

Columbines School of Botanical Studies
 Second Year Apprenticeship Program
 Low and Middle Elevation Western Cascades

April 28, 2019
 Trip 4

Middle Elevation Coniferous Woods and Lava Beds 2800'
 Low Elevation Coniferous Woods and Riparian Zone 2400'
<http://www.botanicalstudies.net/botany/plantlists.php>

Family	Genus	Name	Uses	Seen
Araceae	Lysichiton americanus (L. americanum)	Skunk Cabbage	+/- Edible	
Tofieldiaceae (Liliaceae)	Triantha occidentalis (Tofieldia occidentalis)			
Melanthiaceae (Liliaceae)	Anticlea occidentalis (Stenanthium occidentale)		(blank)	
	Trillium ovatum	Trillium	No Pick - Medicinal	
	Veratrum sp.	False Hellebore	Poisonous	
	Xerophyllum tenax	Beargrass	Edible, Fiber	
Liliaceae	Calochortus tolmiei	Cat's Ears	No Pick - Edible	
	Clintonia uniflora	Queen's Cup	Poisonous?	
	Erythronium grandiflorum	Glacier Lily	No Pick - Edible	
	Erythronium oregonum	Fawn Lily	No Pick - Edible	
	Lilium sp.	Lily	No Pick - Edible	
	Prosartes hookeri (Disporum h.)	Fairy Bells	Cathartic	
	Streptopus amplexifolius	Twisted Stalk	Cathartic	
Orchidaceae	Calypso bulbosa	Calypso Orchid	No Pick	
	Corallorhiza sp.	Coral Root	No Pick	
	Goodyera oblongifolia	Rattlesnake Plantain	Mucilaginous	x
	Neottia cordata (Listera c.)	Twayblade	Edible?	
	Platanthera dilatata (Habenaria d.)	White Rein Orchid	No Pick - Edible	
	Platanthera stricta (Habenaria saccata)	Green Rein Orchid	No Pick - Edible	
Iridaceae	Iris chrysophylla	Iris	Medicinal	
	Iris tenax	Iris	Medicinal	
	Sisyrinchium sp.	Blue-eyed Grass	(blank)	

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Family	Genus	Name	Uses	Seen
Asparagaceae (Liliaceae)	Dichelostemma congestum (Brodiaea congesta)	Harvest Lily	No Pick - Edible	
	Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal	Edible, Medicinal	
	Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal	Edible, Medicinal	
Equisetaceae	Equisetum sp.	Horsetail	Edible, Medicinal	
Dryopteridaceae (Polypodiaceae)	Polystichum munitum	Sword Fern		
Polypodiaceae	Polypodium glycyrrhiza	Licorice Fern		
	Polypodium hesperium	Not Licorice Fern	(blank)	
Pinaceae	Pseudotsuga menziesii	Douglas the Fir		
Cupressaceae	Callitropsis nootkatensis (Chamaecyparis nootkatensis)	Alaska Yellow Cedar		
	Calocedrus decurrens	Incense Cedar		x
	Thuja plicata	Western Red Cedar	Medicinal	x
Aristolochiaceae	Asarum caudatum	Wild Ginger	Edible, Medicinal	
Papaveraceae (Fumariaceae)	Dicentra formosa	Bleeding Heart	Poisonous, Medicinal	
Berberidaceae	Achlys triphylla	Vanilla Leaf	Edible	
	Berberis aquifolium	Tall Oregon Grape	Edible, Medicinal	
	Berberis nervosa	Mountain Oregon grape	Edible, Medicinal	x
	Vancouveria hexandra	Inside-out Flower	Edible	
Ranunculaceae	Aconitum columbianum	Monkshood	Poisonous	

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Family	Genus	Name	Uses	Seen
Ranunculaceae	<i>Actaea rubra</i>	Baneberry	Poisonous, Medicinal	
	<i>Anemone deltoidea</i>	Large Windflower	Poisonous	
	<i>Anemone lyallii</i>	Small Windflower	Poisonous	
	<i>Aquilegia formosa</i>	Columbine	Poisonous	
	<i>Caltha leptosepala</i> (C. biflora var. rotundifolia)	Marsh Marigold	Edible cooked	
	<i>Coptis laciniata</i>	Gold thread	Medicinal	
	<i>Delphinium</i> sp.	Larkspur	Poisonous	
	<i>Ranunculus</i> sp.	Buttercup	Poisonous	
	<i>Ranunculus populago</i>	Marsh Buttercup	Poisonous	
	<i>Ranunculus uncinatus</i>	Woods Buttercup	Poisonous	
-	<i>Thalictrum</i> sp.	Meadow-rue	Poisonous	
Grossulariaceae	<i>Ribes bracteosum</i>	Stinking Currant	Edible	
	<i>Ribes lacustre</i>	Swamp Currant	Edible	
	<i>Ribes lobbii</i>	Gummy gooseberry	Edible	
	<i>Ribes sanguineum</i>	Red Flowering Currant	Edible	x
	<i>Ribes</i> sp.	Current or Gooseberry	Edible	
	-	<i>Ribes viscosissimum</i>	Sticky Currant	Edible
Saxifragaceae	<i>Boykinia occidentalis</i> (B. elata)			
	<i>Heuchera micrantha</i>	Alum Root	Medicinal	
	<i>Micranthes</i> cf. <i>marshallii</i> (<i>Saxifraga</i> cf. m.)			x
	<i>Micranthes odontoloma</i> (<i>Saxifraga</i> arguta)	Saxifrage	Edible	
	<i>Mitellastra caulescens</i> (<i>Mitella</i> c.)	Large Bishop's Cap	Edibility unknown	
	<i>Pectiantia ovalis</i> (<i>Mitella</i> o.)	Small Bishop's Cap	Edibility unknown	
	<i>Saxifraga mertensiana</i>	Saxifrage	Edible	
	<i>Tellima grandiflora</i>	Fringecup	Edibility unknown	
	<i>Tiarella unifoliata</i>	Coolwort	Edibility unknown	
	<i>Tolmiea menziesii</i>	Youth on Age	Edibility unknown	
-	Unidentified Saxifrage Leaf			

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Family	Genus	Name	Uses	Seen
Crassulaceae	Sedum oregonense	Stonecrop	Edible	x
Fabaceae (Leguminosae)	Cytisus scoparius	Scotch Broom	Poisonous	
	Genista monspessulana (Cytisus monspessulanus)	Moonlight Broom	Poisonous	
	Lathyrus sp.	Pea	Generally Poisonous	
	Lupinus sp.	Lupine	Poisonous	
	Trifolium pratense	Red Clover	Edible, Medicinal	
	Trifolium repens	White Clover	Edible, Medicinal	
	Unidentified	Legume	Poisonous	
	Vicia sp.	Vetch	Poisonous	
Rosaceae	Amelanchier alnifolia	Serviceberry	Edible	
	Aruncus sylvestris	Goat's Beard		
	Fragaria sp.	Wild Strawberry	Choice edible	
	Geum macrophyllum	Geum, Avens	Astringent	
	Holodiscus discolor	Oceanspray	Astringent	
	Oemleria cerasiformis	Osoberry	Edible	
	Physocarpus capitatus	Ninebark	Fiber	
	Potentilla sp.	Potentilla	Astringent	
	Prunus emarginata	Bitter Cherry	Edible, Medicinal	
	Rosa sp.	Wild Rose	Edible, Astringent	
	Rubus leucodermis	Blackcap Raspberry	Choice edible	x
	Rubus nutkanus (R. parviflorus)	Thimbleberry	Choice edible	
Rubus spectabilis	Salmonberry	Edible, Astringent		
Sorbus sitchensis	Mountain Ash	Edible		
	Spiraea sp.	Spirea	Astringent	
Rhamnaceae	Ceanothus integerrimus	Ceanothus	Medicinal, Soap	
	Ceanothus sanguineus	Ceanothus	Medicinal, Soap	
	Ceanothus velutinus	Ceanothus	Medicinal, Soap	x

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Family	Genus	Name	Uses	Seen
Rhamnaceae	Frangula purshiana (Rhamnus p.)	Cascara	Medicinal	
Urticaceae	Urtica dioica	Stinging Nettle	Edible, Medicinal	
Fagaceae	Chrysolepis chrysophylla (Castanopsis c.)	Chinquapin	Edible	x
Celastraceae	Paxistima myrsinites (Pachistima m.)	Oregon Box	Ornamental	x
Oxalidaceae	Oxalis oregana	Oxalis	Choice edible	
Hypericaceae	Hypericum perforatum Hypericum scouleri (H. formosum)	St. John's Wort St. John's Wort	Medicinal Medicinal	
Violaceae	Viola adunca Viola glabella Viola nuttallii Viola orbiculata Viola palustris Viola sempervirens Viola sp.	Field Violet Woods Violet Violet Dark woods violet Marsh Violet Evergreen Violet Violet	Choice edible Choice edible Choice edible Choice edible Choice edible Choice edible Choice edible	
Salicaceae	Salix sp.	Willow	Astringent, Analgesic	
Onagraceae	Boisduvalia sp., Epilobium sp. Chamaenerion angustifolium (Epilobium a.) Circaea alpina	Willow Herb Fireweed Enchanter's Nightshade	Medicinal Edible	
Sapindaceae (Aceraceae)	Acer circinatum Acer macrophyllum	Vine Maple Big leaf Maple	Edible Choice edible	x
Brassicaceae (Cruciferae)	Cardamine oligosperma	Bittercress	Edible	

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Family	Genus	Name	Uses	Seen
Polygonaceae	<i>Bistorta bistortoides</i> (<i>Polygonum</i> b.)	Mountain Bistort	Edible, Astringent	
	<i>Eriogonum</i> sp.	Wild Buckwheat	Edible	
	<i>Rumex acetosella</i>	Sheep's Sorrel	Edible, Medicinal	
	<i>Rumex crispus</i>	Yellow Dock	Edible, Medicinal	
	<i>Rumex obtusifolius</i>	Bitter Dock	Edible, Medicinal	
Caryophyllaceae	<i>Moehringia macrophylla</i> (<i>Arenaria macrophylla</i>)	Sandwort		
Montiaceae (Portulacaceae)	<i>Claytonia lanceolata</i>	Spring Beauty	Edible	
	<i>Claytonia perfoliata</i> (<i>Montia</i> p.)	Miner's Lettuce	Choice edible	
	<i>Claytonia sibirica</i> (<i>Montia</i> s.)	Candy Flower	Choice edible	
	<i>Montia parvifolia</i>	Small Leaf Montia	Edible	
Cornaceae	<i>Cornus nuttallii</i>	Dogwood	Astringent	
	<i>Cornus stolonifera</i>	Creek Dogwood	Astringent	
	<i>Cornus unalaschkensis</i> (<i>C. canadensis</i>)	Bunchberry	Edible	
Polemoniaceae	<i>Polemonium carneum</i>	Jacob's Ladder		
Primulaceae	<i>Dodecatheon jeffreyi</i>	Shooting Star	Edible	
	<i>Lysimachia latifolia</i> (<i>Trientalis</i> l.)	Starflower	Edible	
Ericaceae	<i>Allotropa virgata</i>	Candy Stick	No Pick	
	<i>Arbutus menziesii</i>	Madrone	Edible, Astringent	
	<i>Arctostaphylos columbiana</i>	Hairy Manzanita	Edible, Astringent	
	<i>Arctostaphylos nevadensis</i>	Kinnikinnik	Edible, Astringent	x
	<i>Arctostaphylos patula</i>	Manzanita	Edible, Astringent	x
	<i>Chimaphila menziesii</i>	Baby Pipsisewa	Astringent	
	<i>Chimaphila umbellata</i>	Pipsisewa	Astringent	x
<i>Gaultheria ovatifolia</i>	Baby Salal	Edible		

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Family	Genus	Name	Uses	Seen
Ericaceae	Gaultheria shallon	Salal	Edible	
	Monotropa hypopitys (Hypopitys m.)	Pinesap	No Pick	
	Monotropa uniflora	Indian Pipe	No Pick	
	Orthilia secunda (Pyrola s.)	One-sided Pyrola	Astringent	
	Pterospora andromedea	Pinedrops	No Pick	
	Pyrola asarifolia	Pyrola	Astringent	
	Pyrola asarifolia ssp. bracteata	Pyrola	Astringent	
	Pyrola picta	White-veined Pyrola	Astringent	
	Rhododendron macrophyllum	Rhododendron	Poisonous	
	Rhododendron menziesii (Menziesia ferruginea)	Fool's Huckleberry		
	Vaccinium parvifolium	Red huckleberry		
Vaccinium sp.	Huckleberry	Edible		
Rubiaceae	Gallium sp.(2)	Bedstraw, Cleavers	Edible, Medicinal	
Boraginaceae	Mertensia paniculata	Oregon Bluebells	Medicinal (PA's)	
	unidentified forget me not like flower	White	Poisonous	
Hydrophyllaceae	Hydrophyllum tenuipes	Waterleaf	Choice edible	
	Nemophila parviflora	Wood Nemophila		
	Phacelia sp.	Phacelia	Edible	x
	Romanzoffia sp.	Mistmaiden	Edible	
Plantaginaceae (Schrophulariaceae)	Collinsia grandiflora	Large Blue-eyed Mary	Edibility unknown	
	Collinsia parviflora	Small Blue-eyed Mary	Edibility unknown	
	Digitalis purpurea	Foxglove	Poisonous, Medicinal	
	Penstemon sp.	Penstemon	Medicinal	x
	Synthyris reniformis	Snow Queen	Edibility unknown	
	Veronica sp.	Veronica	Edible	

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Family	Genus	Name	Uses	Seen
Scrophulariaceae	Verbascum thapsus	Mullein	Medicinal, TP	x
Lamiaceae (Labiatae)	Clinopodium douglasii (Satureja d.)	Yerba Buena	Edible, Medicinal	
	Lamium purpureum	Red Dead Nettle	Edible	
	Prunella vulgaris	Self Heal, Heal All	Edible, Medicinal	
	Stachys sp.	Horse Mint	Edible, Medicinal	
Phrymaceae (Scrophulariaceae)	Erythranthe alsinoides (Mimulus a.)	Baby Monkeyflower	Edible	
	Erythranthe guttata (Mimulus g.)	Monkeyflower	Edible	
Orobanchaceae (Scrophulariaceae)	Castilleja sp.	Paintbrush	Edible	
	Orthocarpus sp.	Owl's Clover	Edible	
	Pedicularis bracteosa	Cobra Head	Medicinal	
	Pedicularis groenlandica	Elephant's Head	Medicinal	
	Pedicularis racemosa	Parrot's Beak	Medicinal	
Orobanchaceae	Aphyllon uniflorum (Orobanche uniflora)	Naked Broomrape	No Pick	
Campanulaceae	Campanula sp.	Our Friend		
Asteraceae (Compositae)	Achillea millefolium	Yarrow	Medicinal	
	Adenocaulon bicolor	Pathfinder	Edibility unknown	
	Agoseris aurantiaca	Orange Agoseris		
	Anaphalis margaritacea	Pearly Everlasting	Medicinal	
	Aster sp.	Aster	Poisonous	
	Cirsium sp.	Thistle	Edible	
	Crocidium multicaule	Spring Gold		
	DYC		(blank)	
	Hieracium albiflorum	Hawkweed		
	Hypochaeris radicata	False Dandelion	Edible	

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Family	Genus	Name	Uses	Seen
Asteraceae (Compositae)	Leucanthemum vulgare (Chrysanthemum l.)	Ox Eye Daisy	Edible, Medicinal	
	Petasites frigidus	Western Coltsfoot	Edible	
	Rudbeckia occidentalis	Coneflower	Medicinal	
	Senecio triangularis		Poisonous	
	Taraxacum officinalis	Dandelion	Edible, Medicinal	
Adoxaceae (Caprifoliaceae)	Sambucus sp.	Elder	Astringent, Diaphoretic	
Caprifoliaceae	Lonicera ciliosa	Trailing Honeysuckle	Edible Nectar	
	Lonicera involucrata	Twinberry	Edible	
	Symphoricarpus albus	Snowberry	Edible	
Linnaeaceae (Caprifoliaceae)	Linnaea borealis var. longifolia	Twinflower	Edibility unknown	
Valerianaceae	Plectritis congesta	Corn salad	Edible	
	Valeriana scouleri	Low-elevation Valerian	Medicinal	
	Valeriana sitchensis	Valerian	Medicinal	
Araliaceae	Oplopanax horridus (O. horridum)	Devil's Club	Medicinal	
Apiaceae (Umbelliferae)	Angelica sp.	Angelica	Medicinal, Spice	
	Heracleum maximum (H. lanatum)	Cow Parsnip	Medicinal	
	Ligusticum grayi	Oshala	Medicinal, Spice	
	Lomatium hallii	Biscuit Root	Edible	
	Lomatium martindalei	Biscuit Root	Edible	
	Lomatium sp.	Biscuit Root	Edible	
	Lomatium utriculatum	Spring Gold, Biscuit Root	Edible	
	Osmorhiza berteroi (O. chilensis)	Sweet Cicely	Edible	
	Unidentified white Umbelliferae		Poisonous	

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Second Year Trip #4
Low Elevation and Middle Elevation Hudsonian Zone

Botany

Plant Family Review
Calocedrus decurrens vs. *Thuja plicata*
Keyed: *Trillium ovatum* in the *Flora of Oregon*

Ecology

Plant Associations on Lava Flows

Herbalism

Innate vs. Acquired Immunity
Materia Medica: *Thuja plicata*
Harvested and Processed *Thuja plicata* for Tincture
Lichen Taxonomy
Materia Medica: *Usnea*

Ecosystems

Middle Elevation Hudsonian Zone
Lava Beds
Low Elevation Coniferous Woods and Riparian