

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

July 20, 22, 2017

Middle Elevation Coniferous Woods and Riparian 3200'

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

| Uses | Name | Notes | Seen |
|----------------------------------|----------------------------|---------------------|-------------------|
| Food: Roots | | | |
| | 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 |
| Food: Greens and Potherbs | | | |
| | 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 | |
| | Hydrophyllum tenuipes | Waterleaf | |
| | Hypochaeris radicata | False dandelion | X |
| | Mimulus guttatus | Yellow Monkeyflower | X |
| | 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 | |
| | Plantago sp. (2) | Plantain | |
| | Platanthera sp. | Rein Orchid | No Pick |

Columbines School of Botanical Studies
 Summer Apprenticeship Program
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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 | | X |
| Viola orbiculata | Dark Woods Violet | | X |
| Viola sp. | Violet | | |
| Xerophyllum tenax | Beargrass | | X |
| Food: Fruits | | | |
| 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 | | |
| 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 | | X |

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

| Uses | Name | Notes | Seen |
|---|-----------------------|----------------------------|------|
| Trillium ovatum | Trillium | No Pick | X |
| Vaccinium membranaceum | Huckleberry | | X |
| Vaccinium ovalifolium | Huckleberry | | X |
| Xerophyllum tenax | Beargrass | | X |
| Food: Spices/Teas | | | |
| Achlys triphylla | Vanilla Leaf | | X |
| Angelica arguta | Angelica | | |
| Angelica genuflexa | Angelica | | |
| Asarum caudatum | Wild Ginger | | |
| Fragaria virginiana | Wild Strawberry | | |
| 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 | | |
| Alteratives incl. Diaphoretics and Diuretics | | | |
| 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 Pipsisewa | Diuretic | X |
| Chimaphila umbellata | Pipsisewa | Diuretic | X |
| Gallium oreganum | Bedstraw, Cleavers | Diuretic | |
| Hypochaeris radicata | False dandelion | | X |
| Oplopanax horridum | Devil's Club | Alterative | |
| Pyrola picta | White-veined Pyrola | Diuretic | X |
| Pyrola secunda | One-sided Pyrola | Diuretic | X |
| Rudbeckia occidentalis | Coneflower | Diuretic | X |
| Sambucus racemosa | Red Elder | Diaphoretic | |
| Taraxacum officinalis | Dandelion | | |
| Trifolium pratense | Red Clover | Mild Liver, Simple | |
| Vaccinium membranaceum | Huckleberry | Diuretic | X |
| Vaccinium ovalifolium | Huckleberry | Diuretic | X |

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

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

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

| 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 | | |
| Analgesics, Anesthetics | | | |
| Heracleum lanatum | Cow Parsnip | | |
| Salix sp. | Willow | | |
| Demulcents, Emollients | | | |
| 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. | X |
| Penstemon sp. | Penstemon | Soothing to lips, skin, etc. | |
| Viola glabella | Woods Violet | | X |
| Viola orbiculata | Dark Woods Violet | | X |
| Viola sp. | Violet | | |
| Misc. | | | |
| 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 | |
| Oplopanax horridum | Devil's Club | Diabetes | |
| 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 |

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

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

Columbines School of Botanical Studies
 Summer Apprenticeship Program
 Trip #14 Economic Botanical Survey

July 21, 23, 2017

Middle Elevation Coniferous Woods and Riparian 4500'

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

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

Columbines School of Botanical Studies
 Summer Apprenticeship Program
 Trip #14 Economic Botanical Survey

| Uses | Name | Notes | Seen |
|--|----------------------------|---------|------|
| Fragaria sp. | Wild Strawberry | | |
| Gaultheria ovatifolia | Baby Salal | | |
| Lilium washingtonium | Cascade Lily | No Pick | |
| 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 | | |
| Ribes lacustre | Swamp Currant | | |
| Ribes viscosissimum | Sticky Currant | | |
| Rosa sp. | Rosehips | | |
| Rubus parviflorus | Thimbleberry | | |
| Rubus sp. | Blackberry | | |
| Streptopus lanceolatus (S. roseus) | Rosy Twisted Stalk | | |
| Trillium ovatum | Trillium | No Pick | |
| Vaccinium scoparium | Grouseberry | | |
| Vaccinium sp. | Huckleberry (Red and Blue) | | |
| Xerophyllum tenax | Beargrass | | |

Food: Spices/Teas

| | |
|----------------------|-----------------|
| Achillea millefolium | Yarrow |
| Fragaria sp. | Wild Strawberry |
| Osmorhiza chilensis | Sweet Cicely |
| Rosa sp. | Rose |
| Rubus parviflorus | Thimbleberry |
| Rubus sp. | Blackberry |

Alteratives incl. Diaphoretics and Diuretics

| | | |
|---------------------------|-----------------------|-------------|
| Achillea millefolium | Yarrow | Diaphoretic |
| Arctostaphylos nevadensis | Kinnikinnik | Diuretic |
| Arctostaphylos patula | Manzanita | Diuretic |
| Berberis nervosa | Mountain Oregon Grape | Alterative |
| Ceanothus velutinus | Red Root | Alterative |
| Chimaphila umbellata | Pipsissewa | Diuretic |
| Hypochaeris radicata | False dandelion | |
| Sambucus racemosa | Red Elder | Diaphoretic |
| Vaccinium scoparium | Grouseberry | Diuretic |

Columbines School of Botanical Studies
 Summer Apprenticeship Program
 Trip #14 Economic Botanical Survey

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

Columbines School of Botanical Studies
 Summer Apprenticeship Program
 Trip #14 Economic Botanical Survey

| Uses | Name | Notes | Seen |
|-------------------------------------|--|----------------------------|-------------------|
| Analgesics, Anesthetics | | | |
| | Populus trichocarpa | Cottonwood Buds | |
| | Salix sp. | Willow | |
| | Spirea douglasii | Spirea | |
| Demulcents, Emollients | | | |
| | 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 | |
| Misc. | | | |
| | Achillea millefolium | Yarrow | Hemostatic |
| | Anaphalis margaritacea | Pearly Everlasting | Pretty |
| | Arctostaphylos nevadensis | Kinnikkinnik | Smoke |
| | Arctostaphylos patula | Manzanita | Smoke |
| | Arnica cordifolia | Heart Leaf Arnica | Injury |
| | Arnica mollis | Hairy Arnica | Injury |
| | Arnica parryi | Nodding Arnica | Injury |
| | Ceanothus velutinus | Red Root | Soap |
| | Chimaphila umbellata | Pipsissewa | Root Beer |
| | Pedicularis racemosa | Parrot's Beak | Smoke |
| | Solidago canadensis | Goldenrod | Allergies |
| | Trillium ovatum | Trillium | No Pick, Uterine |
| | Vaccinium scoparium | Grouseberry | Blood sugar |
| | Vaccinium sp. | Huckleberry | Blood sugar |
| | Xerophyllum tenax | Beargrass | Fiber |
| Topics of Botanical Interest | | | |
| | Aconitum columbianum | Monkshood | Very Poison |
| | Boykinia major | | Very Valerian inc |
| | Pterospora andromedea | Pinedrops | Saprophyte |
| | Pyrola aphylla | Leafless Pyrola | Saprophyte |
| | Senecio triangularis | Arrow Leaf Groundsel | Pas |
| Animal Interactions | | | |
| | Ants | | |

Columbines School of Botanical Studies
 Summer Apprenticeship Program
 Trip #14 Economic Botanical Survey

| Uses | Name | Notes | Seen |
|------|-------------------------------------|-------|------|
| | Bald eagle | | |
| | Bats | | |
| | Beaver Tracks | | |
| | Bird Prints on rocks | | |
| | Bird's Nest w/chicks | | |
| | Butterflies | | |
| | Canada Geese | | |
| | Chipmunks | | |
| | Deer | | |
| | Deer eating Stachys | | |
| | Deer Scat, trails | | |
| | Dragon Flies | | |
| | Elk Print in mud | | |
| | Elk Tracks | | |
| | Fish | | |
| | Frogs | | |
| | Hummingbird | | |
| | Kingfisher | | |
| | Minnnows | | |
| | Mosquitoes | | |
| | Mouse | | |
| | Northern Flicker | | |
| | Oregon Junco | | |
| | Ouzel | | |
| | Red Winged Beetle | | |
| | Snake | | |
| | 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 *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.

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

Tasted *Mimulus lewisii* petals, *Mimulus lewisii* sepals, *Achillea millefolium* leaves