

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

May 7, 2017
 Trip 5

Ponderosa Pine one and Riparian 2784'

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

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

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

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

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

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

Botany

Keyed out: *Viola purpurea*, *Hydrophyllum capitatum*
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*
Introduction to *Arnica cordifolia*
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: *Balsamorhiza sagittata* root tincture, *Ligusticum grayi* root tincture, *Osmorhiza occidentalis* root tincture, *Lomatium dissectum* root tincture.