

Columbines School of Botanical Studies
 Wild Food Tending Economic Botanical Survey
 Trips #7-8: Columbia Plateau

June 17 - 18, 2018

Abundance

- d – dominant (defines the plant community)
- a - abundant (codominant of the overstory or dominant of lower layer)
- c – common (easily seen)
- o – occasional (walk around to see)
- r – rare (trace, must search for it)

Phenology

- L - In Leaf
- FL - In Flower
- FR - In Fruit
- SN - Senescent

Uses	Genus	Name	Notes	Abundance	Phenology
Food: Roots					
	Allium sp. (1)	Wild Onion			FR - SN
	Allium sp. (2)	Wild Onion (Short)			
	Balsamorhiza sagittata	Arrow-Leaf Balsamroot			
	Brodiaea hyacinthina	Brodiaea (White)		o	FL
	Brodiaea sp. or Dichelostemma sp.	Brodiaea			
	Cirsium arvense	Canada Thistle			
	Hypochaeris radicata	False Dandelion			
	Lomatium grayi	Pungent Biscuitroot		a	FR
	Lomatium macrocarpum	Large Fruited Biscuitroot		c	FR - SN
	Lomatium nudicaule	Wild Celery, "Come-see"		c	L - FR
	Lomatium triternatum	Luksh, Biscuitroot			
	Osmorhiza chilensis	Sweet Cecily			
	Perideridia gairdneri	Late Yampa			
	Taraxacum officinalis	Dandelion			
	Tragopogon sp.	Salsify, Oyster Root			
Food: Greens and Potherbs					
	Allium sp. (1)	Wild Onion			FR - SN
	Allium sp. (2)	Wild Onion (Short)			
	Berberis aquifolium	Tall Oregon Grape			
	Berberis repens	Oregon Grape			
	Cirsium arvense	Canada Thistle			
	Heracleum lanatum	Cow Parsnip			
	Hypochaeris radicata	False Dandelion			
	Lactuca serriola	Prickly Lettuce			
	Lathyrus latifolius	Wild Sweetpea		c	FL
	Lepidium sp.	Peppergrass			
	Lomatium grayi	Pungent Biscuitroot		a	FR
	Lomatium nudicaule	Wild Celery, "Come-see"		c	L - FR
	Mimulus sp.	Monkey Flower			
	Osmorhiza chilensis	Sweet Cecily			

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Uses	Genus	Name	Notes	Abundance	Phenology
	Perideridia gairdneri	Late Yampa			
	Plantago lanceolata	Plantain			
	Plectritis congesta	Rosy Plectritis			
	Poa bulbosa	Bulbous Bluegrass			
	Potentilla sp.	Potentilla			
	Prunella vulgaris	Self Heal, Heal All			
	Rosa sp.	Wild Rose			
	Rumex acetosella	Sheep Sorrel			
	Rumex sp.	Dock			
	Sambucus cerulea	Blue Elderberry	Flowers only		
	Taraxacum officinalis	Dandelion			
	Torilus arvensis	Hedge Parsley			
	Tragopogon sp.	Salsify, Oyster Root			
	Trifolium pratense	Red Clover			
	Trifolium repens	White Clover			
	Veronica sp.	Speedwell			

Food: Fruits

Amelanchier alnifolia	Service Berry			
Balsamorhiza sagittata	Arrow-Leaf Balsamroot			
Berberis aquifolium	Tall Oregon Grape			
Berberis repens	Oregon Grape			
Corylus cornuta	Beaked Hazelnut			
Madia exigua	Small Tarweed			
Pinus ponderosa	Ponderosa Pine		d	L - FR
Poa bulbosa	Bulbous Bluegrass			
Quercus garryana	Oregon White Oak		d	L
Ribes sp.	Currant			
Rosa sp.	Rosehips			
Rubus leucodermis	Blackcap Raspberry		r	FR
Rumex sp.	Dock			
Sambucus cerulea	Blue Elderberry			

Food: Spices/Teas

Achillea millefolium	Yarrow			
Ceanothus integerrimus	Deerbrush			
Heracleum lanatum	Cow Parsnip	Strong		
Lepidium sp.	Peppergrass			
Lomatium dissectum	Lomatium			
Lomatium grayi	Pungent Biscuitroot		a	FR
Lomatium macrocarpum	Large Fruited Biscuitroot		c	FR - SN
Lomatium nudicaule	Wild Celery, "Come-see"		c	L - FR

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Uses	Genus	Name	Notes	Abundance	Phenology
	Lomatium triternatum	Luksh, Biscuitroot			
	Osmorhiza chilensis	Sweet Cecily			
	Perideridia gairdneri	Late Yampa			
	Prunella vulgaris	Self Heal, Heal All			
	Rosa sp.	Wild Rose			
	Rubus leucodermis	Blackcap Raspberry		r	FR
	Trifolium pratense	Red Clover			
	Trifolium repens	White Clover			
	Veronica sp.	Speedwell	Simple		

Alteratives incl. Diaphoretics and Diuretics

Achillea millefolium	Yarrow	Diaphoretic		
Balsamorhiza sagittata	Arrow-Leaf Balsamroot			
Berberis aquifolium	Tall Oregon Grape			
Berberis repens	Oregon Grape			
Ceanothus integerrimus	Deerbrush			
Hypochaeris radicata	False Dandelion	Alterative		
Lomatium dissectum	Lomatium			
Lomatium nudicaule	Wild Celery, "Come-see"		c	L - FR
Pinus ponderosa	Ponderosa Pine		d	L - FR
Rumex sp.	Dock	Alterative		
Sambucus cerulea	Blue Elderberry	Diaphoretic		
Taraxacum officinalis	Dandelion	Alterative		
Trifolium pratense	Red Clover	Alterative, Simple		

Aromatic/Bitters

Achillea millefolium	Yarrow			
Berberis aquifolium	Tall Oregon Grape			
Berberis repens	Oregon Grape			
Heracleum lanatum	Cow Parsnip	Strong aromatic		
Hypochaeris radicata	False Dandelion	Bitter		
Lomatium dissectum	Lomatium			
Lomatium grayi	Pungent Biscuitroot		a	FR
Lomatium macrocarpum	Large Fruited Biscuitroot		c	FR - SN
Lomatium nudicaule	Wild Celery, "Come-see"		c	L - FR
Lomatium triternatum	Luksh, Biscuitroot			
Osmorhiza chilensis	Sweet Cecily			
Pinus ponderosa	Ponderosa Pine		d	L - FR
Rumex sp.	Dock	Bitter		
Taraxacum officinalis	Dandelion	Bitter		

Astringents

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Uses	Genus	Name	Notes	Abundance	Phenology
	<i>Geum macrophyllum</i>	Geum, Avens			
	<i>Potentilla</i> sp.	Potentilla			
	<i>Quercus garryana</i>	Oregon White Oak		d	L
	<i>Ribes</i> sp.	Currant			
	<i>Rosa</i> sp.	Wild Rose			
	<i>Rubus leucodermis</i>	Blackcap Raspberry		r	FR
	<i>Rumex</i> sp.	Dock	Mild		
Calming Herbs, Nervines					
	<i>Hypericum perforatum</i>	St. John's Wort			
	<i>Lactuca serriola</i>	Prickly Lettuce			
	<i>Plectritis congesta</i>	Rosy Plectritis			
	<i>Scutellaria angustifolia</i>	Narrow-Leaved Skullcap			
Demulcents, Emollients					
	<i>Penstemon</i> sp.	Penstemon	Emollient		
	<i>Plantago lanceolata</i>	Plantain			
	<i>Rumex</i> sp.	Dock	Young Leaves		
Pain (see Tranquilizers/Muscle Relaxants)					
	<i>Heracleum lanatum</i>	Cow Parsnip			
	<i>Populus trichocarpa</i>	Cottonwood Buds			
	<i>Quercus garryana</i>	Oregon White Oak		d	L
Misc.					
	<i>Achillea millefolium</i>	Yarrow	Hemostatic		
	<i>Ceanothus integerrimus</i>	Deerbrush	Soap		
	<i>Pinus ponderosa</i>	Ponderosa Pine	Incense, Fiber	d	L - FR
	<i>Plantago lanceolata</i>	Plantain	Drawing Poultice		
	<i>Taraxacum officinalis</i>	Dandelion	Blood Sugar, Win		
Topics of Botanical Interest					
	<i>Anticlea</i> sp. (<i>Zigadenus</i> sp.)	Death Camas	Poison Look-alike		
	<i>Cicuta douglasii</i>	Water Hemlock	Poison		
	<i>Conium maculatum</i>	Poison Hemlock	Poison		
	<i>Toxicoscordion paniculatum</i> (<i>Zigadenus</i> p.)	Death Camas	Poison Look-alike		

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Wild Food Tending
Field Trips #7, 8
June 17 & 18, 2018
Columbia Plateau Pine-Oak Woodland

- Home of the Klickitat people, still living in the area
- Geologic history of the Columbia Plateau
- Stories of root camp, a wild food intensive
- Tasted *Lomatium* seeds: *L. macrocarpum* (dry), *L. nudicaule* (green), *L. triternatum* (green)
- Tasted and compared on a spectrum of edible to medicinal roots: Fresh *L. grayi* and *L. macrocarpum*, *L. nudicaule* (tincture), *L. dissectum* (tincture)
- Tasted *Allium* sp. green fruits, *Brodiaea hyacinthina* corm
- Mapped the *Lomatiums* we have experience with on The Lomatium Matrix

Botany

- Keyed *Lomatium grayi*
- *Lomatium columbianum* and *L. dissectum* are strongly medicinal, have corky thickened wings on the fruits, and could be confused with *L. grayi* (whose wings are not corky thickened)

Wildcrafting

- The art of digging giant holes
- Harvested and processed *Lomatium grayi* to dry
- Variety of environmental forms seen in *Lomatium grayi* roots
- Harvested *Lathyrus latifolia* shoots, buds

Wild Food Preparation

- *Camassia quamash* spp. *brevifolia* bulbs pit baked for 2 days, steamed in crock-pot for 24 hours, frozen, then thawed and warmed in a skillet. Eaten alongside wild smoked salmon.
- *Lathyrus latifolius* shoots and buds, eaten raw and lightly sautéed in butter



When Hitchy apologizes for his Lomatium key, you know you're in trouble!

“Most of the species of this notoriously difficult genus are fairly well defined (even though often highly variable), but the species present so many different combinations of characters that a satisfactory key is extraordinarily difficult to devise.”

-C. Leo Hitchcock (from the 5 Volume Flora of the Pacific Northwest)