

Columbines School of Botanical Studies
 Second Year Apprenticeship Program
 Valley Floor and Coast Range

April 6, 7, 2019
 Trip 1, 2

Valley Floor: 420'
 Top of Butte: 2050'
 Low Elevation Coast Range: 735'

Family	Genus	Name	Uses	Seen
Araceae				
	<i>Lysichiton americanus</i> (L. americanum)	Skunk Cabbage	+/- Edible	x
Melanthiaceae (Liliaceae)				
	<i>Trillium ovatum</i>	Trillium	No Pick - Medicinal	x
	<i>Veratrum</i> sp.	False Hellebore	Poisonous	
	<i>Trillium albidum</i> (T. chloropetalum)	Trillium	No Pick - Medicinal	x
Liliaceae				
	<i>Clintonia uniflora</i>	Queen's Cup	Poisonous?	
	<i>Erythronium oregonum</i>	Fawn Lily	No Pick, Edible	x
	<i>Erythronium revolutum</i>	Pink Fawn Lily	No Pick, Edible	
	<i>Lilium columbianum</i>	Tiger Lily	No Pick, Edible	
	<i>Scoliopus hallii</i>	Fetid Adder's Tongue		x
	<i>Fritillaria affinis</i> (F. lanceolata)	Checker Lily	No Pick, Edible	
	<i>Prosartes hookeri</i> (Disporum h.)	Fairy Bells	Edible	
	<i>Prosartes smithii</i> (Disporum s.)	Fairy Lanterns	Edible	
Orchidaceae				
	<i>Calypso bulbosa</i>	Calypso Orchid	No pick	x
	<i>Corallorhiza mertensiana</i>	Western Coral Root	No pick	
	<i>Corallorhiza striata</i>	Striped Coral Root	No pick	
	<i>Goodyera oblongifolia</i>	Rattlesnake Plantain	Mucilaginous	
	<i>Neottia cordata</i> (Listera cordata)	Twayblade		
	<i>Corallorhiza</i> sp.	Coral Root	No pick	
Iridaceae				
	<i>Iris tenax</i>	Iris	Medicinal	
	<i>Olsynium douglasii</i> (Sisyrinchium douglasii)	Blue-eyed Grass	Rare Lane County	x
Amaryllidaceae (Liliaceae)				
	<i>Allium</i> sp.	Onion	Edible	x
Asparagaceae (Liliaceae)				
	<i>Camassia</i> sp.	Camas	No Pick, Edible	
	<i>Maianthemum dilatatum</i>	Wild Lily of the Valley		x

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Family	Genus	Name	Uses	Seen
	<i>Maianthemum racemosum</i> (Smilacina Asparagus racemosa)	Large False Solomon's Seal	Edible, Medicinal	x
	<i>Maianthemum stellatum</i> (Smilacina stellata)	Small False Solomon's Seal	Edible, Medicinal	x
Equisetaceae				
	<i>Equisetum</i> sp.	Horsetail	Medicinal	
Dryopteridaceae (Polypodiaceae)				
	<i>Polystichum munitum</i>	Sword Fern	Ecologically important	x
Polypodiaceae				
	<i>Polypodium glycyrrhiza</i>	Licorice Fern	Edible, Medicinal	x
Pinaceae				
	<i>Pinus ponderosa</i>	Ponderosa Pine	Edible, Medicinal	x
Cupressaceae				
	<i>Thuja plicata</i>	Western Red Cedar	Medicinal	
Aristolochiaceae				
	<i>Asarum caudatum</i>	Wild Ginger	Spice, Medicinal	x
Papaveraceae (Fumariaceae)				
	<i>Dicentra formosa</i>	Bleeding Heart	Poisonous, Medicinal	x
Berberidaceae				
	<i>Berberis aquifolium</i>	Tall Oregon Grape	Edible, Medicinal	
	<i>Berberis nervosa</i>	Mountain Oregon grape	Edible, Medicinal	x
	<i>Vancouveria hexandra</i>	Inside-out Flower	Edible	x
Ranunculaceae				
	<i>Actea rubra</i>	Baneberry	Poisonous, Medicinal	
	<i>Delphinium</i> sp.	Larkspur	Poisonous, (Lice)	
	<i>Ranunculus</i> sp.	Buttercup	Poisonous	
	<i>Ranunculus occidentalis</i>	Field Buttercup	Poisonous	
	<i>Ranunculus uncinatus</i>	Woods Buttercup	Poisonous	
	<i>Thalictrum</i> sp.	Meadow-rue	Poisonous	
Grossulariaceae				
	<i>Ribes lobbii</i>	Gummy gooseberry	Edible	
	<i>Ribes sanguineum</i>	Red Flowering Currant	Edible	
	<i>Ribes</i> sp.	Currant or Gooseberry	Edible	

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Family	Genus	Name	Uses	Seen
Saxifragaceae				
	Heuchera micrantha	Alum Root	Medicinal	x
	Lithophragma parviflora	Ragged Starflower	Edibility unknown	
	Saxifraga sp.		Edible	
	Tellima grandiflora	Fringecup	Edibility unknown	x
	Tolmiea menziesii	Youth on Age	Edibility unknown	
	Pectiantia ovalis (Mitella o.)	Small Bishop's Cap	Edibility unknown	
Fabaceae (Leguminosae)				
	Cytisus scoparius	Scotch Broom	Poisonous	
	Lupinus sp.	Lupine	Poisonous	
	Trifolium pratense	Red Clover	Edible, Medicinal	
	Trifolium repens	White Clover	Edible	
	Unidentified	Legume	Poisonous	
	Vicia sp.	Vetch	Poisonous	
Rosaceae				
	Fragaria sp.	Wild Strawberry	Choice edible, Medicinal	
	Geum macrophyllum	Geum, Avens	Astringent	
	Oemleria cerasiformis	Osoberry	Edible	x
	Physocarpus capitatus	Ninebark	Fiber	
	Prunus sp.	Cherry	Edible, Medicinal	
	Rosa sp.	Wild Rose	Edible, Medicinal	x
	Rubus leucodermis	Blackcap Raspberry	Choice edible, Medicinal	x
	Rubus sp.	Blackberry	Choice edible, Medicinal	x
	Rubus spectabilis	Salmonberry	Choice edible, Medicinal	x
	Rubus nutkanus (R. parviflorus)	Thimbleberry	Choice edible, Medicinal	x
Urticaceae				
	Urtica dioica	Stinging Nettle	Edible, Medicinal, Fiber	x
Betulaceae				
	Alnus rubra	Red Alder	Medicinal	x
Cucurbitaceae				
	Marah oreganus	Wild Cucumber	Poisonous	
Oxalidaceae				
	Oxalis oregana	Oxalis	Choice Edible	x
Hypericaceae				
	Hypericum perforatum	St. John's Wort	Medicinal	

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Family	Genus	Name	Uses	Seen	
-	Hyperic	Hypericum scouleri (H. formosum)	St. John's Wort	Medicinal	
Violaceae					
	Viola adunca	Field Violet	Choice Edible		
	Viola glabella	Woods Violet	Choice Edible	x	
	Viola nuttalli var. praemorsa	Prairie Violet	Choice Edible		
-	Viola sp.	Violet	Choice Edible	x	
Salicaceae					
-	Salix sp.	Willow	Astringent, Analgesic		
Geraniaceae					
	Erodium cicutarium	Storksbill	Edible		
	Geranium molle	Geranium	Edible		
-	Geranium robertianum	Herb Robert, Stinky Bob	Edible, Medicinal Astringent		
Anacardiaceae					
-	Toxicodendron diversilobum (Rhus diversiloba)	Poison Oak	Poisonous	x	
Sapindaceae (Aceraceae)					
	Acer circinatum	Vine Maple	Edible		
-	Acer macrophyllum	Big Leaf Maple	Choice Edible	x	
Brassicaceae (Cruciferae)					
	Cardamine oligosperma	Bittercress	Edible	x	
	Draba sp.	Cress	Edible		
	Yellow unidentified mustard		Poisonous		
	Cardamine nuttallii (C. pulcherrima)	Spring Beauty	Edible	x	
-	Brassica rapa (Brassica campestris)	Wild Mustard	Edible		
Polygonaceae					
	Rumex acetosella	Sheep's Sorrel	Edible, Medicinal		
	Rumex crispus	Yellow Dock	Edible, Medicinal		
-	Rumex obtusifolius	Bitter Dock	Edible, Medicinal		
Caryophyllaceae					
	Cerastium sp.	Hairy Chickweed	Edible		
	Stellaria media	Chickweed	Edible	x	
	Moehringia macrophylla (Arenaria macrophylla)	Large Sandwort		x	
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Montiaceae (Portulacaceae)					

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Family	Genus	Name	Uses	Seen
-	Montia Claytonia perfoliata (Montia p.)	Miner's Lettuce	Choice Edible	
	Claytonia sibirica (Montia s.)	Candy Flower	Choice Edible	x
Cornaceae				
-	Cornus nuttallii	Dogwood	Astringent	
Primulaceae				
-	Dodecatheon hendersonii	Shooting Star	Edible	
-	Lysimachia latifolia (Trientalis l.)	Starflower	Edible	
Ericaceae				
-	Arbutus menziesii	Madrone	Edible, Astringent	x
-	Arctostaphylos nevadensis	Kinnikinnik	Edible, Astringent	
-	Gaultheria shallon	Salal	Edible	x
-	Monotropa uniflora	Indian Pipe	No pick	
-	Rhododendron macrophyllum	Rhododendron	Poisonous	
-	Vaccinium parvifolium	Huckleberry	Edible, Medicinal	x
-	Vaccinium sp.	Huckleberry	Edible	
Rubiaceae				
-	Gallium sp.	Bedstraw, Cleavers	Edible, Medicinal	x
Boraginaceae				
-	Mertensia sp.	Oregon Bluebells	Medicinal (PA's)	x
-	Adelinia grande (Cynoglossum grande)	Hounds Tongue	Medicinal (PA's)	
Hydrophyllaceae				
-	Hydrophyllum tenuipes	Waterleaf	Choice Edible	x
-	Nemophila menziesii	Baby Blue Eyes		x
-	Nemophila parviflora	Wood Nemophila		
Plantaginaceae				
-	Plantago lanceolata	Plantain	Edible, Medicinal	
-	Plantago major	Plantain	Edible, Medicinal	
Plantaginaceae (Schrophulariaceae)				
-	Collinsia parviflora	Small Blue-eyed Mary	Edibility unknown	
-	Digitalis purpurea	Foxglove	Poisonous, Medicinal	x
-	Veronica sp.	Veronica	Edible	
Scrophulariaceae				
-	Verbascum thapsus	Mullein	Medicinal, TP	

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Family	Genus	Name	Uses	Seen
Lamiaceae (Labiatae)				
	Lamium purpureum	Red Dead Nettle	Edible	x
	Melissa officinalis	Lemon Balm	Medicinal	
	Prunella vulgaris	Self Heal, Heal All	Edible, Medicinal	
	Stachys sp.	Hedge Nettle	Edible, Medicinal	x
	Clinopodium douglasii (Satureja d.)	Yerba Buena	Spice, Medicinal	x
Phrymaceae (Scrophulariaceae)				
	Erythranthe alsinoides (Mimulus a.)	Baby Monkeyflower	Edible	
	Mimulus sp. incl. Diplacus, Erythranthe	Monkeyflower	Edible	
Aquifoliaceae				
	Ilex aquifolium	Holly	Poisonous	x
Asteraceae (Compositae)				
	Achillea millefolium	Yarrow	Medicinal	
	Adenocaulon bicolor	Pathfinder	Poisonous	
	Bellis perennis	Field Daisy	Edible	
	Cirsium sp.	Thistle	Edible	
	DYC		Poisonous	
	Hypochaeris radicata	False Dandelion	Edible	
	Petasites frigidus	Western Coltsfoot	+/- Edible (PA's)	x
	Senecio vulgaris	Groundsel	Poisonous	
	Taraxacum officinale	Dandelion	Edible, Medicinal	
	Leucanthemum vulgare (Chrysanthemum leucanthemum)	Ox Eye Daisy	Edible, Medicinal	
Adoxaceae (Caprifoliaceae)				
	Sambucus racemosa	Red Elder	Astringent, Diaphoretic	x
Caprifoliaceae				
	Lonicera ciliosa	Honeysuckle		
	Symphoricarpos albus	Snowberry	Edible?	
Apiaceae (Umbelliferae)				
	Conium maculatum	Poison Hemlock	Poisonous	
	Lomatium sp.	Biscuit Root	Edible	
	Lomatium utriculatum	Spring Gold, Biscuit Root	Edible	x
	Oenanthe sarmentosa	Water Parsley	Poisonous	
	Unidentified yellow Umbelliferae		Poisonous	
	Heracleum maximum (H. lanatum)	Cow Parsnip	Medicinal	x

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Family	Genus	Name	Uses	Seen
Apiaceae	<i>Osmorhiza</i>	<i>berteroi</i> (<i>O. chilensis</i>)	Sweet Cicely	Edible

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Trip 1, 2 Highlights**

Botany Review
Plant Zones of the Pacific Northwest
New APG IV Family Names in Hitchcock

Keyed Out:
Trillium albidum (*T. chloropetalum*)
Nemophila menziesii
Olsynium douglasii (*Sisyrinchium douglasii*)
Scoliopus hallii

Uses of *Polypodium glycyrrhiza*
Urtica Locating and Harvesting

Harvested Wild Edible Food Salad: *Viola* sp., *Oxalis oregana*, *Rubus spectabilis* flowers, *Montia sibirica*, *Cardamine nuttallii*, *Hydrophyllum tenuipes*, *Urtica* sp., *Galium* sp., and *Stachys* sp.

Tasted: *Petasites frigidus* peeled stem, *Polypodium glycyrrhiza* roots, and *Acer macrophyllum* flowers in addition to the above foods.