

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

April 29, May 1, 2018
 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
Equisetaceae	Equisetum sp.	Horsetail	Edible, Medicinal	
Ophioglossaceae	Botrychium sp.	Grape Fern		
Polypodiaceae	Polypodium glycyrrhiza Polypodium hesperium Polystichum munitum	Licorice Fern Not Licorice Fern Sword Fern		
Cupressaceae	Calocedrus decurrens Cupressus nootkatensis (Chamaecyparis n.) Thuja plicata	Incense Cedar Alaska Yellow Cedar Western Red Cedar		X X
Pinaceae	Pseudotsuga menziesii	Douglas the Fir		
Araceae	Lysichiton americanus (L. americanum)	Skunk Cabbage	+/- Edible	
Liliaceae	Calochortus tolmiei Clintonia uniflora Erythronium grandiflorum Erythronium oregonum Lilium sp. Prosartes hookeri (Disporum hookeri) Streptopus amplexifolius	Cat's Ears Queen's Cup Glacier Lily Fawn Lily Lily Fairy Bells Twisted Stalk	No Pick - Edible Poisonous? No Pick - Edible No Pick - Edible No Pick - Edible Cathartic Cathartic	
Asparagaceae (Liliaceae)	Dichelostemma congestum (Brodiaea congesta) Maianthemum racemosum (Smilacina racemosa) Maianthemum stellatum (Smilacina stellata)	Harvest Lily Large False Solomon's Seal Small False Solomon's Seal	No Pick - Edible Edible, Medicinal Edible, Medicinal	

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

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

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

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

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

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

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Family	Genus	Name	Uses	Seen
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 Mint	Edible, Medicinal	
Scrophulariaceae	Verbascum thapsus	Mullein	Medicinal, TP	X
Orobanchaceae (Scrophulariaceae)	Castilleja sp.	Paintbrush	Edible	
	Orthocarpus sp.	Owl's Clover	Edible	
	Pedicularis bracteosa	Cobra Head	Medicinal	
	Pedicularis groenlandica var. surrecta	Elephant's Head	Medicinal	
	Pedicularis racemosa	Parrot's Beak	Medicinal	
Orobanchaceae	Orobanche uniflora	Naked Broomrape	No Pick	
Phrymaceae (Scrophulariaceae)	Mimulus alsinoides	Baby Monkeyflower	Edible	
	Mimulus guttatus	Monkeyflower	Edible	
Plantaginaceae (Scrophulariaceae)	Collinsia grandiflora	Large Blue-eyed Mary	Edibility unknown	
	Collinsia parviflora	Small Blue-eyed Mary	Edibility unknown	
	Digitalis purpurea	Foxglove	Poisonous, Medicinal	
	Penstemon sp.	Penstemon	Medicinal	
	Synthyris reniformis	Snow Queen	Edibility unknown	
	Veronica sp.	Veronica	Edible	
Rubiaceae	Gallium sp.(2)	Bedstraw, Cleavers	Edible, Medicinal	
Caprifoliaceae	Lonicera ciliosa	Trailing Honeysuckle	Edible Nectar	
	Lonicera involucrata	Twinberry	Edible	
	Symphoricarpus albus	Snowberry	Edible	

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

Ecosystems

Middle Elevation Hudsonian Zone
Lava Beds
Low Elevation Coniferous Woods and Riparian