

Columbines School of Botanical Studies  
 Summer Apprenticeship Program  
 Trip #13 Economic Botanical Survey

July 21, 23, 2016

Middle Elevation Coniferous Woods and Riparian 3200'

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

Uses	Name	Notes	Seen
<b>Food: Roots</b>			
	Calochortus tolmiei	Cat's Ears	
	Calypso bulbosa	Calypso Orchid	No Pick
	Cirsium sp.	Thistle	
	Eriogonum umbellatum	Wild Buckwheat	
	Hypochaeris radicata	False dandelion	X
	Osmorhiza chilensis	Sweet Cicely	X
	Platanthera sp.	Rein Orchid	No Pick
	Taraxacum officinalis	Dandelion	
	Tragopogon pratensis	Oyster Plant	
	Trientalis latifolia	Starflower	
	Xerophyllum tenax	Beargrass	X
<b>Food: Greens and Potherbs</b>			
	Acer circinatum	Vine Maple	
	Acer macrophyllum	Big Leaf Maple	
	Achlys triphylla	Vanilla Leaf	X
	Calochortus tolmiei	Cat's Ears	
	Castilleja sp.	Paintbrush	
	Chrysanthemum leucanthemum	Ox Eye Daisy	X
	Cirsium sp.	Thistle	
	Cornus canadensis	Bunchberry	X
	Epilobium angustifolium	Fireweed	
	Eriogonum umbellatum	Wild Buckwheat	
	Gallium oreganum	Bedstraw, Cleavers	X
	Hydrophyllum tenuipes	Waterleaf	
	Hypochaeris radicata	False dandelion	X
	Mimulus guttatus	Yellow Monkeyflower	
	Mimulus lewisii	Purple Monkeyflower	X
	Mimulus moschatus	Monkeyflower	X
	Montia parvifolia	Small Leaf Montia	X
	Montia sibirica	Candy Flower	X
	Orthocarpus sp.	Owl's Clover	
	Osmorhiza chilensis	Sweet Cicely	X
	Oxalis oregana	Oxalis	
	Petasites frigidus	Western Coltsfoot	w/ caution (PA's)
	Phacelia sp.	Phacelia	X
	Plantago sp. (2)	Plantain	
	Platanthera sp.	Rein Orchid	No Pick

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Uses	Name	Notes	Seen
Prunella vulgaris	Self Heal, Heal All		
Rosa sp.	Wild Rose		X
Rumex acetosella	Sheep's Sorrel		
Saxifraga sp.	Saxifrage		
Sedum sp.	Stonecrop		
Stachys cooleyae	Hedge Nettle, Horse Mint		X
Taraxacum officinalis	Dandelion		
Tragopogon pratensis	Oyster Plant		
Trientalis latifolia	Starflower		
Trifolium pratense	Red Clover		
Trifolium repens	White Clover		
Trillium ovatum	Trillium	No Pick	X
Veronica sp.	Veronica		
Viola glabella	Woods Violet		
Viola orbiculata	Dark Woods Violet		X
Viola sp.	Violet		
Xerophyllum tenax	Beargrass		X
<b>Food: Fruits</b>			
Acer circinatum	Vine Maple		
Acer macrophyllum	Big Leaf Maple		
Berberis nervosa	Mountain Oregon Grape		X
Calochortus tolmiei	Cat's Ears		
Chimaphila menziesii	Baby Pipsissewa	Unripe	X
Chimaphila umbellata	Pipsissewa	Unripe	X
Cornus canadensis	Bunchberry		X
Epilobium angustifolium	Fireweed		
Eriogonum umbellatum	Wild Buckwheat		
Fragaria virginiana	Wild Strawberry		X
Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal	Cathartic	X
Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal	Cathartic	X
Prosartes hookeri (Disporum hookeri)	Fairy Bells		X
Pyrola picta	White-veined Pyrola		X
Pyrola secunda	One-sided Pyrola		X
Ribes sp.	Currant		
Rosa sp.	Rosehips		X
Rubus parviflorus	Thimbleberry		X
Rubus sp.	Blackberry		
Rubus spectabilis	Salmonberry		
Sorbus sitchensis	Mountain Ash		
Streptopus lanceolatus (S. roseus)	Twisted Stalk		

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Uses	Name	Notes	Seen
Trillium ovatum	Trillium	No Pick	X
Vaccinium membranaceum	Huckleberry		X
Vaccinium ovalifolium	Huckleberry		X
Xerophyllum tenax	Beargrass		X
<b>Food: Spices/Teas</b>			
Achlys triphylla	Vanilla Leaf		X
Angelica arguta	Angelica		
Angelica genuflexa	Angelica		
Asarum caudatum	Wild Ginger		
Fragaria virginiana	Wild Strawberry		X
Heracleum lanatum	Cow Parsnip	Strong	
Osmorhiza chilensis	Sweet Cicely		X
Petasites frigidus	Western Coltsfoot	w/ caution (PA's)	
Prunella vulgaris	Self Heal, Heal All		
Rosa sp.	Wild Rose		X
Rubus parviflorus	Thimbleberry		X
Rubus sp.	Blackberry		
Rubus spectabilis	Salmonberry		
Satureja douglasii	Yerba Buena		
Trifolium pratense	Red Clover		
Trifolium repens	White Clover		
<b>Alteratives incl. Diaphoretics and Diuretics</b>			
Achillea millefolium	Yarrow	Diaphoretic	
Angelica arguta	Angelica	Reproductive	
Angelica genuflexa	Angelica	Reproductive	
Artemisia douglasiana	Mugwort	Diaphoretic	X
Asarum caudatum	Wild Ginger	Diaphoretic/Anti-bacterial	
Berberis nervosa	Mountain Oregon Grape	Alterative	X
Chimaphila menziesii	Baby Pipsissewa	Diuretic	X
Chimaphila umbellata	Pipsissewa	Diuretic	X
Gallium oreganum	Bedstraw, Cleavers	Diuretic	X
Hypochaeris radicata	False dandelion		X
Oplopanax horridum	Devil's Club	Alterative	X
Pyrola picta	White-veined Pyrola	Diuretic	X
Pyrola secunda	One-sided Pyrola	Diuretic	X
Rudbeckia occidentalis	Coneflower	Diuretic	X
Sambucus racemosa	Red Elder	Diaphoretic	X
Taraxacum officinalis	Dandelion		
Trifolium pratense	Red Clover	Mild Liver, Simple	
Vaccinium membranaceum	Huckleberry	Diuretic	X
Vaccinium ovalifolium	Huckleberry	Diuretic	X

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Uses	Name	Notes	Seen
<b>Aromatic/Bitters</b>			
	<i>Achillea millefolium</i>	Yarrow	
	<i>Angelica arguta</i>	Angelica	
	<i>Angelica genuflexa</i>	Angelica	
	<i>Artemisia douglasiana</i>	Mugwort	X
	<i>Asarum caudatum</i>	Wild Ginger	
	<i>Berberis nervosa</i>	Mountain Oregon Grape	Bitter X
	<i>Heracleum lanatum</i>	Cow Parsnip	Strong
	<i>Osmorhiza chilensis</i>	Sweet Cicely	X
	<i>Pedicularis racemosa</i>	Parrot's Beak	Bitter X
	<i>Satureja douglasii</i>	Yerba Buena	
	<i>Taraxacum officinalis</i>	Dandelion	
<b>Astringents</b>			
	<i>Anaphalis margaritacea</i>	Pearly Everlasting	
	<i>Artemisia douglasiana</i>	Mugwort	X
	<i>Chimaphila menziesii</i>	Baby Pipsissewa	X
	<i>Chimaphila umbellata</i>	Pipsissewa	X
	<i>Cornus canadensis</i>	Bunchberry	X
	<i>Cornus stolonifera</i>	Creek Dogwood	
	<i>Epilobium angustifolium</i>	Fireweed	
	<i>Eriogonum umbellatum</i>	Wild Buckwheat	
	<i>Fragaria virginiana</i>	Wild Strawberry	X
	<i>Geum macrophyllum</i>	Geum, Avens	
	<i>Potentilla sp.(2)</i>	Potentilla	
	<i>Pyrola picta</i>	White-veined Pyrola	X
	<i>Pyrola secunda</i>	One-sided Pyrola	X
	<i>Ribes sp.</i>	Currant	
	<i>Rosa sp.</i>	Wild Rose	X
	<i>Rubus parviflorus</i>	Thimbleberry	X
	<i>Rubus sp.</i>	Blackberry	
	<i>Rubus spectabilis</i>	Salmonberry	
	<i>Salix sp.</i>	Willow	
	<i>Sorbus sitchensis</i>	Mountain Ash	
	<i>Stachys cooleyae</i>	Hedge Nettle, Horse Mint	X
	<i>Vaccinium membranaceum</i>	Huckleberry	X
	<i>Vaccinium ovalifolium</i>	Huckleberry	X
<b>Calming Herbs, Nervines</b>			
	<i>Corallorrhiza maculata</i>	Spotted Coral Root	No Pick
	<i>Corallorrhiza mertensiana</i>	Western Coral Root	No Pick X

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Uses	Name	Notes	Seen
Corallorhiza striata	Striped Coral Root	No Pick	
Hypericum formosum	St. John's Wort		X
Hypericum perforatum	St. John's Wort		X
Pedicularis racemosa	Parrot's Beak		X
Stachys cooleyae	Hedge Nettle, Horse Mint		X
Valeriana scouleri	Valerian		
Valeriana sitchensis	Valerian		
<b>Analgesics, Anesthetics</b>			
Heracleum lanatum	Cow Parsnip		
Salix sp.	Willow		
<b>Demulcents, Emollients</b>			
Goodyera oblongifolia	Rattlesnake Plantain	No Pick	X
Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal		X
Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal		X
Mertensia paniculata	Oregon Bluebells	External (PA's)	
Penstemon serrulatus	Penstemon	Soothing to lips, skin, etc.	
Penstemon sp.	Penstemon	Soothing to lips, skin, etc.	
Viola glabella	Woods Violet		
Viola orbiculata	Dark Woods Violet		X
Viola sp.	Violet		
<b>Misc.</b>			
Achillea millefolium	Yarrow	Hemostatic	
Anaphalis margaritacea	Pearly Everlasting	Pretty	
Artemisia douglasiana	Mugwort	Beer, Dreams, Smoke	X
Chimaphila menziesii	Baby Pipsissewa	Root Beer, Smoke	X
Chimaphila umbellata	Pipsissewa	Root Beer, Smoke	X
Chrysanthemum leucanthemum	Ox Eye Daisy	Allergies	X
Delphinium sp.	Larkspur	Lice (with caution)	
Gallium oreganum	Bedstraw, Cleavers	Burns	X
Oplopanax horridum	Devil's Club	Diabetes	X
Pedicularis racemosa	Parrot's Beak	Smoke	X
Petasites frigidus	Western Coltsfoot	Lungs, Smoke (PA's)	
Plantago sp. (2)	Plantain	Drawing Poultice	
Trillium ovatum	Trillium	No Pick, Uterine Bleeding	X
Vaccinium membranaceum	Huckleberry	Blood sugar	X
Vaccinium ovalifolium	Huckleberry	Blood sugar	X
Xerophyllum tenax	Beargrass	Fiber	X

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Uses	Name	Notes	Seen
<b>Topics of Botanical Interest</b>			
Aconitum sp.	Monkshood	Very Poison	X
Actaea rubra	Baneberry		X
Boykinia major		Very Valerian indicator	X
Lysichiton americanus (L. americanum)	Skunk Cabbage	Very Big (3-4' leaves)	X
<b>Animal Interactions</b>			
Bats			
Beaver Chew			X
Beaver Dams			X
Bees			
Bird Prints on rocks			
Butterfly			
Chipmunks			
Deer Beds			
Deer Scat			
Deer Trails			X
Elk			
Elk ate Stachys			
Elk Print in mud			
Fish			
Frog			
Garter Snake			
Hummingbird			
Kingfisher			
Ladybug			
Minnows			
Mouse			
Oregon Junco			
Ouzel	Dipper		
Red Winged Beetle			
Someone's been eating Skunk Cabbage			
Stellar Jay			
Water snake			

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 Trip #14 Economic Botanical Survey

July 22, 24, 2016

Middle Elevation Coniferous Woods and Riparian 4500'

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

Uses	Name	Notes	Seen
<b>Food: Roots</b>			
	Cirsium sp.	Thistle	X
	Hypochaeris radicata	False dandelion	
	Lilium washingtonium	Cascade Lily	No Pick X
	Osmorhiza chilensis	Sweet Cicely	
	Platanthera dilatata (Habenaria dilatata)	Rein Orchid	No Pick X
	Tragopogon pratensis	Oyster Plant	
	Xerophyllum tenax	Beargrass	
<b>Food: Greens and Potherbs</b>			
	Castilleja miniata	Paintbrush	X
	Cirsium sp.	Thistle	X
	Cornus canadensis	Bunchberry	
	Epilobium angustifolium	Fireweed	
	Hypochaeris radicata	False dandelion	
	Lilium washingtonium	Cascade Lily	No Pick X
	Osmorhiza chilensis	Sweet Cicely	
	Phacelia sp.	Phacelia	
	Platanthera dilatata (Habenaria dilatata)	Rein Orchid	No Pick X
	Rosa sp.	Wild Rose	
	Stachys sp.	Hedge Nettle, Horse Mint	
	Tragopogon pratensis	Oyster Plant	
	Trillium ovatum	Trillium	No Pick
	Veronica wormskjoldii	Veronica	X
	Viola adunca	Field Violet	
	Viola orbiculata	Violet	
	Viola sp.	Violet	
	Xerophyllum tenax	Beargrass	
<b>Food: Fruits</b>			
	Amelanchier alnifolia	Serviceberry	X
	Arctostaphylos nevadensis	Kinnikkinnik	X
	Arctostaphylos patula	Manzanita	X
	Berberis nervosa	Mountain Oregon Grape	
	Chimaphila umbellata	Pipsissewa	Unripe
	Cornus canadensis	Bunchberry	
	Epilobium angustifolium	Fireweed	

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Uses	Name	Notes	Seen
Fragaria sp.	Wild Strawberry		
Gaultheria ovatifolia	Baby Salal		
Lilium washingtonium	Cascade Lily	No Pick	X
Lonicera involucrata	Twinberry		
Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal		
Maianthemum stellatum (Smilacina stellata)	Starry Eyed Solomon's Seal		
Nuphar polysepalum	Water lily		
Pyrola asarifolia	Pyrola		
Pyrola picta	White Veined Pyrola		
Ribes cereum	Red Currant		X
Ribes lacustre	Swamp Currant		
Ribes viscosissimum	Sticky Currant		
Rosa sp.	Rosehips		
Rubus parviflorus	Thimbleberry		
Rubus sp.	Blackberry		
Streptopus lanceolatus (S. roseus)	Rosy Twisted Stalk		X
Trillium ovatum	Trillium	No Pick	
Vaccinium scoparium	Grouseberry		X
Vaccinium sp.	Huckleberry (Red and Blue)		X
Xerophyllum tenax	Beargrass		
<b>Food: Spices/Teas</b>			
Achillea millefolium	Yarrow		
Fragaria sp.	Wild Strawberry		
Osmorhiza chilensis	Sweet Cicely		
Rosa sp.	Rose		
Rubus parviflorus	Thimbleberry		
Rubus sp.	Blackberry		
<b>Alteratives incl. Diaphoretics and Diuretics</b>			
Achillea millefolium	Yarrow	Diaphoretic	
Arctostaphylos nevadensis	Kinnikinnik	Diuretic	X
Arctostaphylos patula	Manzanita	Diuretic	X
Berberis nervosa	Mountain Oregon Grape	Alterative	
Ceanothus velutinus	Red Root	Alterative	X
Chimaphila umbellata	Pipsissewa	Diuretic	
Sambucus racemosa	Red Elder	Diaphoretic	
Vaccinium scoparium	Grouseberry	Diuretic	X
Vaccinium sp.	Huckleberry	Diuretic	X

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Uses	Name	Notes	Seen
<b>Aromatic/Bitters</b>			
	Achillea millefolium	Yarrow	
	Berberis nervosa	Mountain Oregon Grape	Bitter
	Osmorhiza chilensis	Sweet Cicely	
	Pedicularis racemosa	Parrot's Beak	Bitter
<b>Astringents</b>			
	Amelanchier alnifolia	Serviceberry	X
	Anaphalis margaritacea	Pearly Everlasting	
	Arctostaphylos nevadensis	Kinnikkinnik	X
	Arctostaphylos patula	Manzanita	X
	Ceanothus velutinus	Red Root	X
	Chimaphila umbellata	Pipsissewa	
	Cornus canadensis	Bunchberry	
	Epilobium angustifolium	Fireweed	
	Fragaria sp.	Wild Strawberry	
	Gaultheria ovatifolia	Baby Salal	
	Populus trichocarpa	Cottonwood Buds	X
	Potentilla sp.	Potentilla	
	Pyrola asarifolia	Pyrola	
	Pyrola picta	White Veined Pyrola	
	Ribes cereum	Red Currant	X
	Ribes lacustre	Swamp Currant	
	Ribes viscosissimum	Sticky Currant	
	Rosa sp.	Rose	
	Rubus parviflorus	Thimbleberry	
	Rubus sp.	Blackberry	
	Salix sp.	Willow	X
	Spirea douglasii	Spirea	X
	Stachys sp.	Hedge Nettle, Horse Mint	
	Vaccinium scoparium	Grouseberry	X
	Vaccinium sp.	Huckleberry	X
<b>Calming Herbs, Nervines</b>			
	Pedicularis racemosa	Parrot's Beak	
	Stachys sp.	Hedge Nettle, Horse Mint	Mild
	Valeriana sitchensis	Valerian	X
<b>Analgesics, Anesthetics</b>			
	Populus trichocarpa	Cottonwood Buds	X

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Uses	Name	Notes	Seen
Salix sp.	Willow		X
Spirea douglasii	Spirea		X
<b>Demulcents, Emollients</b>			
Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal		
Maianthemum stellatum (Smilacina stellata)	Starry Eyed Solomon's Seal		
Penstemon sp. (2)	Penstemon	External use	
Viola adunca	Field Violet		
Viola orbiculata	Violet		
Viola sp.	Violet		
<b>Misc.</b>			
Achillea millefolium	Yarrow	Hemostatic	
Anaphalis margaritacea	Pearly Everlasting	Pretty	
Arctostaphylos nevadensis	Kinnikkinnik	Smoke	X
Arnica cordifolia	Heart Leaf Arnica	Injury	
Arnica mollis	Hairy Arnica	Injury	X
Arnica parryi	Nodding Arnica	Injury	X
Ceanothus velutinus	Red Root	Soap	X
Chimaphila umbellata	Pipsissewa	Root Beer	
Pedicularis racemosa	Parrot's Beak	Smoke	
Solidago canadensis	Goldenrod	Allergies	X
Trillium ovatum	Trillium	No Pick, Uterine Astringent	
Vaccinium scoparium	Grouseberry	Blood sugar	X
Vaccinium sp.	Huckleberry	Blood sugar	X
Xerophyllum tenax	Beargrass	Fiber	
<b>Topics of Botanical Interest</b>			
Aconitum columbianum	Monkshood	Very Poison	X
Boykinia major		Very Valerian indicator	X
Pterospora andromedea	Pinedrops	Saprophyte	X
Pyrola aphylla	Leafless Pyrola	Saprophyte	
<b>Animal Interactions</b>			
Ants			X
Bald eagle			
Bats			
Beaver Tracks			
Bird Prints on rocks			

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Uses	Name	Notes	Seen
	Bird's Nest w/chicks		
	Butterflies		
	Canada Geese		X
	Chipmunks		
	Deer		
	Deer eating Stachys		
	Deer Scat, trails		
	Dragon Flies		
	Elk Print in mud		
	Elk Tracks		
	Fish		
	Frogs		X
	Hummingbird		
	Kingfisher		
	Minnows		
	Mosquitoes		
	Mouse		
	Northern Flicker		
	Oregon Junco		
	Ouzel		
	Red Winged Beetle		
	Snake		X
	Snake Tracks		
	Someone's been eating Skunk Cabbage		
	Startled Duck		
	Stellar Jay		
	Water snake		
	Woodpecker		

**Columbines School of Botanical Studies**  
**Summer Apprenticeship**  
**Class Highlights Trip #13-14**

**Places Visited:**

Middle Elevation Coniferous Woods and Riparian Zone (East and West Sides of the Cascades)

**Topics covered:**

Economic Botanical Survey

Asteraceae (Compositae) taxonomy

Located, harvested, processed *Artemisia douglasiana*: An excellent example of locating, using the information in a campground to find new isolated clean stands.

Located, harvested, processed *Hypericum perforatum*: It likes disturbed areas. We went to a riverbed that was naturally disturbed.

Located, harvested, processed *Arnica mollis*: Real life locating skills. Looked all day for *Arnica* only to give up, and find a large stand on the way back to the car.

Sometimes we can come across stands of plants that appear harvestable, but something on the wildcrafting checklist is wrong. It is perfectly acceptable to not gather plants. Gathering plants is easy; not gathering plants is hard.

Areas with water in spring may dry up in the summer. Use the plants as indicators of water.

Harvesting low dose botanicals for external use

Keyed out *Mimulus lewisii*, *Senecio triangularis*, and *Arnica mollis*

**Herbs Harvested:**

*Artemisia douglasiana* above ground parts for bundles and vinegar

*Hypericum perforatum*, *H. formosum* tops for tincture and oil

*Arnica mollis* leaf to dry for oil

Tasted *Mimulus lewisii* petals, *Mimulus lewisii* sepals, *Vaccinium membranaceum* berries, *V. ovalifolium* berries, *V. scoparium* berries, and *Lonicera involucrata* berries