

Columbines School of Botanical Studies
 Wild Food Tending Economic Botanical Survey
 Trips #7-8: Columbia Plateau

June 15 - 16, 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	Abundance Phenology
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Food: Roots

	Allium sp. (1)	Wild Onion		FL
	Allium sp. (2)	Wild Onion (Short)		
	Balsamorhiza sagittata	Arrow-Leaf Balsamroot		
	Brodiaea sp. or Dichelostemma sp.	Brodiaea, Fool's Onion		FL
	Cirsium arvense	Canada Thistle		
	Fritillaria affinis (F. lanceolata)	Rice Root Lily		
	Hypochaeris radicata	False Dandelion		
	Lomatium canbyi	Lomatium		SN
	Lomatium grayi	Pungent Biscuitroot		
	Lomatium macrocarpum	Large Fruited Biscuitroot		
	Lomatium nudicaule	Wild Celery, "Come-see"		
	Lomatium sp.	Little Potato		
	Lomatium triternatum	Luksh, Biscuitroot		FR
	Osmorhiza berteroi (O. chilensis)	Sweet Cecily		
	Perideridia montana (P. gairdneri)	Late Yampa		
	Taraxacum officinalis	Dandelion		
	Tragopogon sp.	Salsify, Oyster Root		
	Triteleia hyacinthina (Brodiaea h.)	Brodiaea (White)		

Food: Greens and Potherbs

	Allium sp. (1)	Wild Onion		FL
	Allium sp. (2)	Wild Onion (Short)		
	Berberis aquifolium	Tall Oregon Grape		
	Berberis repens	Oregon Grape		
	cf. Potentilla sp.	Potentilla		
	Cirsium arvense	Canada Thistle		
	Heracleum maximum (H. lanatum)	Cow Parsnip		
	Hypochaeris radicata	False Dandelion		
	Lactuca serriola	Prickly Lettuce		
	Lathyrus latifolius	Wild Sweetpea		

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Uses	Genus	Name	Notes	Abundance Phenology
	Lepidium sp.	Peppergrass		
	Lomatium canbyi	Lomatium		SN
	Lomatium grayi	Pungent Biscuitroot		
	Lomatium nudicaule	Wild Celery, "Come-see"		
	Lomatium sp.	Little Potato		
	Mimulus sp. incl. Diplacus, Eryanthranthe	Monkey Flower		
	Osmorhiza berteroi (O. chilensis)	Sweet Cecily		
	Perideridia montana (P. gairdneri)	Late Yampa		
	Plantago lanceolata	Plantain		
	Plectritis congesta	Rosy Plectritis		
	Poa bulbosa	Bulbous Bluegrass		
	Prunella vulgaris	Self Heal, Heal All		
	Rosa sp.	Wild Rose		
	Rumex acetosella	Sheep Sorrel		
	Rumex sp.	Dock		
	Sambucus cerulea	Blue Elderberry	Flowers only	
	Taraxacum officinalis	Dandelion		
	Torilus arvensis	Hedgeparsley		
	Tragopogon sp.	Salsify, Oyster Root		
	Trifolium pratense	Red Clover		
	Trifolium repens	White Clover		
	Veronica sp.	Speedwell		

Food: Fruits

Amelanchier alnifolia	Service Berry	
Balsamorhiza sagittata	Arrow-Leaf Balsamroot	
Berberis aquifolium	Tall Oregon Grape	
Berberis repens	Oregon Grape	
Corylus cornuta	Beaked Hazelnut	
Madia exigua	Small Tarweed	
Pinus ponderosa	Ponderosa Pine	
Poa bulbosa	Bulbous Bluegrass	
Quercus garryana	Oregon White Oak	L
Ribes sp.	Currant	
Rosa sp.	Rosehips	
Rubus leucodermis	Blackcap Raspberry	
Rumex sp.	Dock	
Sambucus cerulea	Blue Elderberry	

Food: Spices/Teas

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Uses	Genus	Name	Notes	Abundance Phenology
	<i>Achillea millefolium</i>	Yarrow		
	<i>Ceanothus integerrimus</i>	Deerbrush		
	<i>Heracleum maximum</i> (H. lanatum)	Cow Parsnip	Strong	
	<i>Lepidium</i> sp.	Peppergrass		
	<i>Lomatium canbyi</i>	Lomatium		SN
	<i>Lomatium dissectum</i>	Lomatium		FR
	<i>Lomatium grayi</i>	Pungent Biscuitroot		
	<i>Lomatium macrocarpum</i>	Large Fruited Biscuitroot		
	<i>Lomatium nudicaule</i>	Wild Celery, "Come-see"		
	<i>Lomatium</i> sp.	Little Potato		
	<i>Lomatium triternatum</i>	Luksh, Biscuitroot		FR
	<i>Osmorhiza berteroi</i> (O. chilensis)	Sweet Cecily		
	<i>Perideridia montana</i> (P. gairdneri)	Late Yampa		
	<i>Prunella vulgaris</i>	Self Heal, Heal All		
	<i>Rosa</i> sp.	Wild Rose		
	<i>Rubus leucodermis</i>	Blackcap Raspberry		
	<i>Trifolium pratense</i>	Red Clover		
	<i>Trifolium repens</i>	White Clover		
	<i>Veronica</i> sp.	Speedwell	Simple	

Alteratives incl. Diaphoretics and Diuretics

<i>Achillea millefolium</i>	Yarrow	Diaphoretic	
<i>Balsamorhiza sagittata</i>	Arrow-Leaf Balsamroot		
<i>Berberis aquifolium</i>	Tall Oregon Grape		
<i>Berberis repens</i>	Oregon Grape		
<i>Ceanothus integerrimus</i>	Deerbrush		
<i>Hypochaeris radicata</i>	False Dandelion	Alterative	
<i>Lomatium dissectum</i>	Lomatium		FR
<i>Lomatium nudicaule</i>	Wild Celery, "Come-see"		
<i>Pinus ponderosa</i>	Ponderosa Pine		
<i>Rumex</i> sp.	Dock	Alterative	
<i>Sambucus cerulea</i>	Blue Elderberry	Diaphoretic	
<i>Taraxacum officinalis</i>	Dandelion	Alterative	
<i>Trifolium pratense</i>	Red Clover	Alterative, Simple	

Aromatic/Bitters

<i>Achillea millefolium</i>	Yarrow		
<i>Berberis aquifolium</i>	Tall Oregon Grape		
<i>Berberis repens</i>	Oregon Grape		
<i>Heracleum maximum</i> (H. lanatum)	Cow Parsnip	Strong aromatic	
<i>Hypochaeris radicata</i>	False Dandelion	Bitter	

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	Lomatium dissectum	Lomatium		FR
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	Lomatium sp.	Little Potato		
	Lomatium triternatum	Luksh, Biscuitroot		FR
	Osmorhiza berteroi (O. chilensis)	Sweet Cecily		
	Pinus ponderosa	Ponderosa Pine		
	Rumex sp.	Dock	Bitter	
	Taraxacum officinalis	Dandelion	Bitter	

Astringents

cf. Potentilla sp.	Potentilla		
Geum macrophyllum	Geum, Avens		
Quercus garryana	Oregon White Oak		L
Ribes sp.	Currant		
Rosa sp.	Wild Rose		
Rubus leucodermis	Blackcap Raspberry		
Rumex sp.	Dock	Mild	

Calming Herbs, Nervines

Corallorhiza striata	Striped Coral Root	No Pick	
Hypericum perforatum	St. John's Wort		
Lactuca serriola	Prickly Lettuce		
Plectritis congesta	Rosy Plectritis		
Scutellaria angustifolia	Narrow-Leaved Skullcap		FL

Demulcents, Emollients

Penstemon sp.	Penstemon	Emollient	
Plantago lanceolata	Plantain		
Rumex sp.	Dock	Young Leaves	

Pain (see Tranquilizers/Muscle Relaxants)

Heracleum maximum (H. lanatum)	Cow Parsnip		
Populus trichocarpa	Cottonwood Buds		
Quercus garryana	Oregon White Oak		L

Misc.

Achillea millefolium	Yarrow	Hemostatic	
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Uses	Genus	Name	Notes	Abundance Phenology
	<i>Ceanothus integerrimus</i>	Deerbrush	Soap	
	<i>Pinus ponderosa</i>	Ponderosa Pine	Incense, Fiber	
	<i>Plantago lanceolata</i>	Plantain	Drawing Poultice	
	<i>Taraxacum officinalis</i>	Dandelion	Blood Sugar, Wine, Minerals	

Topics of Botanical Interest

<i>Anticlea</i> sp. (<i>Zigadenus</i> sp.)	Death Camas	Poison Look-alike	
<i>Cicuta douglasii</i>	Water Hemlock	Poison	
<i>Conium maculatum</i>	Poison Hemlock	Poison	
<i>Purshia tridentata</i>	Bitterbrush	Red, Juicy	FR
<i>Toxicoscordion paniculatum</i> (<i>Zigadenus</i> p.)	Death Camas	Poison Look-alike	FR

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Wild Food Tending
Field Trips #7, 8
June 15 & 16, 2019
Columbia Plateau Pine-Oak Woodland

- History of the Confederated Tribes of Warm Springs
- Geologic history of the Columbia Plateau
- Stories of root camp, Heron's wild food intensive
- Tasted *Lomatium* seeds: *L. grayi* (dry), *L. nudicaule* (green), *L. triternatum* (green)

Botany

- Keyed *Lomatium grayi*
- *Lomatium columbianum* and *L. dissectum* are strongly medicinal, have corky thickened wings on the fruits, and could be confused with *L. grayi* (whose wings are not corky thickened)

Wildcrafting

- The art of digging giant holes
- Harvested and processed *Lomatium grayi* to dry
- Variety of environmental forms seen in *Lomatium grayi* roots

Wild Food Preparation

- *Camassia quamash* spp. *brevifolia* bulbs, pit baked for 2 days, steamed in a steamer basket in a crock pot for 36 hours, frozen, then thawed and warmed in a skillet. Eaten alongside wild salmon.
- Liquid that gathered in a crock pot from beneath cooking camas

When Hitchy apologizes for his *Lomatium* key, you know you're in trouble!

"Most of the species of this notoriously difficult genus are fairly well defined (even though often highly variable), but the species present so many different combinations of characters that a satisfactory key is extraordinarily difficult to devise."

-C. Leo Hitchcock (from the 5 Volume Flora of the Pacific Northwest)