Viola orbiculata</i>	Dark woods violet	Choice Edible	X
	<i>Viola palustris</i>	Marsh Violet	Choice Edible	
	<i>Viola sempervirens</i>	Evergreen Violet	Choice Edible	
	<i>Viola sp.</i>	Violet	Choice Edible	
Onagraceae	<i>Circaea alpina</i>	Enchanter's Nightshade		
	<i>Epilobium angustifolium</i>	Fireweed	Edible	
	<i>Epilobium sp.</i>	Willow Herb	Medicinal	
Araliaceae	<i>Oplopanax horridum</i>	Devil's Club	Medicinal	
Apiaceae (Umbelliferae)	<i>Angelica sp.</i>	Angelica	Medicinal, Spice	
	<i>Heracleum lanatum</i>	Cow Parsnip	Medicinal	
	<i>Ligusticum grayi</i>	Oshala	Medicinal, Spice	
	<i>Lomatium martindalei</i>	Biscuit Root	Edible	X
	<i>Lomatium sp.</i>	Biscuit Root	Edible	
	<i>Lomatium utriculatum</i>	Spring Gold, Biscuit Root	Edible	
	<i>Osmorhiza chilensis</i>	Sweet Cicely	Edible	
Cornaceae	<i>Unidentified white Umbelliferae</i>		Poisonous	
	<i>Cornus canadensis</i>	Bunchberry	Edible	X
	<i>Cornus nuttallii</i>	Dogwood	Astringent	X
Ericaceae	<i>Cornus stolonifera</i>	Creek Dogwood	Astringent	
	<i>Allotropa virgata</i>	Candy Stick	No Pick	
	<i>Arbutus menziesii</i>	Madrone	Edible, Astringent	
	<i>Arctostaphylos columbiana</i>	Hairy Manzanita	Edible, Astringent	X
	<i>Arctostaphylos nevadensis</i>	Kinnikinnik	Edible, Astringent	X
	<i>Arctostaphylos patula</i>	Manzanita	Edible, Astringent	X
<i>Chimaphila menziesii</i>	Baby Pipsisewa	Astringent	X	

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Family	Genus	Name	Uses	Seen
Ericaceae	Chimaphila umbellata	Pipsissewa	Astringent	X
	Gaultheria ovatifolia	Baby Salal	Edible	X
	Gaultheria shallon	Salal	Edible	X
	Hypopitys monotropa	Pinesap	No Pick	
	Menziesia ferruginea	Fool's Huckleberry		
	Monotropa uniflora	Indian Pipe	No Pick	
	Pterospora andromedea	Pinedrops	No Pick	
	Pyrola aphylla var. picta	Leafless Pyrola	No Pick	
	Pyrola asarifolia	Pyrola	Astringent	X
	Pyrola bracteata	Pyrola	Astringent	
	Pyrola picta	White-veined Pyrola	Astringent	X
	Pyrola secunda	One-sided Pyrola	Astringent	
	Rhododendron macrophyllum	Rhododendron	Poisonous	X
	Vaccinium parvifolium	Red huckleberry		X
	Vaccinium sp.	Huckleberry	Edible	
Primulaceae	Dodecatheon jeffreyi	Shooting Star	Edible	
	Trientalis latifolia	Starflower	Edible	
Polemoniaceae	Polemonium carneum	Jacob's Ladder		
Hydrophyllaceae	Hydrophyllum tenuipes	Waterleaf	Choice Edible	X
	Nemophila parviflora	Wood Nemophila		
	Phacelia sp.	Phacelia	Edible	
	Romanzoffia sp.	Mistmaiden	Edible	
Boraginaceae	Mertensia paniculata	Oregon Bluebells	Medicinal (PA's)	
	unidentified forget me not like flower	White	Poisonous	
Lamiaceae (Labiatae)	Lamium purpureum	Red Dead Nettle	Edible	
	Prunella vulgaris	Self Heal, Heal All	Edible, Medicinal	

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Family	Genus	Name	Uses	Seen
Lamiaceae (Labiatae)	Satureja douglasii	Yerba Buena	Edible, Medicinal	
	Stachys sp.	Horse Mint	Edible, Medicinal	
Scrophulariaceae	Verbascum thapsus	Mullein	Medicinal, TP	
Orobanchaceae (Scrophulariaceae)	Castilleja sp.	Paintbrush	Edible	
	Orthocarpus sp.	Owl's Clover	Edible	
	Pedicularis bracteosa	Cobra Head	Medicinal	
	Pedicularis groenlandica var. surrecta	Elephant's Head	Medicinal	
	Pedicularis racemosa	Parrot's Beak	Medicinal	
Orobanchaceae	Orobanche uniflora	Naked Broomrape	No Pick	
Phrymaceae (Scrophulariaceae)	Mimulus alsinoides	Baby Monkeyflower	Edible	X
	Mimulus guttatus	Monkeyflower	Edible	
Plantaginaceae (Scrophulariaceae)	Collinsia grandiflora	Large Blue-eyed Mary	Edibility unknown	
	Collinsia parviflora	Small Blue-eyed Mary	Edibility unknown	
	Digitalis purpurea	Foxglove	Poisonous, Medicinal	
	Penstemon sp.	Penstemon	Medicinal	X
	Synthyris reniformis	Snow Queen	Edibility unknown	
	Veronica sp.	Veronica	Edible	
Rubiaceae	Gallium sp.(2)	Bedstraw, Cleavers	Edible, Medicinal	
Caprifoliaceae	Lonicera ciliosa	Trailing Honeysuckle	Edible Nectar	
	Lonicera involucrata	Twinberry	Edible	
	Symphoricarpos albus	Snowberry	Edible	
Adoxaceae (Caprifoliaceae)	Sambucus sp.	Elder	Astringent, Diaphoretic	

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Family	Genus	Name	Uses	Seen
Linnaeaceae (Caprifoliaceae)	Linnaea borealis var. longifolia	Twinflower	Edibility unknown	X
Valerianaceae	Plectritis congesta	Corn salad	Edible	
	Valeriana sitchensis	Valerian	Medicinal	
	Valeriana sitchensis var. scouleri	Low-elevation Valerian	Medicinal	
Companulaceae	Companula sp.	Our Friend		
Asteraceae (Compositae)	Achillea millefolium	Yarrow	Medicinal	
	Adenocaulon bicolor	Pathfinder	Edibility unknown	
	Agoseris aurantiaca	Orange Agoseris		
	Anaphalis margaritacea	Pearly Everlasting	Medicinal	
	Aster sp.	Aster	Poisonous	
	Chrysanthemum leucanthemum	Ox Eye Daisy	Edible, Medicinal	
	Cirsium sp.	Thistle	Edible	
	Crocidium multicaule	Spring Gold		
	DYC			
	Hieracium albiflorum	Hawkweed		
	Hypochaeris radicata	False Dandelion	Edible	
	Petasites frigidus	Western Coltsfoot	Edible	
	Rudbeckia sp.	Coneflower	Medicinal	
	Senecio triangularis		Poisonous	
	Taraxacum officinalis	Dandelion	Edible, Medicinal	

Columbines School of Botanical Studies
Second Year Trip #4
Low Elevation and Middle Elevation Hudsonian Zone

Botany

Plant Family Review
Current Family Names and Changes in the Oregon Flora
Calocedrus decurrens vs. *Thuja plicata*
Keyed: *Trillium ovatum* in the *Flora of Oregon*

Ecology

Plant Associations on Lava Flows

Herbalism

Innate vs. Acquired Immunity
Uses of *Thuja plicata*
Harvested and Processed *Thuja plicata* for Tincture

Ecosystems

Middle Elevation Hudsonian Zone
Lava Beds
Low Elevation Coniferous Woods