

Columbines School of Botanical Studies  
 Wild Food Tending Economic Botanical Survey  
 Trip #9: Umpqua Big Camas

August 9-10, 2018

Abundance	Phenology
d – dominant (defines the plant community)	L - In Leaf
a - abundant (codominant of the overstory or dominant of lower layer)	FL - In Flower
c – common (easily seen)	FR - In Fruit
o – occasional (walk around to see)	SN - Senescent
r – rare (trace, must search for it)	

Uses	Genus	Name	Notes	Abundance	Phenology
<b>Food: Roots</b>					
	Brodiaea sp.	<b>Brodiaea</b>		<b>r</b>	SN
	Camassia leichtlinii	<b>Great Camas</b>		<b>a</b>	SN
		<b>Camas</b>			
	Camassia quamash ssp. intermedia			<b>c</b>	SN
	Camassia sp.	<b>Common Camas</b>		<b>o</b>	SN
	Cirsium vulgare	<b>Bull Thistle</b>			
	Daucus carota	<b>Wild Carrot</b>			
	Hypochaeris radicata	<b>False Dandelion</b>			
	Lilium sp.	<b>Lily</b>			
	Osmorhiza chilensis	<b>Sweet Cicely</b>			
	Perideridia gairdneri	<b>Late Yampah</b>		<b>c</b>	FL
	Perideridia howellii	<b>Yampah</b>		<b>o</b>	FL
	Taraxacum officinalis	<b>Dandelion</b>			
<b>Food: Greens and Potherbs</b>					
	Berberis aquifolium	<b>Tall Oregon Grape</b>			
	Berberis nervosa	<b>Oregon Grape</b>			
	Castilleja miniata	<b>Paintbrush</b>			
	Chrysanthemum leucanthemum	<b>Ox Eye Daisy</b>			
	Cirsium vulgare	<b>Bull Thistle</b>			
	Daucus carota	<b>Wild Carrot</b>			
	Epilobium angustifolium	<b>Fireweed</b>			
	Fragaria sp.	<b>Wild Strawberry</b>		<b>c</b>	SN
	Gallium sp.	<b>Bedstraw, Cleavers</b>			
	Hypochaeris radicata	<b>False Dandelion</b>			
	Mimulus guttatus	<b>Yellow Monkeyflower</b>			
	Osmorhiza chilensis	<b>Sweet Cicely</b>			
	Perideridia gairdneri	<b>Late Yampah</b>		<b>c</b>	FL
	Perideridia howellii	<b>Yampah</b>		<b>o</b>	FL
	Plantago lanceolata	<b>Plantain</b>			
	Potentilla sp.	<b>Potentilla</b>		<b>c</b>	SN

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Uses	Genus	Name	Notes	Abundance	Phenology
	<i>Prunella vulgaris</i>	Self Heal, Heal All		c	SN
	<i>Rosa</i> sp.	Wild Rose			
	<i>Rubus ursinus</i>	Blackberry			
	<i>Rumex obtusifolius</i>	Bitter Dock			
	<i>Sidalcea</i> sp.	Checker Mallow			
	<i>Stachys cooleyae</i>	Hedge Nettle			
	<i>Taraxacum officinalis</i>	Dandelion			
	<i>Trifolium repens</i>	White Clover			
	<i>Trifolium</i> sp.	Native Clover			
	<i>Vaccinium parvifolium</i>	Red Huckleberry			
	<i>Viola</i> sp	Violet		c	SN
<b>Food: Fruits</b>					
	<i>Amelanchier alnifolia</i>	Service Berry		c	FR
	<i>Berberis aquifolium</i>	Tall Oregon Grape			
	<i>Berberis nervosa</i>	Oregon Grape			
	<i>Crataegus douglasii</i>	Black Hawthorne		o	FR
	<i>Crataegus</i> sp.	Hawthorne			
	<i>Epilobium angustifolium</i>	Fireweed			
	<i>Fragaria</i> sp.	Wild Strawberry		c	SN
	<i>Gaultheria shallon</i>	Salal			
	<i>Madia elegans</i>	Tarweed		r	FL
	<i>Madia</i> sp.	Tarweed		o	FR
	<i>Malus fusca</i>	Pacific Crabapple			
	<i>Pinus lambertiana</i>	Sugar Pine		r	FR
	<i>Quercus garryana</i>	Oregon White Oak		d	L
	<i>Rosa</i> sp.	Rosehips			
	<i>Rubus ursinus</i>	Blackberry			
	<i>Rumex obtusifolius</i>	Bitter Dock			
	<i>Vaccinium parvifolium</i>	Red Huckleberry			
<b>Food: Spices/Teas</b>					
	<i>Achillea millefolium</i>	Yarrow		c	SN
	<i>Crataegus douglasii</i>	Black Hawthorne		o	FR
	<i>Crataegus</i> sp.	Hawthorne			
	<i>Epilobium angustifolium</i>	Fireweed			
	<i>Equisetum</i> sp.	Horsetail			
	<i>Fragaria</i> sp.	Wild Strawberry		c	SN
	<i>Lilium</i> sp.	Lily			
	<i>Mentha arvensis</i>	Field Mint			
	<i>Osmorhiza chilensis</i>	Sweet Cicely			
	<i>Perideridia gairdneri</i>	Late Yampah		c	FL

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Uses	Genus	Name	Notes	Abundance	Phenology
	<i>Perideridia howellii</i>	<b>Yampah</b>		<b>o</b>	FL
	<i>Prunella vulgaris</i>	<b>Self Heal, Heal All</b>		<b>c</b>	SN
	<i>Rosa</i> sp.	<b>Rose</b>			
	<i>Rubus ursinus</i>	<b>Blackberry</b>			
	<i>Stachys cooleyae</i>	<b>Hedge Nettle</b>			
	<i>Trifolium repens</i>	<b>White Clover</b>			
	<i>Trifolium</i> sp.	<b>Native Clover</b>			
<b>Alteratives incl. Diaphoretics and Diuretics</b>					
	<i>Achillea millefolium</i>	<b>Yarrow</b>	Diaphoretic	<b>c</b>	SN
	<i>Berberis aquifolium</i>	<b>Tall Oregon Grape</b>			
	<i>Berberis nervosa</i>	<b>Oregon Grape</b>	Alterative		
	<i>Gallium</i> sp.	<b>Bedstraw, Cleavers</b>	Diuretic		
	<i>Hypochaeris radicata</i>	<b>False Dandelion</b>	Alterative		
	<i>Pinus lambertiana</i>	<b>Sugar Pine</b>		<b>r</b>	FR
	<i>Rumex obtusifolius</i>	<b>Bitter Dock</b>	Alterative		
	<i>Taraxacum officinalis</i>	<b>Dandelion</b>	Alterative		
	<i>Trifolium</i> sp.	<b>Native Clover</b>	Alterative, Simple		
<b>Aromatic/Bitters</b>					
	<i>Achillea millefolium</i>	<b>Yarrow</b>		<b>c</b>	SN
	<i>Berberis aquifolium</i>	<b>Tall Oregon Grape</b>			
	<i>Berberis nervosa</i>	<b>Oregon Grape</b>	Bitter		
	<i>Centaurea pratensis</i>	<b>Meadow Knapweed</b>			
	<i>Hypochaeris radicata</i>	<b>False Dandelion</b>	Bitter		
	<i>Mentha arvensis</i>	<b>Field Mint</b>			
	<i>Osmorhiza chilensis</i>	<b>Sweet Cicely</b>			
	<i>Rumex obtusifolius</i>	<b>Bitter Dock</b>	Bitter		
	<i>Taraxacum officinalis</i>	<b>Dandelion</b>	Bitter		
<b>Astringents</b>					
	<i>Amelanchier alnifolia</i>	<b>Service Berry</b>		<b>c</b>	FR
	<i>Fragaria</i> sp.	<b>Wild Strawberry</b>		<b>c</b>	SN
	<i>Gaultheria shallon</i>	<b>Salal</b>			
	<i>Geum macrophyllum</i>	<b>Geum, Avens</b>			
	<i>Pinus lambertiana</i>	<b>Sugar Pine</b>		<b>r</b>	FR
	<i>Potentilla</i> sp.	<b>Potentilla</b>		<b>c</b>	SN
	<i>Quercus garryana</i>	<b>Oregon White Oak</b>		<b>d</b>	L
	<i>Rosa</i> sp.	<b>Rose</b>			
	<i>Rubus ursinus</i>	<b>Blackberry</b>			
	<i>Rumex obtusifolius</i>	<b>Bitter Dock</b>	Mild		
	<i>Vaccinium parvifolium</i>	<b>Red Huckleberry</b>			

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Uses	Genus	Name	Notes	Abundance	Phenology
<b>Calming Herbs, Nervines</b>					
	<i>Hypericum anagalloides</i>	<b>Bog St. John's Wort</b>			
	<i>Hypericum formosum</i>	<b>Native St. John's Wort</b>			
	<i>Hypericum perforatum</i>	<b>St. John's Wort</b>			
	<i>Stachys cooleyae</i>	<b>Hedge Nettle</b>			
<b>Demulcents, Emollients</b>					
	<i>Plantago lanceolata</i>	<b>Plantain</b>			
	<i>Rumex obtusifolius</i>	<b>Bitter Dock</b>	Young Leaves		
	<i>Sidalcea</i> sp.	<b>Checker Mallow</b>			
	<i>Viola</i> sp.	<b>Violet</b>		c	SN
<b>Misc.</b>					
	<i>Achillea millefolium</i>	<b>Yarrow</b>	Hemostatic	c	SN
	<i>Chrysanthemum leucanthemum</i>	<b>Ox Eye Daisy</b>	Allergies		
	<i>Crataegus douglasii</i>	<b>Black Hawthorne</b>		o	FR
	<i>Crataegus</i> sp.	<b>Hawthorne</b>			
	<i>Gallium</i> sp.	<b>Bedstraw</b>	Burns		
	<i>Plantago lanceolata</i>	<b>Plantain</b>	Drawing Poultice		
	<i>Quercus garryana</i>	<b>Oregon White Oak</b>	Salicylates	d	L
	<i>Taraxacum officinalis</i>	<b>Dandelion</b>	Blood Sugar, Wine, Minerals		
<b>Topics of Botanical Interest</b>					
	<i>Centaurea</i> sp.	<b>Knapweed</b>		o	FL
	<i>Senecio jacobaea</i>	<b>Tansy Ragweed</b>	Poison Look-alike		
	<i>Toxicoscordion diversilobum</i>	<b>Poison Oak</b>		o	L

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 Trip #10: Umpqua Twin Lakes

August 11-12, 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
<b>Food: Roots</b>					
	Allium sp.	<b>Onion</b>			
	Calochortus sp.	<b>Cats Ears</b>	No Pick		
	Camassia leichtlinii	<b>Great Camas</b>			FR-SN
	Cirsium sp.	<b>Thistle</b>			
	Claytonia lanceolata	<b>Spring Beauty</b>			
	Erythronium grandiflorum	<b>Fawn Lily</b>	No Pick		SN
	Lilium pardalinum	<b>Leopard Lily</b>			FR
	Lomatium hallii	<b>Biscuit Root</b>			
	Osmorhiza chilensis	<b>Sweet Cicely</b>			
	Perideridia gairdneri	<b>Late Yampah</b>			FL
	Perideridia oregana	<b>Early Yampah</b>			FL
	Platanthera dilatata	<b>White Rein Orchid</b>	No Pick		
	Taraxacum officinalis	<b>Dandelion</b>			
	Triteleia hyacinthina (Brodiaea h.)	<b>Brodiaea</b>			
	Xerophyllum tenax	<b>Beargrass</b>			FR
<b>Food: Greens and Potherbs</b>					
	Achlys triphylla	<b>Vanilla Leaf</b>			
	Allium sp.	<b>Onion</b>			
	Allium validum	<b>Swamp Onion</b>			FR
	Berberis nervosa	<b>Oregon Grape</b>			
	Calochortus sp.	<b>Cats Ears</b>	No Pick		
	Castilleja sp.	<b>Paintbrush</b>			
	Cirsium sp.	<b>Thistle</b>			
	Claytonia lanceolata	<b>Spring Beauty</b>			
	Epilobium angustifolium	<b>Fireweed</b>			
	Erythronium grandiflorum	<b>Fawn Lily</b>	No Pick		SN
	Fragaria vesca	<b>Wild Strawberry</b>			
	Gallium oreganum	<b>Bedstraw, Cleavers</b>			
	Gallium sp.	<b>Bedstraw, Cleavers</b>			
	Heracleum lanatum	<b>Cow Parsnip</b>			

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Uses	Genus	Name	Notes	Abundance	Phenology
	Hydrophyllum sp.	<b>Waterleaf</b>			
	Ligusticum grayi	<b>Oshala</b>			FR
	Lomatium hallii	<b>Biscuit Root</b>			
	Mimulus guttatus	<b>Yellow Monkeyflower</b>			
	Mimulus moschatus	<b>Musk Monkeyflower</b>			
	Montia parvifolia	<b>Small leafed Montia</b>			
	Montia sibirica	<b>Candyflower</b>			FL
	Oemleria cerasiformis	<b>Oso Berry</b>			
	Orthocarpus imbricatus	<b>Owl's Clover</b>			
	Osmorhiza chilensis	<b>Sweet Cicely</b>			
	Osmorhiza occidentalis	<b>Sweet Root</b>			
	Perideridia gairdneri	<b>Late Yampah</b>			FL
	Perideridia oregana	<b>Early Yampah</b>			FL
	Phacelia mutabilis	<b>Phacelia</b>			
	Plantago major	<b>Plantain</b>			
	Platanthera dilatata	<b>White Rein Orchid</b>	No Pick		
	Polygonum bistortoides	<b>Mountain Bistort</b>			
	Potentilla glandulosa	<b>Potentilla</b>			
	Prunella vulgaris	<b>Self Heal, Heal All</b>			
	Rosa gymnocarpa	<b>Wild Rose</b>			
	Rubus leucodermis	<b>Blackcap Raspberry</b>			
	Rubus parviflorus	<b>Thimble Berry</b>			FR
	Rubus spectabilis	<b>Salmon Berry</b>			
	Rubus ursinus	<b>Blackberry</b>			
	Rumex acetocella	<b>Sheep Sorrel</b>			
	Sambucus cerulea	<b>Black Elder</b>	Flowers Only		
	Sambucus racemosa	<b>Red Elder</b>	Flowers Only		
	Sedum oregonense	<b>Stonecrop</b>			
	Sedum sp.	<b>Stonecrop</b>			
	Sidalcea oregana	<b>Checker Mallow</b>			
	Stachys cooleyae	<b>Hedge Nettle</b>			FL
	Stachys rigida	<b>Hedge Nettle</b>			
	Taraxacum officinalis	<b>Dandelion</b>			
	Trifolium howellii	<b>Native Clover</b>			
	Trifolium repens	<b>White Clover</b>			
	Trillium ovatum	<b>Trillium</b>	No Pick		
	Vaccinium membranaceum	<b>Big Huckleberry</b>			
	Vaccinium ovalifolium	<b>Huckleberry</b>			
	Vancouveria hexandra	<b>Inside Out Flower</b>			
	Viola glabella	<b>Violet</b>			
	Viola sp.	<b>Violet</b>			
	Xerophyllum tenax	<b>Beargrass</b>			FR

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Uses	Genus	Name	Notes	Abundance	Phenology
<b>Food: Fruits</b>					
	Amelanchier alnifolia	Service Berry			
	Arctostaphylos nevadensis	Kinnikinnik			
	Arctostaphylos patula	Green Manzanita			
	Berberis nervosa	Oregon Grape			
	Calochortus sp.	Cats Ears	No Pick		
	Chrysolepis chrysophylla	Chinquapin			FL
	Cornus canadensis	Bunch Berry			
	Cornus sericea	Red Osier Dogwood			
	Epilobium angustifolium	Fireweed			
	Eriogonum nudum	Wild Buckwheat			FL
	Eriogonum umbellatum	Wild Buckwheat			
	Erythronium grandiflorum	Fawn Lily	No Pick		SN
	Fragaria vesca	Wild Strawberry			
	Gaultheria ovatifolia	Baby Salal			
	Linum lewisii	Flax			
	Madia sp.	Tarweed			FL
	Nuphar polysepala	Yellow Pond Lily			FR
	Oemleria cerasiformis	Oso Berry			
	Platanthera dilatata	White Rein Orchid	No Pick		
	Polygonum bistortoides	Mountain Bistort			
	Prosartes hookeri (Disporum h.)	Fairy Bells			FR
	Pyrola sp.	Pyrola	unripe		FR
	Ribes lacustre	Swamp Currant			FR
	Ribes lobbii	Gummy Gooseberry			
	Ribes viscosissimum	Sticky Currant			
	Rosa gymnocarpa	Rosehips			
	Rubus lasiococcus	Trailing Bramble			L
	Rubus leucodermis	Blackcap Raspberry			
	Rubus parviflorus	Thimble Berry			FR
	Rubus spectabilis	Salmon Berry			
	Rubus ursinus	Blackberry			
	Sorbus scopulina	Mountain Ash			
	Streptopus amplexifolius	Twisted Stalk			FR
	Trillium ovatum	Trillium	No Pick		
	Vaccinium membranaceum	Big Huckleberry			
	Vaccinium ovalifolium	Huckleberry			
	Xerophyllum tenax	Beargrass			FR

**Food: Spices/Teas**

Achillea millefolium      Yarrow

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Uses	Genus	Name	Notes	Abundance	Phenology
	Achlys triphylla	<b>Vanilla Leaf</b>			
	Agastache urticifolia	<b>Horse Mint</b>			FR
	Allium sp.	<b>Onion</b>			
	Allium validum	<b>Swamp Onion</b>			FR
	Anaphalis margaritacea	<b>Pearly Everlasting</b>			
	Asarum caudatum	<b>Wild Ginger</b>			
	Epilobium angustifolium	<b>Fireweed</b>			
	Fragaria vesca	<b>Wild Strawberry</b>			
	Heracleum lanatum	<b>Cow Parsnip</b>	Strong		
	Ligusticum grayi	<b>Oshala</b>			FR
	Lilium pardalinum	<b>Leopard Lily</b>			FR
	Lomatium hallii	<b>Biscuit Root</b>			
	Osmorhiza chilensis	<b>Sweet Cicely</b>			
	Osmorhiza occidentalis	<b>Sweet Root</b>			
	Perideridia gairdneri	<b>Late Yampah</b>			FL
	Perideridia oregana	<b>Early Yampah</b>			FL
	Prunella vulgaris	<b>Self Heal, Heal All</b>			
	Rosa gymnocarpa	<b>Rose</b>			
	Rubus lasiococcus	<b>Trailing Bramble</b>			L
	Rubus leucodermis	<b>Blackcap Raspberry</b>			
	Rubus parviflorus	<b>Thimble Berry</b>			FR
	Rubus spectabilis	<b>Salmon Berry</b>			
	Rubus ursinus	<b>Blackberry</b>			
	Stachys cooleyae	<b>Hedge Nettle</b>			FL
	Stachys rigida	<b>Hedge Nettle</b>			
	Trifolium howellii	<b>Native Clover</b>			
	Trifolium repens	<b>White Clover</b>			

**Alteratives incl. Diaphoretics and Diuretics**

Achillea millefolium	<b>Yarrow</b>	Diaphoretic	
Arctostaphylos nevadensis	<b>Kinnikinnik</b>		
Arctostaphylos patula	<b>Green Manzanita</b>		
Asarum caudatum	<b>Wild Ginger</b>	Diaphoretic	
Berberis nervosa	<b>Oregon Grape</b>	Alterative	
Gallium oreganum	<b>Bedstraw, Cleavers</b>	Diuretic	
Gallium sp.	<b>Bedstraw, Cleavers</b>	Diuretic	
Ligusticum grayi	<b>Oshala</b>		FR
Pyrola sp.	<b>Pyrola</b>		FR
Rudbeckia occidentalis	<b>Rudbeckia</b>		
Sambucus cerulea	<b>Black Elder</b>	Flowers and Berries	
Sambucus racemosa	<b>Red Elder</b>	Flowers Only	
Taraxacum officinalis	<b>Dandelion</b>	Alterative	



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Uses	Genus	Name	Notes	Abundance	Phenology
	Trifolium howellii	<b>Native Clover</b>	Alterative, Simple		
	Trifolium repens	<b>White Clover</b>	Alterative, Simple		
<b>Aromatic/Bitters</b>					
	Achillea millefolium	<b>Yarrow</b>			
	Agastache urticifolia	<b>Horse Mint</b>			FR
	Asarum caudatum	<b>Wild Ginger</b>			
	Berberis nervosa	<b>Oregon Grape</b>	Bitter		
	Heracleum lanatum	<b>Cow Parsnip</b>	Strong aromatic		
	Ligusticum grayi	<b>Oshala</b>			FR
	Lomatium hallii	<b>Biscuit Root</b>			
	Osmorhiza chilensis	<b>Sweet Cicely</b>			
	Osmorhiza occidentalis	<b>Sweet Root</b>			
	Pedicularis racemosa	<b>Parrot's Beak</b>			FL
	Taraxacum officinalis	<b>Dandelion</b>	Bitter		
<b>Astringents</b>					
	Amelanchier alnifolia	<b>Service Berry</b>			
	Anaphalis margaritacea	<b>Pearly Everlasting</b>			
	Arctostaphylos nevadensis	<b>Kinnikinnik</b>			
	Arctostaphylos patula	<b>Green Manzanita</b>			
	Cornus canadensis	<b>Bunch Berry</b>			
	Cornus sericea	<b>Red Osier Dogwood</b>			
	Eriogonum nudum	<b>Wild Buckwheat</b>			FL
	Eriogonum umbellatum	<b>Wild Buckwheat</b>			
	Fragaria vesca	<b>Wild Strawberry</b>			
	Gaultheria ovatifolia	<b>Baby Salal</b>			
	Geum macrophyllum	<b>Geum, Avens</b>			
	Polygonum bistortoides	<b>Mountain Bistort</b>			
	Potentilla glandulosa	<b>Potentilla</b>			
	Pyrola sp.	<b>Pyrola</b>			FR
	Ribes lacustre	<b>Swamp Currant</b>			FR
	Ribes lobbii	<b>Gummy Gooseberry</b>			
	Ribes viscosissimum	<b>Sticky Currant</b>			
	Rosa gymnocarpa	<b>Rose</b>			
	Rubus lasiococcus	<b>Trailing Bramble</b>			L
	Rubus leucodermis	<b>Blackcap Raspberry</b>			
	Rubus parviflorus	<b>Thimble Berry</b>			FR
	Rubus spectabilis	<b>Salmon Berry</b>			
	Rubus ursinus	<b>Blackberry</b>			
	Salix sp.	<b>Willow</b>			
	Sorbus scopulina	<b>Mountain Ash</b>			

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Uses	Genus	Name	Notes	Abundance	Phenology
	Vaccinium membranaceum	<b>Big Huckleberry</b>			
	Vaccinium ovalifolium	<b>Huckleberry</b>			
<b>Calming Herbs, Nervines</b>					
	Corallorhiza maculata	<b>Spotted Coral Root</b>	No Pick		
	Hypericum anagalloides	<b>Bog St. John's Wort</b>			
	Hypericum perforatum	<b>St. John's Wort</b>			
	Nuphar polysepala	<b>Yellow Pond Lily</b>			FR
	Pedicularis racemosa	<b>Parrot's Beak</b>			FL
	Stachys cooleyae	<b>Hedge Nettle</b>			FL
	Stachys rigida	<b>Hedge Nettle</b>			
	Valeriana sitchensis	<b>Valerian</b>			L
<b>Demulcents, Emollients</b>					
	Maianthemum racemosum (Smilacina racemosa)	<b>Large False Solomon's Seal</b>			
	Maianthemum stellatum (Smilacina stellata)	<b>Small False Solomon's Seal</b>			
	Plantago major	<b>Plantain</b>			
	Sidalcea oregana	<b>Checker Mallow</b>			
	Viola glabella	<b>Violet</b>			
	Viola sp.	<b>Violet</b>			
<b>Pain (see Tranquilizers/Muscle Relaxants)</b>					
	Heracleum lanatum	<b>Cow Parsnip</b>			
	Salix sp.	<b>Willow</b>			
<b>Misc.</b>					
	Achillea millefolium	<b>Yarrow</b>	Hemostatic		
	Arnica latifolia	<b>Arnica</b>	Injuries		
	Gallium oreganum	<b>Bedstraw</b>	Burns		
	Gallium sp.	<b>Bedstraw</b>	Burns		
	Plantago major	<b>Plantain</b>	Drawing Poultice		
	Solidago canadensis	<b>Goldenrod</b>	Allergies		
	Taraxacum officinalis	<b>Dandelion</b>	Blood Sugar, Wine, Minerals		
	Trillium ovatum	<b>Trillium</b>	No Pick, Uterine Astringent		
<b>Topics of Botanical Interest</b>					
	Aconitum columbianum	<b>Monkshood, Wolf's Bane</b>	Poison		FL-FR

Columbines School of Botanical Studies  
 Wild Food Tending Economic Botanical Survey  
 Trip #10: Umpqua Twin Lakes

Uses	Genus	Name	Notes	Abundance	Phenology
	Actea rubra	<b>Bane Berry</b>	Poison		FR
	Centaurea pratensis	<b>Meadow Knapweed</b>	Invasive weed		
	Gilia aggregata	<b>Gilia</b>			
	Gilia capitata	<b>Gilia</b>			
	Orobanche sp.	<b>Broom Rape</b>	No Pick		
	Sanicula graveolens	<b>Sanicle</b>	Edible? Ethno reference		
	Senecio triangularis	<b>Arrow Leaf Groundsel</b>			

**Columbines School of Botanical Studies**  
**Wild Food Tending**  
**Field Trips #9, 10, 11, 12**  
**August 9-12, 2018**  
**Middle Elevation Coniferous Woods and Meadows**

- Territories and history overview of southern Oregon Indigenous peoples, especially the Cow Creek Band of Umpqua Indians, southern Mollala, and Klamath
- Visited a contemporary and historic summer berry gathering place for Southern Mollala, Cow Creek band of Umpqua Indians, Klamath, Modoc, Shasta, Takelma, possibly Paiute people
- Tasted *Madia elegans* fruits, *Amelanchier alnifolia* berries, *Perideridia gairdneri* roots and flowers, *Allium validum* green fruits, *Ribes lacustre* berries, *Rubus parviflorus* berries, *Pyrola secunda* green fruits, *Streptopus roseus* and *S. amplexicaulis* fruits

**Botany**

- Keyed *Vaccinium membranaceum*, *Madia elegans*, *Perideridia oregana*
- *Oxypolis occidentalis*, a toxic Lomatium-like Apiaceae growing in southern Oregon meadows

**Wildcrafting**

- Harvested and processed *Perideridia oregana* roots and green fruits
- Harvested berries of *Vaccinium ovalifolium*, *V. occidentale*, *V. membranaceum*, *V. scoparium*, and *Gaultheria ovatifolia*
- Wild seeds and grains as food: collection methods, processing to remove chaff and anti-nutrients, tending the stand

**Ecology and Tending**

- Wild tending site selection and strategic planning
- Collected and propagated *Camassia quamash* seed
- *Vaccinium* ecology, locating, and tending
- Succession and forest encroachment of meadows and berry fields
- Identifying a Traditional Use Site using names, geography, current use patterns, and outside written sources
- Avoiding Traditional Use Sites in current use as a wildcrafting principle
- Surveyed fire effects on severe and lightly burned areas

## Wild Food Preparation

- Soup with *Perideridia oregana* roots and green fruits, *Stachys cooleyi* leaves and flowers, chicken broth, butter, and miso
- Drying techniques for berries
- Processed dried *Lomatium grayi* into flour
- Processed *Pinus monophylla* nuts into flour
- Made Paiute-style pinch cakes with 1/3 *Lomatium* flour, 1/3 pine nut flour, 1/3 dried *V. membranaceum* berries. Moisten and press into palm, then dry.
- Made “Hoop Soup” with dried beef jerkey, dried *Lomatium grayi*, *L. macrocarpum* and *L. cous* pieces, fresh *Vaccinium occidentale* berries, dried *Pinus monophylla* nuts, dried *Perideridia oregana* green seeds, chicken broth, and miso.
- Made berry compote with *V. occidentale* berries and enjoyed over chocolate torte