

Columbines School of Botanical Studies
 Second Year Apprenticeship Program
Pinus ponderosa Zone

May 5, 2019
 Trip 5

Ponderosa Pine one and Riparian 2784'
<http://www.botanicalstudies.net/botany/plantlists.php>

Family	Genus	Name	Uses	Seen
Araceae	Lysichiton americanus (L. americanum)	Skunk Cabbage	+/- Edible	
Melanthiaceae (Liliaceae)	Trillium ovatum	Trillium	No Pick	
	Veratrum sp.	False Hellebore	Poisonous	
Liliaceae	Fritillaria atropurpurea	Checker Lily	No Pick	
	Fritillaria affinis (F. lanceolata)	Checker Lily	No Pick	x
	Lilium sp.	Lily	No Pick	
Orchidaceae	Calypso bulbosa	Calypso	No Pick	
Iridaceae	Iris missouriensis	Western Iris	Poisonous, Medicinal	
Asparagaceae (Liliaceae)	Leucocrinum montanum	Sand Lily	No Pick	
	Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal	Edible, Medicinal	
	Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal	Edible, Medicinal	
Pinaceae	Pinus ponderosa	Ponderosa Pine	Edible	x
Cupressaceae	Calocedrus decurrens	Incense Cedar	Medicinal	
Aristolochiaceae	Asarum caudatum	Wild Ginger	Edible, Medicinal	
Berberidaceae	Berberis aquifolium	Tall Oregon Grape	Edible, Medicinal	

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Family	Genus	Name	Uses	Seen
Berberidaceae	Berberis repens	Creeping Oregon Grape	Edible, Medicinal	x
Ranunculaceae	Anemone lyallii	Small Windflower	Poisonous	
	Aquilegia formosa	Columbine	Poisonous	x
	Delphinium sp.	Larkspur	Poisonous	x
	Ranunculus uncinatus	Woods Buttercup	Poisonous	
	Thalictrum sp.	Meadow-rue	Poisonous	
Paeoniaceae	Paeonia brownii	Peony	Medicinal	x
Grossulariaceae	Ribes cereum	Squaw Currant	Edible	
	Ribes sanguineum	Red Flowering Currant	Edible	x
Saxifragaceae	Heuchera sp.	Alum Root	Edible, Medicinal	
	Lithophragma parviflorum	Prairie Star/Ragged Starflower	Unknown	x
	Saxifraga sp.	Saxifrage	Edible	
Haloragaceae	Myriophyllum sp.	Water Milfoil		
Fabaceae (Leguminosae)	Lupinus sp.	Lupine	Poisonous	x
	Lupinus sp.	Fuzzy Lupine	Poisonous	x
	Trifolium sp.	Clover	Edible	
	Unidentified	White Flower	Poisonous	
Rosaceae	Amelanchier alnifolia	Serviceberry	Edible	
	cf. Potentilla sp.	Potentilla	Medicinal	
	Fragaria virginiana	Wild Strawberry	Edible, Medicinal	x
	Geum sp.	Avens	Medicinal	
	Holodiscus discolor	Oceanspray		
	Physocarpus capitatus	Ninebark	Fiber	

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Family	Genus	Name	Uses	Seen
Rosaceae	Prunus emarginata	Wild Cherry	Edible, Medicinal	
	Prunus virginiana	Chokecherry	Edible, Medicinal	
	Purshia tridentata	Bitterbrush	Medicinal	x
	Rosa sp.	Rose	Edible, Medicinal	x
	Rubus nutkanus (R. parviflorus)	Thimbleberry	Edible, Medicinal	
	Spirea sp.	Spirea	Medicinal	
Rhamnaceae	Ceanothus velutinus	Red Root	Medicinal	x
Hypericaceae	Hypericum perforatum	St. John's Wort	Medicinal	
Violaceae	Viola purpurea	Purplish Violet	Edible	x
Linaceae	Linum perenne	Flax	Edible	
Onagraceae	Chamaenerion angustifolium (Epilobium a.)	Fireweed	Edible	
Sapindaceae (Aceraceae)	Acer circinatum	Vine Maple	Edible	
Brassicaceae (Cruciferae)	Arabis sp.	Rock Cress	Edible/Spice	
	Draba sp.	Whitlow Grass	Edible/Spice	
Polygonaceae	Eriogonum sp.	Wild Buckwheat	Edible, Medicinal	
	Rumex obtusifolius	Yellow Dock, Bitter Dock	Edible, Medicinal	
Caryophyllaceae	Moehringia macrophylla (Arenaria macrophylla)	Sandwort	Unknown	
Montiaceae (Portulacaceae)	Claytonia parviflora (Montia perfoliata)	Miner's Lettuce	Edible	

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Family	Genus	Name	Uses	Seen
Montiaceae (Portulacaceae)	Claytonia perfoliata (Montia p.)	Miner's Lettuce	Edible	
	Claytonia rubra (Montia perfoliata)	Miner's Lettuce	Edible	x
	Claytonia sibirica (Montia s.)	Candyflower	Edible	
Cornaceae	Cornus stolonifera	Creek Dogwood	Medicinal	
Primulaceae	Lysimachia latifolia (Trientalis l.)	Starflower	Edible	
Ericaceae	Arctostaphylos patula	Manzanita	Edible, Medicinal	x
	Chimaphila menziesii	Small Pipsissewa	Medicinal	
	Chimaphila umbellata	Large Pipsissewa	Medicinal	
	Pterospora andromedea	Pine Drops		
Rubiaceae	Gallium sp.	Bedstraw	Edible, Medicinal	
Boraginaceae	Cynoglossum sp. incl. Adelinia sp., Andersonglossum sp.	Hound's Tongue	Medicinal (PA's)	
	Lithospermum ruderales unidentified forget me not like flower	Gromwell, Stoneseed Blue	Formerly Edible (PA's) Poisonous	
Hydrophyllaceae	Hydrophyllum alpestre (H. capitatum var. alpinum)	Waterleaf	Edible	x
	Phacelia sp.	Phacelia	Edible	
Plantaginaceae (Scrophulariaceae)	Collinsia sp.	Small Blue-eyed Mary	Unknown	
	Penstemon sp. Veronica sp.	Penstemon Speedwell	Medicinal Edible	

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Family	Genus	Name	Uses	Seen
Scrophulariaceae	Verbascum thapsus	Mullein	Medicinal	
Lamiaceae (Labiatae)	Scutellaria nana	Desert Skullcap	Medicinal	
Orobanchaceae (Scrophulariaceae)	Castilleja sp.	Indian Paintbrush	Edible w/ caution	
Asteraceae (Compositae)	Achillea millefolium	Yarrow	Medicinal	x
	Antennaria microphylla	Pink Pussy toes	Medicinal	
	Antennaria sp.	Everlasting	Medicinal	
	Arnica cordifolia	Heart-leafed Arnica	Medicinal	x
	Artemisia ludoviciana	Mugwort	Medicinal	
	Artemisia tridentata	Sagebrush	Medicinal	
	Balsamorhiza careyana	Balsam Root	Edible, Medicinal	
	Balsamorhiza careyana × hookeri	Balsam Root	Edible, Medicinal	
	Balsamorhiza sagittata	Arrow Leaf Balsam Root	Edible, Medicinal	x
	DYC	Agoseris?		
	Hieracium sp.	Hawkweed	Edible	
	Senecio integerrimus	Groundsel	Poisonous (PA's)	x
	Senecio triangularis	Arrow-leafed Groundsel	Poisonous (PA's)	
Taraxacum officinale	Dandelion	Edible, Medicinal		
Adoxaceae (Caprifoliaceae)	Sambucus sp.	Elder	Edible, Medicinal	
Caprifoliaceae	Lonicera ciliosa	Climbing Honeysuckle	Edible Flowers	
	Lonicera involucrata	Twinberry	Edible	
	Symphoricarpus sp.	Snowberry	+/- Edible	x
Valerianaceae	Plectritis congesta	Cornsalad	Edible, Medicinal	
	Valeriana acutiloba	Valerian	Medicinal	x

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Family	Genus	Name	Uses	Seen
Apiaceae (Umbelliferae)	Cymopterus terebinthinus	Vinegar Weed	Medicinal	x
	Heracleum maximum (H. lanatum)	Cow Parsnip	Medicinal	
	Lomatium dissectum	Lomatium	Medicinal	
	Lomatium triternatum	Desert Parsley, Biscuit Root	Edible	x
	Osmorhiza berteroi (O. chilensis)	Sweet Cicely	Edible	
	Osmorhiza occidentalis	Sweet Root	Medicinal	x

Columbines School of Botanical Studies
Second Year Field Program #5
Ponderosa Pine Zone
Trip Highlights

Botany

Keyed out: *Hydrophyllum alpestre*
Family Review in the New Phylogenetic Order
Different Forms of the *Claytonia perfoliata* (*M. perfoliata*) Complex

Ecology

Fire Ecology of the *Pinus ponderosa* Zone
Plant Associations of the *Pinus ponderosa* Zone in South Central Oregon
Plant Associations of the *Pinus ponderosa* Zone in Eastern Washington
Reading Historical Markers through Plant Populations

Herbalism

Uses of Aromatic *Lomatium* spp.
Introduction to *Paeonia*
Introduction to *Balsamorhiza*
Introduction to *Osmorhiza occidentalis*
Introduction to *Arnica cordifolia*
Comparison of a selection of aromatic herbs that are different degrees of anti-viral, immune system modifying, throat soothing, and with aromatics excreted through the lungs
Tasted: *Balsamorhiza sagittata* root tincture, *Ligusticum grayi* root tincture, *Osmorhiza occidentalis* root tincture, *Lomatium dissectum* root tincture.