

Columbines School of Botanical Studies
 Wild Food Tending Economic Botanical Survey
 Trip #9: North Umpqua Watershed

August 9-10, 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					
	Brodiaea sp.	Brodiaea		r	SN
	Camassia leichtlinii	Great Camas Camas		a	SN
	Camassia quamash ssp. intermedia			c	SN
	Camassia sp.	Common Camas		o	SN
	Cirsium vulgare	Bull Thistle			
	Daucus carota	Wild Carrot			
	Hypochaeris radicata	False Dandelion			
	Lilium sp.	Lily			
	Osmorhiza chilensis	Sweet Cicely			
	Perideridia gairdneri	Late Yampah		c	FL
	Perideridia howellii	Yampah		o	FL
	Taraxacum officinalis	Dandelion			
Food: Greens and Potherbs					
	Berberis aquifolium	Tall Oregon Grape			
	Berberis nervosa	Oregon Grape			
	Castilleja miniata	Paintbrush			
	Chrysanthemum leucanthemum	Ox Eye Daisy			
	Cirsium vulgare	Bull Thistle			
	Daucus carota	Wild Carrot			
	Epilobium angustifolium	Fireweed			
	Fragaria sp.	Wild Strawberry		c	SN
	Gallium sp.	Bedstraw, Cleavers			
	Hypochaeris radicata	False Dandelion			
	Mimulus guttatus	Yellow Monkeyflower			
	Osmorhiza chilensis	Sweet Cicely			
	Perideridia gairdneri	Late Yampah		c	FL
	Perideridia howellii	Yampah		o	FL
	Plantago lanceolata	Plantain			
	Potentilla sp.	Potentilla		c	SN
	Prunella vulgaris	Self Heal, Heal All		c	SN

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

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

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

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Phenology

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

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

Food: Fruits

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

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

Alteratives incl. Diaphoretics and Diuretics

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

Aromatic/Bitters

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Uses	Genus	Name	Notes	Abundance	Phenology
	<i>Achillea millefolium</i>	Yarrow			
	<i>Agastache urticifolia</i>	Horse Mint			FR
	<i>Asarum caudatum</i>	Wild Ginger			
	<i>Berberis nervosa</i>	Oregon Grape	Bitter		
	<i>Heracleum lanatum</i>	Cow Parsnip	Strong aromatic		
	<i>Ligusticum grayi</i>	Oshala			FR
	<i>Lomatium hallii</i>	Biscuit Root			
	<i>Osmorhiza chilensis</i>	Sweet Cicely			
	<i>Osmorhiza occidentalis</i>	Sweet Root			
	<i>Pedicularis racemosa</i>	Parrot's Beak			FL
	<i>Taraxacum officinalis</i>	Dandelion	Bitter		

Astringents

	<i>Amelanchier alnifolia</i>	Service Berry			
	<i>Anaphalis margaritacea</i>	Pearly Everlasting			
	<i>Arctostaphylos nevadensis</i>	Kinnikinnik			
	<i>Arctostaphylos patula</i>	Green Manzanita			
	<i>Cornus canadensis</i>	Bunch Berry			
	<i>Cornus sericea</i>	Red Osier Dogwood			
	<i>Eriogonum nudum</i>	Wild Buckwheat			FL
	<i>Eriogonum umbellatum</i>	Wild Buckwheat			
	<i>Fragaria vesca</i>	Wild Strawberry			
	<i>Gaultheria ovatifolia</i>	Baby Salal			
	<i>Geum macrophyllum</i>	Geum, Avens			
	<i>Polygonum bistortoides</i>	Mountain Bistort			
	<i>Potentilla glandulosa</i>	Potentilla			
	<i>Pyrola sp.</i>	Pyrola			FR
	<i>Ribes lacustre</i>	Swamp Currant			FR
	<i>Ribes lobbii</i>	Gummy Gooseberry			
	<i>Ribes viscosissimum</i>	Sticky Currant			
	<i>Rosa gymnocarpa</i>	Rose			
	<i>Rubus lasiococcus</i>	Trailing Bramble			L
	<i>Rubus leucodermis</i>	Blackcap Raspberry			
	<i>Rubus parviflorus</i>	Thimble Berry			FR
	<i>Rubus spectabilis</i>	Salmon Berry			
	<i>Rubus ursinus</i>	Blackberry			
	<i>Salix sp.</i>	Willow			
	<i>Sorbus scopulina</i>	Mountain Ash			
	<i>Vaccinium membranaceum</i>	Big Huckleberry			
	<i>Vaccinium ovalifolium</i>	Huckleberry			

Calming Herbs, Nervines

	<i>Corallorhiza maculata</i>	Spotted Coral Root	No Pick		
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	<i>Hypericum anagalloides</i>	Bog St. John's Wort			
	<i>Hypericum perforatum</i>	St. John's Wort			
	<i>Nuphar polysepala</i>	Yellow Pond Lily			FR
	<i>Pedicularis racemosa</i>	Parrot's Beak			FL
	<i>Stachys cooleyae</i>	Hedge Nettle			FL
	<i>Stachys rigida</i>	Hedge Nettle			
	<i>Valeriana sitchensis</i>	Valerian			L
Demulcents, Emollients					
	<i>Maianthemum racemosum</i> (<i>Smilacina racemosa</i>)	Large False Solomon's Seal			
	<i>Maianthemum stellatum</i> (<i>Smilacina stellata</i>)	Small False Solomon's Seal			
	<i>Plantago major</i>	Plantain			
	<i>Sidalcea oregana</i>	Checker Mallow			
	<i>Viola glabella</i>	Violet			
	<i>Viola sp.</i>	Violet			
Pain (see Tranquilizers/Muscle Relaxants)					
	<i>Heracleum lanatum</i>	Cow Parsnip			
	<i>Salix sp.</i>	Willow			
Misc.					
	<i>Achillea millefolium</i>	Yarrow	Hemostatic		
	<i>Arnica latifolia</i>	Arnica	Injuries		
	<i>Gallium oreganum</i>	Bedstraw	Burns		
	<i>Gallium sp.</i>	Bedstraw	Burns		
	<i>Plantago major</i>	Plantain	Drawing Poultice		
	<i>Solidago canadensis</i>	Goldenrod	Allergies		
	<i>Taraxacum officinalis</i>	Dandelion	Blood Sugar, Wine, Minerals		
	<i>Trillium ovatum</i>	Trillium	No Pick, Uterine Astringent		
Topics of Botanical Interest					
	<i>Aconitum columbianum</i>	Monkshood, Wolf's Bane	Poison		FL-FR
	<i>Actea rubra</i>	Bane Berry	Poison		FR
	<i>Centaurea pratensis</i>	Meadow Knapweed	Invasive weed		
	<i>Gilia aggregata</i>	Gilia			
	<i>Gilia capitata</i>	Gilia			
	<i>Orobanche sp.</i>	Broom Rape	No Pick		

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Uses	Genus	Name	Notes	Abundance	Phenology
	Sanicula graveolens	Sanicle	Edible? Ethno reference		
	Senecio triangularis	Arrow Leaf Groundsel			

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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