

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

April 23, 2017  
 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
<b>Equisetaceae</b>	Equisetum sp.	<b>Horsetail</b>	Edible, Medicinal	
<b>Ophioglossaceae</b>	Botrychium sp.	<b>Grape Fern</b>		
<b>Polypodiaceae</b>	Polypodium glycyrrhiza	<b>Licorice Fern</b>		
	Polypodium hesperium	<b>Not Licorice Fern</b>		
	Polystichum munitum	<b>Sword Fern</b>		X
<b>Cupressaceae</b>	Calocedrus decurrens	<b>Incense Cedar</b>		X
	Cupressus nootkatensis (Chamaecyparis n.)	<b>Alaska Yellow Cedar</b>		X
	Thuja plicata	<b>Western Red Cedar</b>	Medicinal	X
<b>Pinaceae</b>	Pseudotsuga menzeisii	<b>Douglas the Fir</b>		X
<b>Araceae</b>	Lysichiton americanus (L. americanum)	<b>Skunk Cabbage</b>	+/- Edible	
<b>Liliaceae</b>	Calochortus tolmiei	<b>Cat's Ears</b>	No Pick - Edible	
	Clintonia uniflora	<b>Queen's Cup</b>	Poisonous?	
	Erythronium grandiflorum	<b>Glacier Lily</b>	No Pick - Edible	
	Erythronium oregonum	<b>Fawn Lily</b>	No Pick - Edible	
	Lilium sp.	<b>Lily</b>	No Pick - Edible	
	Prosartes hookeri (Disporum hookeri)	<b>Fairy Bells</b>	Cathartic	
	Streptopus amplexifolius	<b>Twisted Stalk</b>	Cathartic	
<b>Asparagaceae (Liliaceae)</b>	Dichelostemma congestum (Brodiaea congesta)	<b>Harvest Lily</b>	No Pick - Edible	
	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	

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

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

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

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

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

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

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

Family	Genus	Name	Uses	Seen
<b>Rosaceae</b>	Rubus parviflorus	<b>Thimbleberry</b>	Choice Edible	
	Rubus sp.	<b>Blackberry</b>	Choice Edible	
	Rubus spectabilis	<b>Salmonberry</b>	Edible, Astringent	
	Sorbus sitchensis	<b>Mountain Ash</b>	Edible	
	Spiraea sp.	<b>Spirea</b>	Astringent	
<b>Fabaceae (Leguminosae)</b>	Cytisus monspessulanus	<b>Moonlight Broom</b>	Poisonous	
	Cytisus scoparius	<b>Scotch Broom</b>	Poisonous	
	Lathyrus sp.	<b>Pea</b>	Generally Poisonous	
	Lupinus sp.	<b>Lupine</b>	Poisonous	
	Trifolium pratense	<b>Red Clover</b>	Edible, Medicinal	
	Trifolium repens	<b>White Clover</b>	Edible, Medicinal	
	Unidentified	<b>Legume</b>	Poisonous	
	Vicia sp.	<b>Vetch</b>	Poisonous	
<b>Oxalidaceae</b>	Oxalis oregana	<b>Oxalis</b>	Choice Edible	
<b>Celastraceae</b>	Pachystima myrsinites	<b>Oregon Box</b>	Ornamental	X
<b>Sapindaceae (Aceraceae)</b>	Acer circinatum	<b>Vine Maple</b>	Edible	X
	Acer macrophyllum	<b>Big leaf Maple</b>	Choice Edible	X
<b>Rhamnaceae</b>	Ceanothus integerrimus var. peduncularis	<b>Ceanothus</b>	Medicinal, Soap	
	Ceanothus sanguineus	<b>Ceanothus</b>	Medicinal, Soap	
	Ceanothus velutinus	<b>Ceanothus</b>	Medicinal, Soap	X
	Rhamnus purshiana	<b>Cascara</b>	Medicinal	
<b>Hypericaceae</b>	Hypericum formosum	<b>St. John's Wort</b>	Medicinal	
	Hypericum perforatum	<b>St. John's Wort</b>	Medicinal	
<b>Violaceae</b>	Viola adunca	<b>Field Violet</b>	Choice Edible	

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

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

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Family	Genus	Name	Uses	Seen
<b>Ericaceae</b>	Arctostaphylos patula	<b>Manzanita</b>	Edible, Astringent	
	Chimaphila menziesii	<b>Baby Pipsissewa</b>	Astringent	X
	Chimaphila umbellata	<b>Pipsissewa</b>	Astringent	X
	Gaultheria ovatifolia	<b>Baby Salal</b>	Edible	X
	Gaultheria shallon	<b>Salal</b>	Edible	X
	Hypopitys monotropa	<b>Pinesap</b>	No Pick	
	Menziesia ferruginea	<b>Fool's Huckleberry</b>		
	Monotropa uniflora	<b>Indian Pipe</b>	No Pick	
	Pterospora andromedea	<b>Pinedrops</b>	No Pick	
	Pyrola aphylla var. picta	<b>Leafless Pyrola</b>	No Pick	
	Pyrola asarifolia	<b>Pyrola</b>	Astringent	
	Pyrola bracteata	<b>Pyrola</b>	Astringent	
	Pyrola picta	<b>White-veined Pyrola</b>	Astringent	X
	Pyrola secunda	<b>One-sided Pyrola</b>	Astringent	
	Rhododendron macrophyllum	<b>Rhododendron</b>	Poisonous	X
	Vaccinium parvifolium	<b>Red huckleberry</b>		
Vaccinium sp.	<b>Huckleberry</b>	Edible		
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<b>Primulaceae</b>	Dodecatheon jeffreyi	<b>Shooting Star</b>	Edible	
	Trientalis latifolia	<b>Starflower</b>	Edible	
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<b>Polemoniaceae</b>	Polemonium carneum	<b>Jacob's Ladder</b>		
-				
<b>Hydrophyllaceae</b>	Hydrophyllum tenuipes	<b>Waterleaf</b>	Choice Edible	
	Nemophila parviflora	<b>Wood Nemophila</b>		X
	Phacelia sp.	<b>Phacelia</b>	Edible	
	Romanzoffia sp.	<b>Mistmaiden</b>	Edible	
-				
<b>Boraginaceae</b>	Mertensia paniculata	<b>Oregon Bluebells</b>	Medicinal (PA's)	
	unidentified forget me not like flower	<b>White</b>	Poisonous	
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 Second Year Apprenticeship Program  
 Low and Middle Elevation Western Cascades

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



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