

Columbines School of Botanical Studies  
 Summer Apprenticeship Program  
 Trip #13 Economic Botanical Survey

July 25, 27, 2019

Middle Elevation Coniferous Woods and Riparian 3200'

<http://www.botanicalstudies.net/botany/plantlists.php>

Uses	Name	Notes	Seen
<b>Food: Roots</b>			
Calochortus tolmiei	Cat's Ears		
Calypso bulbosa	Calypso Orchid	No Pick	
Cirsium sp.	Thistle		
Eriogonum umbellatum	Wild Buckwheat		
Hypochaeris radicata	False dandelion		x
Lysimachia latifolia (Trientalis l.)	Starflower		
Osmorhiza berteroi (O. chilensis)	Sweet Cicely		x
Platanthera sp.	Rein Orchid	No Pick	
Taraxacum officinale	Dandelion		
Tragopogon pratensis	Oyster Plant		
Xerophyllum tenax	Beargrass		x
<b>Food: Greens and Potherbs</b>			
Acer circinatum	Vine Maple		
Acer macrophyllum	Big Leaf Maple		
Achlys triphylla	Vanilla Leaf		x
Calochortus tolmiei	Cat's Ears		
Castilleja sp.	Paintbrush		
Chamaenerion angustifolium (Epilobium a.)	Fireweed		
Cirsium sp.	Thistle		
Claytonia sibirica (Montia s.)	Candyflower		x
Cornus unalaschkensis (C. canadensis)	Bunchberry		x
Eriogonum umbellatum	Wild Buckwheat		
Erythranthe guttata (Mimulus g.)	Yellow Monkeyflower		x
Erythranthe lewisii (Mimulus l.)	Purple Monkeyflower		x
Erythranthe moschata (Mimulus moschatus)	Musk Monkeyflower		
Gallium oreganum	Bedstraw, Cleavers		
Hydrophyllum tenuipes	Waterleaf		
Hypochaeris radicata	False dandelion		x
Leucanthemum vulgare (Chrysanthemum l.)	Ox Eye Daisy		x
Lysimachia latifolia (Trientalis l.)	Starflower		
Montia parvifolia	Small Leaf Montia		x
Orthocarpus sp.	Owl's Clover		
Osmorhiza berteroi (O. chilensis)	Sweet Cicely		x
Oxalis oregana	Oxalis		
Petasites frigidus	Western Coltsfoot	w/ caution (PA's)	x
Phacelia sp.	Phacelia		

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Uses	Name	Notes	Seen
Plantago sp. (2)	Plantain		
Platanthera sp.	Rein Orchid	No Pick	
Prunella vulgaris	Self Heal, Heal All		
Rosa sp.	Wild Rose		x
Rumex acetosella	Sheep Sorrel		
Saxifraga sp.	Saxifrage		
Sedum sp.	Stonecrop		
Stachys cooleyae	Hedge Nettle, Horse Mint		x
Taraxacum officinale	Dandelion		
Tragopogon pratensis	Oyster Plant		
Trifolium pratense	Red Clover		
Trifolium repens	White Clover		
Trillium ovatum	Trillium	No Pick	x
Veronica sp.	Veronica		
Viola glabella	Woods Violet		
Viola orbiculata	Dark Woods Violet		
Viola sp.	Violet		
Xerophyllum tenax	Beargrass		x
<b>Food: Fruits</b>			
Acer circinatum	Vine Maple		
Acer macrophyllum	Big Leaf Maple		
Berberis nervosa	Mountain Oregon Grape		x
Calochortus tolmiei	Cat's Ears		
Chamaenerion angustifolium (Epilobium a.)	Fireweed		
Chimaphila menziesii	Baby Pipsissewa	Unripe	x
Chimaphila umbellata	Pipsissewa	Unripe	x
Cornus unalaschkensis (C. canadensis)	Bunchberry		x
Eriogonum umbellatum	Wild Buckwheat		
Fragaria virginiana	Wild Strawberry		
Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal	Cathartic	x
Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal	Cathartic	x
Orthilia secunda (Pyrola s.)	One-sided Pyrola		x
Prosartes hookeri (Disporum h.)	Fairy Bells		x
Pyrola picta	White-veined Pyrola		x
Ribes sp.	Currant, Gooseberry		
Rosa sp.	Rosehips		x
Rubus nutkanus (R. parviflorus)	Thimbleberry		x
Rubus sp.	Blackberry		

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Uses	Name	Notes	Seen
Rubus spectabilis	Salmonberry		
Sorbus sitchensis	Mountain Ash		
Streptopus lanceolatus (S. roseus)	Rosy Twisted Stalk		x
Trillium ovatum	Trillium	No Pick	x
Vaccinium membranaceum	Huckleberry		x
Vaccinium ovalifolium	Huckleberry		x
Xerophyllum tenax	Beargrass		x

### Food: Spices/Teas

Achlys triphylla	Vanilla Leaf		x
Angelica arguta	Angelica		
Angelica genuflexa	Angelica		
Asarum caudatum	Wild Ginger		
Clinopodium douglasii (Satureja d.)	Yerba Buena		
Fragaria virginiana	Wild Strawberry		
Heracleum maximum (H. lanatum)	Cow Parsnip	Strong	
Osmorhiza berteroi (O. chilensis)	Sweet Cicely		x
Petasites frigidus	Western Coltsfoot	w/ caution (PA's)	x
Prunella vulgaris	Self Heal, Heal All	Simple	
Rosa sp.	Wild Rose		x
Rubus nutkanus (R. parviflorus)	Thimbleberry		x
Rubus sp.	Blackberry		
Rubus spectabilis	Salmonberry		
Trifolium pratense	Red Clover		
Trifolium repens	White Clover		

### Alteratives incl. Diaphoretics and Diuretics

Achillea millefolium	Yarrow	Diaphoretic	
Angelica arguta	Angelica	Reproductive	
Angelica genuflexa	Angelica	Reproductive	
Artemisia douglasiana	Mugwort	Diaphoretic	x
Asarum caudatum	Wild Ginger	Diaphoretic/Anti-bacterial	
Berberis nervosa	Mountain Oregon Grape	Alterative	x
Chimaphila menziesii	Baby Pipsissewa	Diuretic	x
Chimaphila umbellata	Pipsissewa	Diuretic	x
Gallium oreganum	Bedstraw, Cleavers	Diuretic	
Hypochaeris radicata	False dandelion		x
Oplopanax horridus (O. horridum)	Devil's Club	Alterative	
Orthilia secunda (Pyrola s.)	One-sided Pyrola	Diuretic	x
Pyrola picta	White-veined Pyrola	Diuretic	x
Rudbeckia occidentalis	Coneflower	Diuretic	x
Sambucus racemosa	Red Elder	Diaphoretic	x

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Uses	Name	Notes	Seen
Taraxacum officinale	Dandelion		
Trifolium pratense	Red Clover	Mild Liver, Simple	
Vaccinium membranaceum	Huckleberry	Diuretic	x
Vaccinium ovalifolium	Huckleberry	Diuretic	x

### Aromatic/Bitters

Achillea millefolium	Yarrow		
Angelica arguta	Angelica		
Angelica genuflexa	Angelica		
Artemisia douglasiana	Mugwort		x
Asarum caudatum	Wild Ginger		
Berberis nervosa	Mountain Oregon Grape	Bitter	x
Clinopodium douglasii (Satureja d.)	Yerba Buena		
Heracleum maximum (H. lanatum)	Cow Parsnip	Strong	
Osmorhiza berteroi (O. chilensis)	Sweet Cicely		x
Pedicularis racemosa	Parrot's Beak	Bitter	x
Taraxacum officinale	Dandelion		

### Astringents

Anaphalis margaritacea	Pearly Everlasting		
Artemisia douglasiana	Mugwort		x
Chamaenerion angustifolium (Epilobium a.)	Fireweed		
Chimaphila menziesii	Baby Pipsissewa		x
Chimaphila umbellata	Pipsissewa		x
Cornus stolonifera	Creek Dogwood		
Cornus unalaschkensis (C. canadensis)	Bunchberry		x
Eriogonum umbellatum	Wild Buckwheat		
Fragaria virginiana	Wild Strawberry		
Geum macrophyllum	Geum, Avens		
Orthilia secunda (Pyrola s.)	One-sided Pyrola		x
Potentilla sp.(2)	Potentilla		
Pyrola picta	White-veined Pyrola		x
Ribes sp.	Currant, Gooseberry		
Rosa sp.	Wild Rose		x
Rubus nutkanus (R. parviflorus)	Thimbleberry		x
Rubus sp.	Blackberry		
Rubus spectabilis	Salmonberry		
Salix sp.	Willow		
Sorbus sitchensis	Mountain Ash		
Stachys cooleyae	Hedge Nettle, Horse Mint		x
Vaccinium membranaceum	Huckleberry		x

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Uses	Name	Notes	Seen
Vaccinium ovalifolium	Huckleberry		x
<b>Calming Herbs, Nervines</b>			
Corallorhiza maculata	Spotted Coral Root	No Pick	
Corallorhiza mertensiana	Western or Purple Coral Root	No Pick	x
Corallorhiza striata	Striped Coral Root	No Pick	
Hypericum perforatum	St. John's Wort		x
Hypericum scouleri (H. formosum)	St. John's Wort		x
Pedicularis racemosa	Parrot's Beak		x
Stachys cooleyae	Hedge Nettle, Horse Mint		x
Valeriana scouleri	Valerian		
Valeriana sitchensis	Valerian		
<b>Demulcents, Emollients</b>			
Goodyera oblongifolia	Rattlesnake Plantain	No Pick	x
Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal		x
Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal		x
Mertensia paniculata	Oregon Bluebells	External (PA's)	
Penstemon serrulatus	Penstemon	Emollient	
Penstemon sp.	Penstemon	Emollient	
Viola glabella	Woods Violet		
Viola orbiculata	Dark Woods Violet		
Viola sp.	Violet		
<b>Analgesics, Anesthetics</b>			
Heracleum maximum (H. lanatum)	Cow Parsnip	Nerve Pain	
Salix sp.	Willow		
<b>Misc.</b>			
Achillea millefolium	Yarrow	Hemostatic	
Anaphalis margaritacea	Pearly Everlasting	Pretty	
Artemisia douglasiana	Mugwort	Beer, Dreams, Smoke	x
Chimaphila menziesii	Baby Pipsissewa	Root Beer, Smoke	x
Chimaphila umbellata	Pipsissewa	Root Beer, Smoke	x
Delphinium sp.	Larkspur	Lice (with caution)	
Gallium oreganum	Bedstraw, Cleavers	Burns	
Leucanthemum vulgare (Chrysanthemum l.)	Ox Eye Daisy	Allergies	x

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Uses	Name	Notes	Seen
Oplopanax horridus (O. horridum)	Devil's Club		
Pedicularis racemosa	Parrot's Beak	Smoke	x
Petasites frigidus	Western Coltsfoot	Lungs, Smoke (PA's)	x
Plantago sp. (2)	Plantain	Drawing Poultice, Burns	
Trillium ovatum	Trillium	No Pick, Uterine Astringent	x
Vaccinium membranaceum	Huckleberry	Blood sugar	x
Vaccinium ovalifolium	Huckleberry	Blood sugar	x
Xerophyllum tenax	Beargrass	Fiber	x

### Topics of Botanical Interest

Aconitum columbianum	Monkshood	Very Poison	x
Actaea rubra	Baneberry		x
Allotropa virgata	Candystripe	Mycotroph	x
Boykinia major		Possible Valerian Indicator	x
Linnaea borealis ssp. longiflora	Twinflower	Look alike	x
Lysichiton americanus (L. americanum)	Skunk Cabbage	Very Big Leaves	
Monotropa hypopitys	Pinesap		x

### Animal Interactions

Bats  
 Beaver Chew  
 Beaver Dams  
 Bees  
 Bird Prints on rocks  
 Butterfly  
 Chipmunks  
 Deer Beds  
 Deer Scat  
 Deer Skeleton  
 Deer Trails  
 Elk  
 Elk ate Stachys  
 Elk Print in mud  
 Fish  
 Frog  
 Garter Snake  
 Gray Jays  
 Hummingbird  
 Kingfisher  
 Ladybug  
 Minnows  
 Mouse

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Uses	Name	Notes	Seen
Oregon Junco			
Ouzel	Dipper		
Red Winged Beetle			
Someone's been eating Skunk Cabbage			
Stellar Jay			
Water snake			

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July 26,28, 2019

Middle Elevation Coniferous Woods and Riparian 4500'

<http://www.botanicalstudies.net/botany/plantlists.php>

Uses	Name	Notes	Seen
<b>Food: Roots</b>			
Cirsium sp.	Thistle		
Hypochaeris radicata	False dandelion		
Lilium washingtonianum	Cascade Lily	No Pick	
Osmorhiza berteroi (O. chilensis)	Sweet Cicely		
Platanthera dilatata (Habenaria d.)	Rein Orchid	No Pick	
Tragopogon pratensis	Oyster Plant		
Xerophyllum tenax	Beargrass		
<b>Food: Greens and Potherbs</b>			
Castilleja miniata	Paintbrush	Concentrates Toxins	
Chamaenerion angustifolium (Epilobium a.)	Fireweed		
Cirsium sp.	Thistle		
Cornus unalaschkensis (C. canadensis)	Bunchberry		
Hypochaeris radicata	False dandelion		
Lilium washingtonianum	Cascade Lily	No Pick	
Osmorhiza berteroi (O. chilensis)	Sweet Cicely		
Phacelia sp.	Phacelia		
Platanthera dilatata (Habenaria d.)	Rein Orchid	No Pick	
Rosa sp.	Wild Rose		
Stachys sp.	Hedge Nettle, Horse Mint		
Tragopogon pratensis	Oyster Plant		
Trillium ovatum	Trillium	No Pick	
Veronica wormskjoldii	Veronica		
Viola adunca	Field Violet		
Viola orbiculata	Dark Woods Violet		
Viola sp.	Violet		
Xerophyllum tenax	Beargrass		
<b>Food: Fruits</b>			
Amelanchier alnifolia	Serviceberry		
Arctostaphylos nevadensis	Kinnikkinnik		
Arctostaphylos patula	Manzanita		
Berberis nervosa	Mountain Oregon Grape		
Chamaenerion angustifolium (Epilobium a.)	Fireweed		
Chimaphila umbellata	Pipsissewa	Unripe	



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Uses	Name	Notes	Seen
<i>Cornus unalaschkensis</i> ( <i>C. canadensis</i> )	Bunchberry		
<i>Fragaria</i> sp.	Wild Strawberry		
<i>Gaultheria ovatifolia</i>	Baby Salal		
<i>Lilium washingtonianum</i>	Cascade Lily	No Pick	
<i>Lonicera involucrata</i>	Twinberry	Edible	
<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>Nuphar polysepala</i>	Water lily		
<i>Pyrola asarifolia</i>	Pyrola		
<i>Pyrola picta</i>	White-Veined Pyrola		
<i>Ribes cereum</i>	Wax Currant		
<i>Ribes lacustre</i>	Swamp Currant		
<i>Ribes viscosissimum</i>	Sticky Currant		
<i>Rosa</i> sp.	Rosehips		
<i>Rubus nutkanus</i> ( <i>R. parviflorus</i> )	Thimbleberry		
<i>Rubus</i> sp.	Blackberry		
<i>Streptopus lanceolatus</i> ( <i>S. roseus</i> )	Rosy Twisted Stalk		
<i>Trillium ovatum</i>	Trillium	No Pick	
<i>Vaccinium scoparium</i>	Grouseberry		
<i>Vaccinium</i> sp.	Huckleberry (Red and Blue)		
<i>Xerophyllum tenax</i>	Beargrass		

### Food: Spices/Teas

<i>Achillea millefolium</i>	Yarrow
<i>Fragaria</i> sp.	Wild Strawberry
<i>Osmorhiza berteroi</i> ( <i>O. chilensis</i> )	Sweet Cicely
<i>Rosa</i> sp.	Wild Rose
<i>Rubus nutkanus</i> ( <i>R. parviflorus</i> )	Thimbleberry
<i>Rubus</i> sp.	Blackberry

### Alteratives incl. Diaphoretics and Diuretics

<i>Achillea millefolium</i>	Yarrow	Diaphoretic
<i>Arctostaphylos nevadensis</i>	Kinnikinnik	Diuretic
<i>Arctostaphylos patula</i>	Manzanita	Diuretic
<i>Berberis nervosa</i>	Mountain Oregon Grape	Alterative
<i>Ceanothus velutinus</i>	Red Root	Alterative
<i>Chimaphila umbellata</i>	Pipsissewa	Diuretic
<i>Hypochaeris radicata</i>	False dandelion	
<i>Sambucus racemosa</i>	Red Elder	Diaphoretic
<i>Vaccinium scoparium</i>	Grouseberry	Diuretic

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Uses	Name	Notes	Seen
Vaccinium sp.	Huckleberry	Diuretic	

### Aromatic/Bitters

Achillea millefolium	Yarrow		
Berberis nervosa	Mountain Oregon Grape	Bitter	
Osmorhiza berteroi (O. chilensis)	Sweet Cicely		
Pedicularis racemosa	Parrot's Beak	Bitter	
Populus trichocarpa	Cottonwood Buds		

### Astringents

Amelanchier alnifolia	Serviceberry		
Anaphalis margaritacea	Pearly Everlasting		
Arctostaphylos nevadensis	Kinnikkinnik		
Arctostaphylos patula	Manzanita		
Ceanothus velutinus	Red Root		
cf. Potentilla sp.	Potentilla		
Chamaenerion angustifolium (Epilobium a.)	Fireweed		
Chimaphila umbellata	Pipsissewa		
Cornus unalaschkensis (C. canadensis)	Bunchberry		
Fragaria sp.	Wild Strawberry		
Gaultheria ovatifolia	Baby Salal		
Populus trichocarpa	Cottonwood Buds		
Pyrola asarifolia	Pyrola		
Pyrola picta	White-Veined Pyrola		
Ribes cereum	Wax Currant		
Ribes lacustre	Swamp Currant		
Ribes viscosissimum	Sticky Currant		
Rosa sp.	Wild Rose		
Rubus nutkanus (R. parviflorus)	Thimbleberry		
Rubus sp.	Blackberry		
Salix sp.	Willow		
Spirea douglasii	Spirea		
Stachys sp.	Hedge Nettle, Horse Mint		
Vaccinium scoparium	Grouseberry		
Vaccinium sp.	Huckleberry		

### Calming Herbs, Nervines

Pedicularis racemosa	Parrot's Beak		
Stachys sp.	Hedge Nettle, Horse Mint		
Valeriana sitchensis	Valerian		

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Uses	Name	Notes	Seen
<b>Demulcents, Emollients</b>			
Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal		
Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal		
Penstemon sp. (2)	Penstemon	Emollient	
Viola adunca	Field Violet		
Viola orbiculata	Dark Woods Violet		
Viola sp.	Violet		
<b>Analgesics, Anesthetics</b>			
Populus trichocarpa	Cottonwood Buds		
Salix sp.	Willow		
Spirea douglasii	Spirea		
<b>Misc.</b>			
Achillea millefolium	Yarrow	Hemostatic	
Anaphalis margaritacea	Pearly Everlasting	Pretty	
Arctostaphylos nevadensis	Kinnikinnik	Smoke	
Arctostaphylos patula	Manzanita	Smoke	
Arnica cordifolia	Heart Leaf Arnica	Injury	
Arnica mollis	Hairy Arnica	Injury	
Arnica parryi	Nodding Arnica	Injury	
Ceanothus velutinus	Red Root	Soap	
Chimaphila umbellata	Pipsissewa	Root Beer, Smoke	
Pedicularis racemosa	Parrot's Beak	Smoke	
Solidago canadensis	Goldenrod	Allergies	
Trillium ovatum	Trillium	No Pick, Uterine Astringent	
Vaccinium scoparium	Grouseberry	Blood sugar	
Vaccinium sp.	Huckleberry	Blood sugar	
Xerophyllum tenax	Beargrass	Fiber	
<b>Topics of Botanical Interest</b>			
Aconitum columbianum	Monkshood	Very Poison	
Boykinia major		Possible Valerian Indicator	
Pterospora andromedea	Pinedrops	Mycotroph	
Senecio triangularis	Arrow Leaf Groundsel	PAs	

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Uses	Name	Notes	Seen
<b>Animal Interactions</b>			
	Ants		
	Bald eagle		
	Bats		
	Beaver Tracks		
	Bird Prints on rocks		
	Bird's Nest w/chicks		
	Butterflies		
	Canada Geese		
	Chipmunks		
	Deer		
	Deer eating Stachys		
	Deer Scat, trails		
	Dragon Flies		
	Elk Print in mud		
	Elk Tracks		
	Fish		
	Frogs		
	Hummingbird		
	Kingfisher		
	Minnnows		
	Mosquitoes		
	Mouse		
	Northern Flicker		
	Oregon Junco		
	Ouzel		
	Red Winged Beetle		
	Snake		
	Snake Tracks		
	Someone's been eating Skunk Cabbage		
	Startled Duck		
	Stellar Jay		
	Water snake		
	Woodpecker		

**Columbines School of Botanical Studies**  
**Summer Apprenticeship**  
**Class Highlights Trip #13-14**

**Places Visited:**

Middle Elevation Coniferous Woods and Riparian Zone (East and West Sides of the Cascades)

**Topics covered:**

Economic Botanical Survey

Asteraceae (Compositae) Taxonomy

Located, harvested, processed *Artemisia douglasiana*: An excellent example of locating, using the information in a campground to find new isolated clean stands.

Located, harvested, processed *Hypericum perforatum*: It likes disturbed areas. We went to a riverbed that was naturally disturbed.

Located *Arnica mollis*: Real life locating skills. Looked all day for *Arnica* only to give up, and find a large stand on the way back to the car.

Sometimes we can come across stands of plants that appear harvestable, but something on the wildcrafting checklist is wrong. It is perfectly acceptable to not gather plants. Gathering plants is easy; not gathering plants is hard.

Areas with water in spring may dry up in the summer. Use the plants as indicators of water.

Keyed out *Erythranthe lewisii* (*Mimulus l.*) and *Senecio triangularis*

**Herbs Harvested:**

*Artemisia douglasiana* above ground parts for bundles and vinegar

*Hypericum perforatum*, *H. formosum* tops for tincture and oil

Tasted *Erythranthe lewisii* (*Mimulus l.*) petals and sepals, *Amelanchier alnifolia* berries, *Vaccinium membranaceum* berries, *Vaccinium ovalifolium* berries, *Vaccinium scoparium* berries, *Vaccinium uliginosum* berries, *Ribes cereum* berries