

Columbines School of Botanical Studies
 Wild Food Tending Economic Botanical Survey
 Trip #2: Lowlands and Low Elevation Coniferous Woods

Date: April 28, 2019

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	Abun	Phen
Food: Roots					
	Allium sp.	Wild Onion			FL
	Camassia leichtlinii ssp. suksdorfii (C. l. var. l.)	Great Camas		a	FL
	Cirsium arvense	Canada Thistle			
	Cirsium vulgare	Bull Thistle			
	Daucus carota	Wild Carrot			
	Hypochaeris radicata	False Dandelion			
	Lomatium hallii	Lomatium, Biscuit Root		c	FL
	Lysichiton americanus (L. americanum)	Skunk Cabbage	Starvation Food		
	Osmorhiza berteroi (O. chilensis)	Sweet Cicely			
	Taraxacum officinalis	Dandelion			

Food: Greens and Potherbs

	Acer circinatum	Vine Maple		a	FL
	Acer macrophyllum	Big Leaf Maple		d	FL
	Allium sp.	Wild Onion			FL
	Athyrium filix-femina	Lady Fern		o	L
	Berberis nervosa	Oregon Grape			
	Boisduvalia sp., Epilobium sp.	Willow Herb			
	Cardamine nutallii	Spring Beauty		o	FL
	Cardamine sp.	Bittercress			
	cf. Saxifraga sp.	Saxifrage		o	FL
	Cirsium arvense	Canada Thistle			
	Cirsium vulgare	Bull Thistle			
	Claytonia sibirica (Montia s.)	Candyflower		o	FL
	Daucus carota	Wild Carrot			
	Epilobium angustifolium	Fireweed			
	Erythranthe guttata (Mimulus g.)	Yellow Monkeyflower		o	FL
	Fragaria virginiana	Wild Strawberry			
	Gallium aparine	Bedstraw, Cleavers			

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Uses	Genus	Name	Notes	Abun	Phen
	Gallium sp.	Bedstraw, Cleavers			
	Heracleum maximum (H. lanatum)	Cow Parsnip			
	Hydrophyllum tenuipes	Waterleaf		o	L-FL
	Hypochaeris radicata	False Dandelion			
	Lamium purpureum	Red Dead Nettle			
	Leucanthemum vulgare (Chrysanthemum l.)	Ox Eye Daisy			
	Lomatium hallii	Lomatium, Biscuit Root		c	FL
	Micranthes oregana (Saxifraga o.)	Saxifrage			
	Oemleria cerasiformis	Oso Berry			
	Osmorhiza berteroi (O. chilensis)	Sweet Cicely			
	Oxalis oregana	Wood Sorrel		a	FL
	Petasites frigidus	Western Coltsfoot	Possible PAs		
	Phacelia sp.	Phacelia			
	Plantago lanceolata	Plantain			
	Plectritis congesta	Corn salad			FL
	Potentilla sp.	Potentilla			
	Prunella vulgaris	Self Heal, Heal All			
	Pteridium aquilinum	Bracken Fern			
	Ribes sanguineum	Red Flowering Currant			
	Rosa sp.	Wild Rose			
	Rubus bifrons (R. discolor)	Blackberry			
	Rubus nutkanus (R. parviflorus)	Thimble Berry			
	Rubus spectabilis	Salmonberry		c	FL
	Rubus ursinus	Blackberry			
	Rumex acetosella	Sheep Sorrel			
	Rumex obtusifolius	Bitter Dock			
	Sambucus racemosa	Red Elder	Flowers only		
	Saxifraga mertensiana	Saxifrage		o	FL
	Sonchus sp.	Sow Thistle			
	Stachys cooleyae	Hedge Nettle		o	L
	Stellaria media	Chickweed			
	Taraxacum officinalis	Dandelion			
	Trifolium sp.	Native Clover			
	Trillium ovatum	Trillium	No Pick		
	Urtica dioica	Stinging Nettle	Pot Herb		
	Vaccinium parvifolium	Red Huckleberry		c	L-FL
	Vancouveria hexandra	Inside-out Flower			
	Viola glabella	Woods Violet		o	FL

Food: Fruits

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	<i>Acer circinatum</i>	Vine Maple		a	FL
	<i>Acer macrophyllum</i>	Big Leaf Maple		d	FL
	<i>Berberis nervosa</i>	Oregon Grape			
	<i>Boisduvalia</i> sp., <i>Epilobium</i> sp.	Willow Herb			
	<i>Cardamine nutallii</i>	Spring Beauty		o	FL
	<i>Cardamine</i> sp.	Bittercress			
	<i>Cornus nutallii</i>	Western Dogwood			
	<i>Epilobium angustifolium</i>	Fireweed			
	<i>Fragaria virginiana</i>	Wild Strawberry			
	<i>Gaultheria shallon</i>	Salal			
	<i>Lonicera involucrata</i>	Twinberry			
	<i>Maianthemum racemosum</i> (<i>Smilacina racemosa</i>)	Large False Solomon's Seal	Cathartic		
	<i>Maianthemum stellatum</i> (<i>Smilacina stellata</i>)	Small False Solomon's Seal	Cathartic		
	<i>Oemleria cerasiformis</i>	Oso Berry			
	<i>Quercus garryana</i>	White Oak			L-FL
	<i>Ribes sanguineum</i>	Red Flowering Currant			
	<i>Rosa</i> sp.	Rosehips			
	<i>Rubus bifrons</i> (<i>R. discolor</i>)	Blackberry			
	<i>Rubus nutkanus</i> (<i>R. parviflorus</i>)	Thimble Berry			
	<i>Rubus spectabilis</i>	Salmonberry		c	FL
	<i>Rubus ursinus</i>	Blackberry			
	<i>Rumex obtusifolius</i>	Bitter Dock			
	<i>Trillium ovatum</i>	Trillium	No Pick		
	<i>Vaccinium parvifolium</i>	Red Huckleberry		c	L-FL

Food: Spices/Teas

	<i>Achillea millefolium</i>	Yarrow			
	<i>Asarum caudatum</i>	Wild Ginger		o	FL
	<i>Epilobium angustifolium</i>	Fireweed			
	<i>Equisetum</i> sp.	Horsetail			
	<i>Fragaria virginiana</i>	Wild Strawberry			
	<i>Heracleum maximum</i> (<i>H. lanatum</i>)	Cow Parsnip	Strong		
	<i>Lomatium hallii</i>	Lomatium, Biscuit Root		c	FL
	<i>Osmorhiza berteroi</i> (<i>O. chilensis</i>)	Sweet Cicely			
	<i>Prunella vulgaris</i>	Self Heal, Heal All			
	<i>Rosa</i> sp.	Rose			
	<i>Rubus bifrons</i> (<i>R. discolor</i>)	Blackberry			
	<i>Rubus nutkanus</i> (<i>R. parviflorus</i>)	Thimble Berry			
	<i>Rubus spectabilis</i>	Salmonberry		c	FL

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	Rubus ursinus	Blackberry			
	Stachys cooleyae	Hedge Nettle		o	L
	Stellaria media	Chickweed			
	Trifolium sp.	Native Clover			
	Urtica dioica	Stinging Nettle			

Alteratives incl. Diaphoretics and Diuretics

	Achillea millefolium	Yarrow	Diaphoretic		
	Asarum caudatum	Wild Ginger	Diaphoretic	o	FL
	Berberis nervosa	Oregon Grape	Alterative		
	Gallium aparine	Bedstraw, Cleavers	Diuretic		
	Gallium sp.	Bedstraw, Cleavers	Diuretic		
	Hypochaeris radicata	False Dandelion	Alterative		
	Rumex obtusifolius	Bitter Dock	Alterative		
	Sambucus racemosa	Red Elder	Diaphoretic		
	Taraxacum officinalis	Dandelion	Alterative		
	Trifolium sp.	Native Clover	Alterative, Simple		
	Urtica dioica	Stinging Nettle	Alterative		

Aromatic/Bitters

	Achillea millefolium	Yarrow			
	Asarum caudatum	Wild Ginger		o	FL
	Berberis nervosa	Oregon Grape	Bitter		
	Heracleum maximum (H. lanatum)	Cow Parsnip	Strong aromatic		
	Hypochaeris radicata	False Dandelion	Bitter		
	Lomatium hallii	Lomatium, Biscuit Root		c	FL
	Osmorhiza berteroi (O. chilensis)	Sweet Cicely			
	Rumex obtusifolius	Bitter Dock	Bitter		
	Sonchus sp.	Sow Thistle			
	Taraxacum officinalis	Dandelion	Bitter		
	Vancouveria hexandra	Inside-out Flower			

Astringents

	Cornus nutallii	Western Dogwood			
	Cornus stolonifera	Creek Dogwood			
	Fragaria virginiana	Wild Strawberry			
	Gaultheria shallon	Salal			
	Geum macrophyllum	Geum, Avens			
	Potentilla sp.	Potentilla			
	Rosa sp.	Rose			

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	Rubus bifrons (R. discolor)	Blackberry			
	Rubus nutkanus (R. parviflorus)	Thimble Berry			
	Rubus spectabilis	Salmonberry		c	FL
	Rubus ursinus	Blackberry			
	Rumex obtusifolius	Bitter Dock	Mild		
	Vaccinium parvifolium	Red Huckleberry		c	L-FL

Calming Herbs, Nervines

	Hypericum perforatum	St. John's Wort			
	Plectritis congesta	Corn salad			FL
	Stachys cooleyae	Hedge Nettle		o	L

Demulcents, Emollients

	Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal			
	Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal			
	Plantago lanceolata	Plantain			
	Rumex obtusifolius	Bitter Dock	Young Leaves		
	Viola glabella	Woods Violet		o	FL

Pain (see Tranquilizers/Muscle Relaxants)

	Heracleum maximum (H. lanatum)	Cow Parsnip			
	Populus trichocarpa	Cottonwood Buds			

Misc.

	Achillea millefolium	Yarrow	Hemostatic		
	Frangula purshiana (Rhamnus p.)	Cascara	Laxative		
	Gallium aparine	Bedstraw, Cleavers	Burns		
	Gallium sp.	Bedstraw	Burns		
	Leucanthemum vulgare (Chrysanthemum l.)	Ox Eye Daisy	Allergies		
	Petasites frigidus	Western Coltsfoot	Antispasmodic		
	Plantago lanceolata	Plantain	Drawing Poultice		
	Pteridium aquilinum	Bracken Fern	Fiber		
	Taraxacum officinalis	Dandelion	Blood Sugar, Wine, Minerals		
	Trillium ovatum	Trillium	No Pick, Uterine Astringent		
	Urtica dioica	Stinging Nettle	Hair, Arthritis, Fiber, Allergies		

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Uses	Genus	Name	Notes	Abun	Phen
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Topics of Botanical Interest

	Delphinium sp.	Larkspur	Poison Look-alike		
	Dicentra formosa	Bleeding Heart	Poison		FL
	Digitalis purpurea	Foxglove	Poison		
	Dryopteris expansa	Spiny Wood Fern			L
	Geranium sp.	Geranium	Poison Look-alike		
	Iris tenax	Blue Flag	Camas Look-alike		
	Jacobaea vulgaris (Senecio j.)	Tansy Ragwort	Poison Look-alike		
	Lysichiton americanus (L. americanum)	Skunk Cabbage	Very Big (3-4' leaves)		
	Symphoricarpos albus	Snowberry			
	Thalictrum sp.	Meadow Rue	Vancouveria Look-alike		

Animal Interactions

	Haliaeetus leucocephalus	Bald Eagle			
		Lost Duckling			

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Field Trip #2
April 28, 2019
Willamette Valley, Foothills/Low Elevation Coniferous Woods

Kalapuya tribal territory

Tasted: *Lomatium hallii* leaf and fruit, *Allium* sp. leaf, *Plectritis congesta* leaf

Botany

Keyed *Lomatium hallii* with "Introduction to Bradshaw's *Lomatium*, a Federally-listed Endangered Species, and a Key and Photo Guide to the *Lomatium* Species that Occur within its Range" Technical Note, NRCS, 2010

Keyed *Camassia leichtlinii*

Field characteristics for *Athyrium filix-femina* vs. *Dryopteris expansa*

Foothills/Low Elevation Coniferous Woods

Generally, this ecosystem is not high-calorie-plant-food-producing.
Abundant spring greens and medicines.

Wildcrafting

Harvested: *Acer circinatum* young leaves; *Acer macrophyllum* flowers; *Athyrium filix-femina* fiddleheads; *Hydrophyllum tenuipes* leaves; *Claytonia sibirica* stems, leaves, and flowers; *Oxalis oregana* leaves and flowers; *Rubus spectabilis* young stems and flowers; *Vaccinium parvifolium* leaves; *Viola glabella* leaves and flowers, *Cardamine nuttallii* leaves, stems, flowers

Food Preparation

8 plant Salad (8 different plants; leaves, stems, and flowers; see above)

Acer macrophyllum inflorescence fritters

Athyrium filix-femina fiddleheads, boiled in salt water

Rubus spectabilis raw, peeled young stems

Dried *Rubus spectabilis* leaves for tea later

Fritter batter recipe:

1Tb olive oil; 2 egg yolks; ~1 c. milk (could use alternative milk or flat beer); 1 1/3 c. flour (gluten free mix); 1 tsp. salt; 1 tsp pepper; 2 stiff egg whites. Mix wet and dry ingredients separately (keep egg whites separate). Then add wet ingredients to dry. Add enough extra liquid to make it like pancake batter so you can dip into it. Fold in egg whites last. Do not over mix.

