

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

April 16, 2017
 Trip 3

Low Elevation Coniferous Woods and Riparian Zone
 800'-1200'

Family	Genus	Name	Uses	Seen
Polypodiaceae	<i>Polypodium glycyrrhiza</i>	Licorice Fern		
	<i>Polystichum munitum</i>	Sword Fern		X
Araceae	<i>Lysichiton americanus</i> (L. americanum)	Skunk Cabbage	Edible?	X
Liliaceae	<i>Calochortus</i> sp.	Cat's Ears	No pick, edible	
	<i>Clintonia uniflora</i>	Queen's Cup	Poisonous?	
	<i>Erythronium oregonum</i>	Fawn Lily	No pick, edible	
	<i>Fritillaria affinis</i> (F. lanceolata)	Riceroor Lily	No pick, edible	X
	<i>Lilium columbianum</i>	Tiger Lily	No pick, edible	
	<i>Lilium washingtonianum</i>	Cascade Lily	No pick, edible	
	<i>Prosartes hookeri</i> (Disporum hookeri)	Fairy Bells	Edible	
	<i>Prosartes smithii</i> (Disporum smithii)	Fairy Lanterns	Edible	
Asparagaceae (Liliaceae)	<i>Streptopus amplexifolius</i>	Twisted Stalk	Edible	
Asparagaceae (Liliaceae)	<i>Dichelostemma congestum</i> (<i>Brodiaea congesta</i>)	Harvest Lily	No pick, edible	
	<i>Maianthemum racemosum</i> (<i>Smilacina racemosa</i>)	Large False Solomon's Seal	Edible, Medicinal	
	<i>Maianthemum stellatum</i> (<i>Smilacina stellata</i>)	Small False Solomon's Seal	Edible, Medicinal	
Melanthiaceae (Liliaceae)	<i>Anticlea occidentalis</i> (<i>Stenanthium occidentale</i>)	Stenanthium		
	<i>Trillium albidum</i> (<i>T. chloropetalum</i>)	Trillium	No pick, Medicinal	

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

Family	Genus	Name	Uses	Seen
Melanthiaceae (Liliaceae)	Trillium ovatum	Trillium	No pick, Medicinal	X
	Veratrum sp.	False Hellebore	Poisonous	
	Xerophyllum tenax	Beargrass	Edible	
Iridaceae	Iris chrysophylla	Iris	Medicinal	
	Iris tenax	Iris	Medicinal	
	Sisyrinchium sp.	Blue-eyed Grass		
Orchidaceae	Calypso bulbosa	Calypso Orchid	No pick	X
	Calypso bulbosa forma alba	Albino Calypso Orchid	No pick	
	Corallorhiza mertensiana	Western Coral Root	No pick	
	Corallorhiza sp.	Coral Root	No pick	
	Corallorhiza striata	Striped Coral Root	No pick	
	Goodyera oblongifolia	Rattlesnake Plantain	Mucilaginous	
	Neottia banksiana (Listera caurina)	Big Twayblade	Edibility unknown	
	Neottia cordata (Listera cordata)	Twayblade	Edibility unknown	
	Platanthera dilatata (Habenaria dilatata)	White Rein Orchid	No pick, edible	
	Platanthera sp.	Rein Orchid	No pick, edible	
Salicaceae	Populus trichocarpa	Cottonwood	Medicinal	X
	Salix sp.	Willow	Medicinal	
Fagaceae	Castanopsis chrysophylla	Golden Chinquapin	Edible	
Urticaceae	Urtica sp.	Stinging Nettle	Edible, Medicinal, Fiber	
Aristolochiaceae	Asarum caudatum	Wild Ginger	Edible, Medicinal	
Polygonaceae	Eriogonum sp.	Wild Buckwheat	Edible	
	Rumex acetosella	Sheep's Sorrel	Edible, Medicinal	

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

Family	Genus	Name	Uses	Seen
Polygonaceae	Rumex obtusifolius	Bitter Dock	Edible, Medicinal	
Portulacaceae	Montia parvifolia	Small Leaf Montia	Edible	
	Montia perfoliata	Miner's Lettuce	Choice Edible	
	Montia sibirica	Candy Flower	Choice Edible	X
	Montia sp.		Choice Edible	
Caryophyllaceae	Arenaria macrophylla	Sandwort	(blank)	
	Stellaria media	Chickweed	Edible	
Ranunculaceae	Actaea rubra	Baneberry	Poisonous, Medicinal	
	Anemone aff. oregana	Small Windflower	Poisonous	
	Anemone deltoidea	Large Windflower	Poisonous	
	Anemone lyallii	Small Windflower	Poisonous	X
	Aquilegia formosa	Columbine	Poisonous	
	Coptis laciniata	Goldthread	Medicinal	X
	Delphinium sp.	Larkspur	Poisonous	
	Ranunculus sp.	Buttercup	Poisonous	
	Ranunculus uncinatus	Woods Buttercup	Poisonous	
	Thalictrum sp.	Meadow-rue	Poisonous	
Berberidaceae	Achlys triphylla	Vanilla Leaf	Edible	
	Berberis aquifolium	Tall Oregon Grape	Edible, Medicinal	X
	Berberis nervosa	Mountain Oregon Grape	Edible, Medicinal	X
	Vancouveria hexandra	Inside-out Flower	Edible	
Fumariaceae	Dicentra formosa	Bleeding Hearts	Poisonous, Medicinal	X
Brassicaceae (Cruciferae)	Cardamine nutallii	Spring Beauty	Edible	
	Cardamine oligosperma	Bittercress	Edible	X
	Cardamine sp.	Bittercress	Edible	

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

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

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

Family	Genus	Name	Uses	Seen
Rosaceae	Rubus sp.	Blackberry	Edible, Medicinal	
	Rubus spectabilis	Salmonberry	Edible, Medicinal	X
	Spiraea sp.	Spirea	Medicinal	
Fabaceae (Leguminosae)	Cytisus monspessulanus	Moonlight Broom	Poisonous	
	Cytisus scoparius	Scotch Broom	Poisonous	
	Lathyrus sp.	Pea	Poisonous	
	Lupinus sp.	Lupine	Poisonous	
	Trifolium sp.	Clover	Edible, Medicinal	
	Vicia sp.	Vetch	Poisonous	
Geraniaceae	Geranium robertianum	Herb Robert, Stinky Bob	Edible, Medicinal Astringent	
Oxalidaceae	Oxalis oregana	Oxalis	Choice Edible	X
Anacardiaceae	Toxicodendron diversilobum	Poison Oak	Poisonous	
Celastraceae	Pachystima myrsinites	Oregon Box	Ornamental	
Aceraceae	Acer circinatum	Vine Maple	Edible	
	Acer macrophyllum	Big leaf Maple	Choice Edible	
Rhamnaceae	Ceanothus integerrimus	Ceanothus	Medicinal	
	Ceanothus sanguineus	Ceanothus	Medicinal	
	Ceanothus velutinus	Ceanothus	Medicinal	X
	Rhamnus purshiana	Cascara Sagrada	Medicinal	
Hypericaceae	Hypericum perforatum	St. John's Wort	Medicinal	
Violaceae	Viola glabella	Woods Violet	Choice Edible	X
	Viola sempervirens	Evergreen Violet	Choice Edible	X

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

Family	Genus	Name	Uses	Seen
Violaceae	Viola sp.	Violet	Choice Edible	
Onagraceae	Circaea alpina	Enchanter's Nightshade		
	Epilobium angustifolium	Fireweed	Edible, Medicinal	
	Epilobium sp.	Willow Herb	Edible, Medicinal	
Araliaceae	Oplopanax horridum	Devil's Club	Medicinal	
Apiaceae (Umbelliferae)	Angelica sp.	Angelica	Edible, Medicinal	
	Heracleum lanatum	Cow's Parsnip	Edible, Medicinal	
	Lomatium utriculatum	Spring Gold, Biscuit Root	Edible	
	Osmorhiza chilensis	Sweet Cicely	Edible, Medicinal	
	Unidentified white Umbelliferae		Poisonous	
Cornaceae	Cornus canadensis	Bunchberry	Edible, Medicinal	
	Cornus nuttallii	Dogwood	Medicinal	
Ericaceae	Arbutus menziesii	Madrone	Edible, Medicinal	
	Arctostaphylos columbiana	Hairy Manzanita	Edible, Medicinal	
	Chimaphila menziesii	Baby Pipsissewa	Medicinal	
	Chimaphila umbellata	Pipsissewa	Medicinal	
	Gaultheria shallon	Salal	Edible, Medicinal	X
	Hypopitys monotropa	Pinesap	No pick	
	Monotropa uniflora	Indian Pipe	No pick	
	Pterospora andromedea	Pinedrops	No pick	
	Pyrola asarifolia	Pyrola	Medicinal	
	Pyrola picta	White-veined Pyrola	Medicinal	
	Pyrola sp.	Pyrola	Medicinal	
	Rhododendron macrophyllum	Rhododendron	Poisonous	
	Vaccinium parvifolium	Huckleberry	Edible, Medicinal	X

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

Family	Genus	Name	Uses	Seen
Primulaceae	Trientalis latifolia	Starflower	Edible	
Hydrophyllaceae	Hydrophyllum tenuipes	Waterleaf	Choice Edible	X
	Nemophila parviflora	Wood Nemophila		X
	Nemophila sp.	Wood Nemophila		
	Phacelia sp.	Phacelia	Edible	
	Romanzoffia sp.	Mistmaiden	Edible?	
Boraginaceae	unidentified forget me not like flower		Poisonous	
Lamiaceae (Labiatae)	Lamium purpureum	Red Dead Nettle	Edible	
	Prunella vulgaris	Self Heal, Heal All	Edible, Medicinal	
	Satureja douglasii	Yerba Buena	Edible, Medicinal	
	Stachys sp.	Horse Nettle	Edible, Medicinal	
Scrophulariaceae	Castilleja sp.	Paintbrush	Edible	
	Collinsia grandiflora	Large Blue-eyed Mary	Edibility unknown	
	Collinsia parviflora	Small Blue-eyed Mary	Edibility unknown	X
	Digitalis purpurea	Foxglove	Poisonous	
	Mimulus alsinoides	Baby Monkeyflower	Edible	X
	Mimulus sp.	Monkeyflower	Edible	
	Pedicularis racemosa	Parrot's Beak	Medicinal	
	Penstemon sp.	Penstemon	Medicinal	
	Synthyris reniformis	Snow Queen	Edibility unknown	X
	Verbascum thapsus	Mullein	Medicinal	
Veronica sp.	Veronica	Edible, Medicinal		
Rubiaceae	Gallium aparine	Bedstraw, Cleavers	Edible, Medicinal	X
Caprifoliaceae	Linnaea borealis var. longifolia	Twinflower	Edibility unknown	

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

Family	Genus	Name	Uses	Seen
Caprifoliaceae	Lonicera ciliosa	Trailing Honeysuckle	Edible W/Caution	
	Sambucus mexicana	Red Elder	Medicinal	
	Symphoricarpus albus	Snowberry	Edible W/Caution	X
Valerianaceae	Plectritis congesta	Corn Salad	Edible	
	Valeriana scouleri	Low-elevation Valerian	Medicinal	
Companulaceae	Companula sp.	Our Friend		
Asteraceae (Compositae)	Achillea millefolium	Yarrow	Medicinal	
	Adenocaulon bicolor	Pathfinder	Edibility unknown	
	Anaphalis margaritacea	Pearly Everlasting	Medicinal	
	Chrysanthemum leucanthemum	Ox Eye Daisy	Medicinal	
	Crocidium multicaule	Gold Fields	Edibility unknown	
	DYC	Damn Yellow Composite	Poisonous	
	Heracleum lanatum	Cow Parsnip	Medicinal	
	Hieracium albiflorum	Hawkweed		
	Hypochaeris radicata	Cat's Ears	Edible	
	Lactuca sp.	Wild Lettuce	Edible, Medicinal	
	Petasites frigidus	Western Coltsfoot	Edible, Medicinal (PA's)	
	Senecio triangularis	Arrowleaf Grounel	Poisonous	
Taraxacum officinale	Dandelion	Edible, Medicine		

**Columbines School of Botanical Studies
Low Elevation Western Cascades
Second Year Field Trip #3**

Botany

Keyed out *Fritillaria affinis* (*F. lanceolata*) in both *Flora of the Pacific Northwest* and *Flora of Oregon*

Keyed out *Viola sempervirens*,

Herbalism

Uses of *Dicentra formosa*

Located, Harvested, and Processed *Dicentra formosa*

Ecology

Ages, Dimensions, and Tolerances of Forest Trees

Plant Associations in the *Tsuga heterophylla* Zone

Associations Visited

Riparian-Wet cliffs

Tsuga/*Rhododendron*/*Gaultheria*

Tsuga/*Rhododendron*/*Berberis*

Tsuga/*Polystichum*

Tsuga /*Polystichum*/*Oxalis*