

Columbines School of Botanical Studies  
 Second Year Apprenticeship Program  
*Pinus ponderosa* Zone

May 8, 2016  
 Trip 5

Ponderosa Pine one and Riparian 2784'

<http://www.botanicalstudies.net/botany/plantlists.php>

Family	Genus	Name	Uses	Seen
<b>Araceae</b>	Lysichiton americanus (L. americanum)	<b>Skunk Cabbage</b>	+/- Edible	X
<b>Liliaceae</b>	Fritillaria atropurpurea	<b>Checker Lily</b>	No Pick	X
	Fritillaria affinis (F. lanceolata)	<b>Checker Lily</b>	No Pick	
	Lilium sp.	<b>Lily</b>	No Pick	
<b>Asparagaceae (Liliaceae)</b>	Leucocrinum montanum	<b>Sand Lily</b>	No Pick	
	Maianthemum racemosum (Smilacina racemosa)	<b>Large False Solomon's Seal</b>	Edible, Medicinal	
	Maianthemum stellatum (Smilacina stellata)	<b>Small False Solomon's Seal</b>	Edible, Medicinal	
<b>Melanthiaceae (Liliaceae)</b>	Trillium ovatum	<b>Trillium</b>	No Pick	
	Veratrum sp.	<b>False Hellebore</b>	Poisonous	
<b>Iridaceae</b>	Iris missouriensis	<b>Western Iris</b>	Poisonous, Medicinal	
<b>Orchidaceae</b>	Calypso bulbosa	<b>Calypso</b>	No Pick	
<b>Cupressaceae</b>	Calocedrus decurrens	<b>Incense Cedar</b>	Medicinal	
<b>Pinaceae</b>	Pinus ponderosa	<b>Ponderosa Pine</b>	Edible	X
<b>Aristolochiaceae</b>	Asarum caudatum	<b>Wild Ginger</b>	Edible, Medicinal	
<b>Polygonaceae</b>	Eriogonum sp.	<b>Wild Buckwheat</b>	Edible, Medicinal	

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Family	Genus	Name	Uses	Seen
<b>Polygonaceae</b>	Rumex obtusifolius	<b>Yellow Dock, Bitter Dock</b>	Edible, Medicinal	
<b>Montiaceae (Portulacaceae)</b>	Montia perfoliata	<b>Miner's Lettuce</b>	Edible	X
	Montia sibirica	<b>Candyflower</b>	Edible	
<b>Caryophyllaceae</b>	Arenaria macrophylla	<b>Sandwort</b>	Unknown	X
<b>Paeoniaceae</b>	Paeonia brownii	<b>Peony</b>	Medicinal	X
<b>Ranunculaceae</b>	Anemone lyallii	<b>Small Windflower</b>	Poisonous	
	Aquilegia formosa	<b>Columbine</b>	Poisonous	X
	Delphinium sp.	<b>Larkspur</b>	Poisonous	X
	Ranunculus uncinatus	<b>Woods Buttercup</b>	Poisonous	
	Thalictrum sp.	<b>Meadow-rue</b>	Poisonous	
<b>Berberidaceae</b>	Berberis aquifolium	<b>Tall Oregon Grape</b>	Edible, Medicinal	
	Berberis repens	<b>Creeping Oregon Grape</b>	Edible, Medicinal	X
<b>Brassicaceae (Cruciferae)</b>	Arabis sp.	<b>Rock Cress</b>	Edible/Spice	
	Draba sp.	<b>Whitlow Grass</b>	Edible/Spice	
<b>Saxifragaceae</b>	Heuchera sp.	<b>Alum Root</b>	Edible, Medicinal	
	Lithophragma parviflora	<b>Prairie Star/Ragged Starflower</b>	Unknown	X
	Saxifraga sp.	<b>Saxifrage</b>	Edible	
<b>Grossulariaceae</b>	Ribes cereum	<b>Squaw Currant</b>	Edible	
	Ribes sanguineum	<b>Red Flowering Currant</b>	Edible	X
<b>Rosaceae</b>	Amelanchier alnifolia	<b>Serviceberry</b>	Edible	X
	Fragaria virginiana	<b>Wild Strawberry</b>	Edible, Medicinal	X

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Family	Genus	Name	Uses	Seen
<b>Rosaceae</b>	Geum sp.	<b>Avens</b>	Medicinal	
	Holodiscus discolor	<b>Oceanspray</b>		X
	Physocarpus capitatus	<b>Ninebark</b>	Fiber	
	Potentilla sp.	<b>Potentilla</b>	Medicinal	
	Prunus emarginata	<b>Wild Cherry</b>	Edible, Medicinal	
	Prunus virginiana	<b>Chokecherry</b>	Edible, Medicinal	
	Purshia tridentata	<b>Bitterbrush</b>	Medicinal	X
	Rosa sp.	<b>Rose</b>	Edible, Medicinal	X
	Rubus parviflorus	<b>Thimbleberry</b>	Edible, Medicinal	X
-	Spirea sp.	<b>Spirea</b>	Medicinal	
<b>Fabaceae (Leguminosae)</b>	Lupinus sp.	<b>Lupine</b>	Poisonous	X
	Lupinus sp.	<b>Fuzzy Lupine</b>	Poisonous	X
	Trifolium sp.	<b>Clover</b>	Edible	
	Unidentified	<b>White Flower</b>	Poisonous	X
-				
<b>Linaceae</b>	Linum perenne	<b>Flax</b>	Edible	X
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<b>Sapindaceae (Aceraceae)</b>	Acer circinatum	<b>Vine Maple</b>	Edible	
-				
<b>Rhamnaceae</b>	Ceanothus velutinus	<b>Red Root</b>	Medicinal	X
-				
<b>Hypericaceae</b>	Hypericum perforatum	<b>St. John's Wort</b>	Medicinal	
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<b>Violaceae</b>	Viola purpurea	<b>Purplish Violet</b>	Edible	X
-				
<b>Onagraceae</b>	Epilobium angustifolium	<b>Fireweed</b>	Edible	
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<b>Haloragaceae</b>	Myriophyllum sp.	<b>Water Milfoil</b>		
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Family	Genus	Name	Uses	Seen
<b>Apiaceae (Umbelliferae)</b>	cf. Lomatium cf. Cymopterus			
	terebinthinus	<b>Lomatium</b>	Medicinal	X
	Heracleum lanatum	<b>Cow Parsnip</b>	Medicinal	
	Lomatium dissectum	<b>Lomatium</b>	Medicinal	
	Lomatium triternatum	<b>Desert Parsley, Biscuit Root</b>	Edible	X
	Osmorhiza chilensis	<b>Sweet Cicely</b>	Edible	
	Osmorhiza occidentalis	<b>Sweet Root</b>	Medicinal	X
<b>Cornaceae</b>	Cornus stolonifera	<b>Creek Dogwood</b>	Medicinal	
<b>Ericaceae</b>	Arctostaphylos patula	<b>Manzanita</b>	Edible, Medicinal	X
	Chimaphila menziesii	<b>Small Pipsissewa</b>	Medicinal	
	Chimaphila umbellata	<b>Large Pipsissewa</b>	Medicinal	
	Pterospora andromedea	<b>Pine Drops</b>		X
<b>Primulaceae</b>	Trientalis latifolia	<b>Starflower</b>	Edible	
<b>Hydrophyllaceae</b>	Hydrophyllum capitatum	<b>Waterleaf</b>	Edible	X
	Phacelia sp.	<b>Phacelia</b>	Edible	X
<b>Boraginaceae</b>	Cynoglossum sp.	<b>Hound's Tongue</b>	Medicinal (PA's)	
	Lithospermum ruderales	<b>Gromwell, Stoneseed</b>	Formerly Edible (PA's)	X
	unidentified forget me not like flower	<b>Blue</b>	Poisonous	
<b>Lamiaceae (Labiatae)</b>	Scutellaria nana	<b>Desert Skullcap</b>	Medicinal	
<b>Scrophulariaceae</b>	Verbascum thapsus	<b>Mullein</b>	Medicinal	
<b>Orobanchaceae (Scrophulariaceae)</b>	Castilleja sp.	<b>Indian Paintbrush</b>	Edible w/ caution	

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Family	Genus	Name	Uses	Seen
<b>Plantaginaceae</b> <b>(Scrophulariaceae)</b>	Collinsia sp.	<b>Small Blue-eyed Mary</b>	Unknown	X
	Penstemon sp.	<b>Penstemon</b>	Medicinal	
	Veronica sp.	<b>Speedwell</b>	Edible	
<b>Rubiaceae</b>	Gallium sp.	<b>Bedstraw</b>	Edible, Medicinal	
<b>Caprifoliaceae</b>	Lonicera ciliosa	<b>Climbing Honeysuckle</b>	Edible Flowers	
	Lonicera involucrata	<b>Twinberry</b>	Edible	
	Symphoricarpus sp.	<b>Snowberry</b>	+/- Edible	X
<b>Adoxaceae (Caprifoliaceae)</b>	Sambucus sp.	<b>Elder</b>	Edible, Medicinal	
<b>Valerianaceae</b>	Plectritis congesta	<b>Cornsalad</b>	Edible, Medicinal	X
	Valeriana acutiloba	<b>Valerian</b>	Medicinal	X
<b>Asteraceae (Compositae)</b>	Achillea millefolium	<b>Yarrow</b>	Medicinal	X
	Antennaria rosea	<b>Pink Pussy toes</b>	Medicinal	
	Antennaria sp.	<b>Everlasting</b>	Medicinal	X
	Arnica cordifolia	<b>Heart-leafed Arnica</b>	Medicinal	X
	Artemisia ludoviciana	<b>Mugwort</b>	Medicinal	
	Artemisia tridentata	<b>Sagebrush</b>	Medicinal	
	Balsamorhiza sagittata	<b>Arrow Leaf Balsam Root</b>	Edible, Medicinal	X
	DYC	<b>Agoseris?</b>		
	Hieracium sp.	<b>Hawkweed</b>	Edible	
	Senecio integerrimus	<b>Groundsel</b>	Poisonous (PA's)	X
	Senecio triangularis	<b>Arrow-leafed Groundsel</b>	Poisonous (PA's)	
Taraxacum officinale	<b>Dandelion</b>	Edible, Medicinal		

**Columbines School of Botanical Studies**  
**Second Year Field Program #5**  
**Ponderosa Pine Zone**  
**Trip Highlights**

**Botany**

Keyed out: *Purshia tridentata*  
Family Review in the New Phylogenetic Order  
Different Forms of the *Claytonia perfoliata* (*Montia perfoliata*) Complex

**Ecology**

Fire Ecology of the *Pinus ponderosa* Zone  
Plant Associations of the *Pinus ponderosa* Zone in South Central Oregon  
Plant Associations of the *Pinus ponderosa* Zone in Eastern Washington  
Reading Historical Markers through Plant Populations

**Herbalism**

Uses of Aromatic *Lomatium* spp.  
Introduction to *Paeonia*  
Introduction to *Balsamorhiza*  
Introduction to *Osmorhiza occidentalis*  
Comparison of a selection of aromatic herbs that are different degrees of anti-viral, immune system modifying, throat soothing, and with aromatics excreted through the lungs  
Tasted: *Phacelia* sp. buds, *Plectritis congesta* root tincture, *Balsamorhiza sagittata* root tincture, *Ligusticum grayi* root tincture, *Osmorhiza occidentalis* root tincture, *Lomatium dissectum* root tincture.