

**Columbines School of Botanical Studies**  
**Wild Food Tending Economic Botanical Survey**  
**Trip #9: North Umpqua Watershed**

August 8-9, 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
<b>Food: Roots</b>					
	Brodiaea sp. incl Dichelostemma sp., Tritoleia sp.	<b>Brodiaea</b>			
	Camassia leichtlinii	<b>Great Camas</b>		<b>a</b>	FR-SN
	Camassia quamash ssp. intermedia	<b>Camas</b>		<b>c</b>	FR-SN
	Camassia sp.	<b>Common Camas</b>			
	Cirsium vulgare	<b>Bull Thistle</b>			
	Daucus carota	<b>Wild Carrot</b>		<b>a</b>	
	Hypochaeris radicata	<b>False Dandelion</b>			
	Lilium sp.	<b>Lily</b>			
	Osmorhiza berteroi (O. chilensis)	<b>Sweet Cicely</b>			
	Perideridia howellii	<b>Yampah</b>			
	Perideridia montana (P. gairdneri)	<b>Late Yampah</b>		<b>c</b>	FL
	Taraxacum officinalis	<b>Dandelion</b>		<b>r</b>	FL
	Typha latifolia	<b>Cattail</b>			FL

**Food: Greens and Potherbs**

Berberis aquifolium

**Tall Oregon Grape**

Berberis nervosa

**Oregon Grape**

Castilleja miniata

**Paintbrush**

cf. Potentilla sp.

**Potentilla**

Chamaenerion angustifolium

**Fireweed**

(Epilobium a.)

Cirsium vulgare

**Bull Thistle**

Daucus carota

**Wild Carrot**

**a**

Erythranthe guttata (Mimulus g.)

**Yellow Monkeyflower**

Fragaria sp.

**Wild Strawberry**

Gallium sp.

**Bedstraw, Cleavers**

Hypochaeris radicata

**False Dandelion**

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Uses	Genus	Name	Notes	Abundance	Phenology
	Leucanthemum vulgare (Chrysanthemum l.)	<b>Ox Eye Daisy</b>		<b>c</b>	FL
	Osmorhiza berteroi (O. chilensis)	<b>Sweet Cicely</b>			
	Perideridia howellii	<b>Yampah</b>			
	Perideridia montana (P. gairdneri)	<b>Late Yampah</b>		<b>c</b>	FL
	Plantago lanceolata	<b>Plantain</b>			
	Prunella vulgaris	<b>Self Heal, Heal All</b>			
	Rosa sp.	<b>Wild Rose</b>			
	Rubus ursinus	<b>Blackberry</b>			
	Rumex obtusifolius	<b>Bitter Dock</b>			
	Sidalcea sp.	<b>Checker Mallow</b>			
	Stachys cooleyae	<b>Hedge Nettle</b>			
	Taraxacum officinalis	<b>Dandelion</b>		<b>r</b>	FL
	Trifolium repens	<b>White Clover</b>			
	Trifolium sp.	<b>Native Clover</b>			
	Typha latifolia	<b>Cattail</b>			FL
	Vaccinium parvifolium	<b>Red Huckleberry</b>			
	Viola sp.	<b>Violet</b>			

**Food: Fruits**

Amelanchier alnifolia	<b>Service Berry</b>	<b>c</b>	FR
Berberis aquifolium	<b>Tall Oregon Grape</b>		
Berberis nervosa	<b>Oregon Grape</b>		
Chamaenerion angustifolium (Epilobium a.)	<b>Fireweed</b>		
Corylus cornuta	<b>Filbert, Hazelnut</b>	<b>o</b>	L
Crataegus douglasii	<b>Black Hawthorne</b>		
Crataegus gaylussacia (C. douglasii)	<b>Hawthorne</b>	<b>c</b>	FR
Fragaria sp.	<b>Wild Strawberry</b>		
Gaultheria shallon	<b>Salal</b>		
Madia elegans	<b>Tarweed</b>		
Madia sativa	<b>Tarweed</b>		FL-FR
Madia sp.	<b>Tarweed</b>		
Malus fusca	<b>Pacific Crabapple</b>		
Pinus lambertiana	<b>Sugar Pine</b>		
Pinus ponderosa	<b>Ponderosa Pine</b>		L
Quercus garryana	<b>Oregon White Oak</b>		
Rosa sp.	<b>Rosehips</b>		
Rubus ursinus	<b>Blackberry</b>		
Rumex obtusifolius	<b>Bitter Dock</b>		

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Uses	Genus	Name	Notes	Abundance	Phenology
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	<i>Vaccinium parvifolium</i>	<b>Red Huckleberry</b>			
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**Food: Spices/Teas**

	<i>Achillea millefolium</i>	<b>Yarrow</b>			
	<i>Chamaenerion angustifolium</i> ( <i>Epilobium a.</i> )	<b>Fireweed</b>			
	<i>Crataegus douglasii</i>	<b>Black Hawthorne</b>			
	<i>Crataegus gaylussacia</i> ( <i>C. douglasii</i> )	<b>Hawthorne</b>		c	FR
	<i>Equisetum sp.</i>	<b>Horsetail</b>			
	<i>Fragaria sp.</i>	<b>Wild Strawberry</b>			
	<i>Lilium sp.</i>	<b>Lily</b>			
	<i>Mentha arvensis</i>	<b>Field Mint</b>			
	<i>Osmorhiza berteroi</i> ( <i>O. chilensis</i> )	<b>Sweet Cicely</b>			
	<i>Perideridia howellii</i>	<b>Yampah</b>			
	<i>Perideridia montana</i> ( <i>P. gairdneri</i> )	<b>Late Yampah</b>		c	FL
	<i>Pinus lambertiana</i>	<b>Sugar Pine</b>			
	<i>Pinus ponderosa</i>	<b>Ponderosa Pine</b>			L
	<i>Prunella vulgaris</i>	<b>Self Heal, Heal All</b>			
	<i>Rosa sp.</i>	<b>Rose</b>			
	<i>Rubus ursinus</i>	<b>Blackberry</b>			
	<i>Stachys cooleyae</i>	<b>Hedge Nettle</b>			
	<i>Trifolium repens</i>	<b>White Clover</b>			
	<i>Trifolium sp.</i>	<b>Native Clover</b>			

**Alteratives incl. Diaphoretics and Diuretics**

	<i>Achillea millefolium</i>	<b>Yarrow</b>	Diaphoretic		
	<i>Berberis aquifolium</i>	<b>Tall Oregon Grape</b>			
	<i>Berberis nervosa</i>	<b>Oregon Grape</b>	Alterative		
	<i>Gallium sp.</i>	<b>Bedstraw, Cleavers</b>	Diuretic		
	<i>Hypochaeris radicata</i>	<b>False Dandelion</b>	Alterative		
	<i>Pinus lambertiana</i>	<b>Sugar Pine</b>			
	<i>Pinus ponderosa</i>	<b>Ponderosa Pine</b>			L
	<i>Rumex obtusifolius</i>	<b>Bitter Dock</b>	Alterative		
	<i>Solidago sp.</i> ( <i>S. canadensis</i> )	<b>Goldenrod</b>			FL
	<i>Taraxacum officinalis</i>	<b>Dandelion</b>	Alterative	r	FL
	<i>Trifolium sp.</i>	<b>Native Clover</b>	Alterative, Simple		

**Aromatic/Bitters**

	<i>Achillea millefolium</i>	<b>Yarrow</b>			
	<i>Berberis aquifolium</i>	<b>Tall Oregon Grape</b>			

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Uses	Genus	Name	Notes	Abundance	Phenology
	<i>Berberis nervosa</i>	<b>Oregon Grape</b>	Bitter		
	<i>Centaurea gerstlaueri</i> ( <i>C. pratensis</i> )	<b>Meadow Knapweed</b>			
	<i>Hypochaeris radicata</i>	<b>False Dandelion</b>	Bitter		
	<i>Mentha arvensis</i>	<b>Field Mint</b>			
	<i>Osmorhiza berteroi</i> ( <i>O. chilensis</i> )	<b>Sweet Cicely</b>			
	<i>Rumex obtusifolius</i>	<b>Bitter Dock</b>	Bitter		
	<i>Taraxacum officinalis</i>	<b>Dandelion</b>	Bitter	r	FL

**Astringents**

	<i>Amelanchier alnifolia</i> cf. <i>Potentilla</i> sp.	<b>Service Berry</b> <b>Potentilla</b>		c	FR
	<i>Fragaria</i> sp.	<b>Wild Strawberry</b>			
	<i>Gaultheria shallon</i>	<b>Salal</b>			
	<i>Geum macrophyllum</i>	<b>Geum, Avens</b>			
	<i>Pinus lambertiana</i>	<b>Sugar Pine</b>			
	<i>Pinus ponderosa</i>	<b>Ponderosa Pine</b>			L
	<i>Quercus garryana</i>	<b>Oregon White Oak</b>			
	<i>Rosa</i> sp.	<b>Rose</b>			
	<i>Rubus ursinus</i>	<b>Blackberry</b>			
	<i>Rumex obtusifolius</i>	<b>Bitter Dock</b>	Mild		
	<i>Vaccinium parvifolium</i>	<b>Red Huckleberry</b>			

**Calming Herbs, Nervines**

	<i>Hypericum anagalloides</i>	<b>Bog St. John's Wort</b>			
	<i>Hypericum perforatum</i>	<b>St. John's Wort</b>			FL-FR
	<i>Hypericum scouleri</i> ( <i>H. formosum</i> )	<b>Native St. John's Wort</b>	Hybrid?		FR
	<i>Stachys cooleyae</i>	<b>Hedge Nettle</b>			

**Demulcents, Emollients**

	<i>Plantago lanceolata</i>	<b>Plantain</b>			
	<i>Rumex obtusifolius</i>	<b>Bitter Dock</b>	Young Leaves		
	<i>Sidalcea</i> sp.	<b>Checker Mallow</b>			
	<i>Viola</i> sp.	<b>Violet</b>			

**Misc.**

	<i>Achillea millefolium</i>	<b>Yarrow</b>	Hemostatic		
	<i>Crataegus douglasii</i>	<b>Black Hawthorne</b>			
	<i>Crataegus gaylussacia</i> ( <i>C. douglasii</i> )	<b>Hawthorne</b>		c	FR

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Uses	Genus	Name	Notes	Abundance	Phenology
	Gallium sp.	<b>Bedstraw</b>	Burns		
	Leucanthemum vulgare (Chrysanthemum l.)	<b>Ox Eye Daisy</b>	Allergies	<b>c</b>	FL
	Plantago lanceolata	<b>Plantain</b>	Drawing Poultice		
	Quercus garryana	<b>Oregon White Oak</b>	Salicylates		
	Taraxacum officinalis	<b>Dandelion</b>	Blood Sugar, Wine, Minerals	<b>r</b>	FL

**Topics of Botanical Interest**

cf. Centaurea sp.	<b>Knapweed</b>		<b>a-c</b>	FL
Jacobaea vulgaris (Senecio j.)	<b>Tansy Ragweed</b>	Poison Look-alike		
Solidago sp. (S. canadensis)	<b>Goldenrod</b>			FL
Toxicoscordion diversilobum	<b>Poison Oak</b>			L
Veratrum sp.	<b>False Hellebore</b>			SN

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**Trip #10: North Umpqua Watershed**

August 10-11, 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
<b>Food: Roots</b>					
	Allium sp.	<b>Onion</b>		<b>o</b>	SN
	Calochortus sp.	<b>Cats Ears</b>	No Pick		
	Camassia leichtlinii	<b>Great Camas</b>		<b>c</b>	FR
	Cirsium sp.	<b>Thistle</b>			
	Claytonia lanceolata	<b>Spring Beauty</b>			
	Erythronium grandiflorum	<b>Fawn Lily</b>	No Pick		
	Lilium pardalinum	<b>Leopard Lily</b>		<b>o</b>	FL-FR
	Lomatium hallii	<b>Biscuit Root</b>			
	Osmorhiza berteroi (O. chilensis)	<b>Sweet Cicely</b>		<b>c</b>	FR
	Perideridia howellii (P. oregana)	<b>Early Yampah</b>		<b>a</b>	FR
	Perideridia montana (P. gairdneri)	<b>Late Yampah</b>		<b>a</b>	FL
	Platanthera dilatata	<b>White Rein Orchid</b>	No Pick		
	Taraxacum officinalis	<b>Dandelion</b>			
	Triteleia hyacinthina (Brodiaea h.)	<b>Brodiaea</b>			
	Xerophyllum tenax	<b>Beargrass</b>		<b>c</b>	L
<b>Food: Greens and Potherbs</b>					
	Achlys triphylla	<b>Vanilla Leaf</b>			
	Allium sp.	<b>Onion</b>		<b>o</b>	SN
	Allium validum	<b>Swamp Onion</b>		<b>c</b>	FR
	Berberis nervosa	<b>Oregon Grape</b>			
	Bistorta bistortoides (Polygonum b.)	<b>Mountain Bistort</b>			
	Calochortus sp.	<b>Cats Ears</b>	No Pick		
	Castilleja sp.	<b>Paintbrush</b>		<b>c</b>	FR
	Chamaenerion angustifolium (Epilobium a.)	<b>Fireweed</b>		<b>c</b>	FL-FR-SN
	Cirsium sp.	<b>Thistle</b>			
	Claytonia lanceolata	<b>Spring Beauty</b>			
	Claytonia sibirica (Montia s.)	<b>Candyflower</b>		<b>c</b>	FL
	Drymocallis glandulosa (Potentilla g.)	<b>Potentilla</b>			

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Uses	Genus	Name	Notes	Abundance	Phenology
	<i>Erythranthe guttata</i> (Mimulus g.)	<b>Yellow Monkeyflower</b>			
	<i>Erythronium grandiflorum</i>	<b>Fawn Lily</b>	No Pick		
	<i>Fragaria vesca</i>	<b>Wild Strawberry</b>			
	<i>Gallium oreganum</i>	<b>Bedstraw, Cleavers</b>		c	FL-FR
	<i>Gallium</i> sp.	<b>Bedstraw, Cleavers</b>			
	<i>Heracleum maximum</i> (H. lanatum)	<b>Cow Parsnip</b>			
	<i>Hydrophyllum</i> sp.	<b>Waterleaf</b>			
	<i>Ligusticum grayi</i>	<b>Oshala</b>		c	FR
	<i>Lomatium hallii</i>	<b>Biscuit Root</b>			
	<i>Mimulus moschatus</i>	<b>Musk Monkeyflower</b>			
	<i>Montia parvifolia</i>	<b>Small leafed Montia</b>			
	<i>Oemleria cerasiformis</i>	<b>Oso Berry</b>			
	<i>Orthocarpus imbricatus</i>	<b>Owl's Clover</b>		c	FL
	<i>Osmorhiza berteroi</i> (O. chilensis)	<b>Sweet Cicely</b>		c	FR
	<i>Osmorhiza occidentalis</i>	<b>Sweet Root</b>		o	FR
	<i>Perideridia howellii</i> (P. oregana)	<b>Early Yampah</b>		a	FR
	<i>Perideridia montana</i> (P. gairdneri)	<b>Late Yampah</b>		a	FL
	<i>Phacelia mutabilis</i>	<b>Phacelia</b>		c	FL-FR
	<i>Plantago major</i>	<b>Plantain</b>			
	<i>Platanthera dilatata</i>	<b>White Rein Orchid</b>	No Pick		
	<i>Prunella vulgaris</i>	<b>Self Heal, Heal All</b>			
	<i>Rosa gymnocarpa</i>	<b>Wild Rose</b>			
	<i>Rubus leucodermis</i>	<b>Blackcap Raspberry</b>		r	FR
	<i>Rubus nutkanus</i> (R. parviflorus)	<b>Thimble Berry</b>		c	FR
	<i>Rubus spectabilis</i>	<b>Salmon Berry</b>			
	<i>Rubus ursinus</i>	<b>Blackberry</b>		c	FR
	<i>Rumex acetocella</i>	<b>Sheep Sorrel</b>			
	<i>Sambucus cerulea</i>	<b>Black Elder</b>	Flowers Only		
	<i>Sambucus racemosa</i>	<b>Red Elder</b>	Flowers Only		
	<i>Sedum oregonense</i>	<b>Stonecrop</b>			
	<i>Sedum</i> sp.	<b>Stonecrop</b>			
	<i>Sidalcea oregana</i>	<b>Checker Mallow</b>			
	<i>Stachys cooleyae</i>	<b>Hedge Nettle</b>		o	FL
	<i>Stachys rigida</i>	<b>Hedge Nettle</b>			
	<i>Taraxacum officinalis</i>	<b>Dandelion</b>			
	<i>Trifolium howellii</i>	<b>Native Clover</b>			
	<i>Trifolium repens</i>	<b>White Clover</b>			
	<i>Trillium ovatum</i>	<b>Trillium</b>	No Pick		
	<i>Vaccinium membranaceum</i>	<b>Big Huckleberry</b>			
	<i>Vaccinium ovalifolium</i>	<b>Huckleberry</b>			
	<i>Vaccinium</i> sp.	<b>Huckleberry</b>		o	
	<i>Vancouveria hexandra</i>	<b>Inside Out Flower</b>			

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	<i>Viola glabella</i>	<b>Violet</b>			
	<i>Viola</i> sp.	<b>Violet</b>			
	<i>Xerophyllum tenax</i>	<b>Beargrass</b>		<b>c</b>	L
<b>Food: Fruits</b>					
	<i>Amelanchier alnifolia</i>	<b>Service Berry</b>			
	<i>Arctostaphylos nevadensis</i>	<b>Kinnikkinnik</b>			FL-FR
	<i>Arctostaphylos patula</i>	<b>Green Manzanita</b>			
	<i>Berberis nervosa</i>	<b>Oregon Grape</b>			
	<i>Bistorta bistortoides</i> ( <i>Polygonum</i> b.)	<b>Mountain Bistort</b>			
	<i>Calochortus</i> sp.	<b>Cats Ears</b>	No Pick		
	<i>Chamaenerion angustifolium</i> ( <i>Epilobium</i> a.)	<b>Fireweed</b>		<b>c</b>	FL-FR-SN
	<i>Chrysolepis chrysophylla</i>	<b>Chinquapin</b>		<b>r</b>	FR
	<i>Cornus stolonifera</i>	<b>Red Osier Dogwood</b>			
	<i>Cornus unalaschkensis</i> ( <i>C. canadensis</i> )	<b>Bunch Berry</b>			
	<i>Eriogonum nudum</i>	<b>Wild Buckwheat</b>			
	<i>Eriogonum umbellatum</i>	<b>Wild Buckwheat</b>			
	<i>Erythronium grandiflorum</i>	<b>Fawn Lily</b>	No Pick		
	<i>Fragaria vesca</i>	<b>Wild Strawberry</b>			
	<i>Gaultheria ovatifolia</i>	<b>Baby Salal</b>			
	<i>Linum lewisii</i>	<b>Flax</b>			
	<i>Madia</i> sp.	<b>Tarweed</b>		<b>c</b>	FL
	<i>Maianthemum racemosum</i> ( <i>Smilacina racemosa</i> )	<b>Large False Solomon's Seal</b>			
	<i>Maianthemum stellatum</i> ( <i>Smilacina stellata</i> )	<b>Small False Solomon's Seal</b>		<b>o-r</b>	FR
	<i>Nuphar polysepala</i>	<b>Yellow Pond Lily</b>			FR
	<i>Oemleria cerasiformis</i>	<b>Oso Berry</b>			
	<i>Platanthera dilatata</i>	<b>White Rein Orchid</b>	No Pick		
	<i>Prosartes hookeri</i> ( <i>Disporum</i> h.)	<b>Fairy Bells</b>		<b>c</b>	
	<i>Pyrola</i> sp.	<b>Pyrola</b>	unripe		
	<i>Ribes lacustre</i>	<b>Swamp Currant</b>		<b>r</b>	FR
	<i>Ribes lobbii</i>	<b>Gummy Gooseberry</b>			
	<i>Ribes viscosissimum</i>	<b>Sticky Currant</b>			
	<i>Rosa gymnocarpa</i>	<b>Rosehips</b>			
	<i>Rubus lasiococcus</i>	<b>Trailing Bramble</b>		<b>o</b>	FR
	<i>Rubus leucodermis</i>	<b>Blackcap Raspberry</b>		<b>r</b>	FR
	<i>Rubus nutkanus</i> ( <i>R. parviflorus</i> )	<b>Thimble Berry</b>		<b>c</b>	FR
	<i>Rubus spectabilis</i>	<b>Salmon Berry</b>			
	<i>Rubus ursinus</i>	<b>Blackberry</b>		<b>c</b>	FR



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	<i>Sorbus scopulina</i>	<b>Mountain Ash</b>			
	<i>Streptopus amplexifolius</i>	<b>Twisted Stalk</b>		<b>o</b>	FR
	<i>Trillium ovatum</i>	<b>Trillium</b>	No Pick		
	<i>Vaccinium membranaceum</i>	<b>Big Huckleberry</b>			
	<i>Vaccinium ovalifolium</i>	<b>Huckleberry</b>			
	<i>Vaccinium sp.</i>	<b>Huckleberry</b>		<b>o</b>	
	<i>Xerophyllum tenax</i>	<b>Beargrass</b>		<b>c</b>	L

**Food: Spices/Teas**

	<i>Achillea millefolium</i>	<b>Yarrow</b>			
	<i>Achlys triphylla</i>	<b>Vanilla Leaf</b>			
	<i>Agastache urticifolia</i>	<b>Horse Mint</b>		<b>c</b>	FL-FR
	<i>Allium sp.</i>	<b>Onion</b>		<b>o</b>	SN
	<i>Allium validum</i>	<b>Swamp Onion</b>		<b>c</b>	FR
	<i>Anaphalis margaritacea</i>	<b>Pearly Everlasting</b>			
	<i>Asarum caudatum</i>	<b>Wild Ginger</b>			
	<i>Chamaenerion angustifolium</i> ( <i>Epilobium a.</i> )	<b>Fireweed</b>		<b>c</b>	FL-FR-SN
	<i>Fragaria vesca</i>	<b>Wild Strawberry</b>			
	<i>Heracleum maximum</i> ( <i>H. lanatum</i> )	<b>Cow Parsnip</b>	Strong		
	<i>Ligusticum grayi</i>	<b>Oshala</b>		<b>c</b>	FR
	<i>Lilium pardalinum</i>	<b>Leopard Lily</b>		<b>o</b>	FL-FR
	<i>Lomatium hallii</i>	<b>Biscuit Root</b>			
	<i>Osmorhiza berteroi</i> ( <i>O. chilensis</i> )	<b>Sweet Cicely</b>		<b>c</b>	FR
	<i>Osmorhiza occidentalis</i>	<b>Sweet Root</b>		<b>o</b>	FR
	<i>Perideridia howellii</i> ( <i>P. oregana</i> )	<b>Early Yampah</b>		<b>a</b>	FR
	<i>Perideridia montana</i> ( <i>P. gairdneri</i> )	<b>Late Yampah</b>		<b>a</b>	FL
	<i>Prunella vulgaris</i>	<b>Self Heal, Heal All</b>			
	<i>Rosa gymnocarpa</i>	<b>Rose</b>			
	<i>Rubus lasiococcus</i>	<b>Trailing Bramble</b>		<b>o</b>	FR
	<i>Rubus leucodermis</i>	<b>Blackcap Raspberry</b>		<b>r</b>	FR
	<i>Rubus nutkanus</i> ( <i>R. parviflorus</i> )	<b>Thimble Berry</b>		<b>c</b>	FR
	<i>Rubus spectabilis</i>	<b>Salmon Berry</b>			
	<i>Rubus ursinus</i>	<b>Blackberry</b>		<b>c</b>	FR
	<i>Stachys cooleyae</i>	<b>Hedge Nettle</b>		<b>o</b>	FL
	<i>Stachys rigida</i>	<b>Hedge Nettle</b>			
	<i>Trifolium howellii</i>	<b>Native Clover</b>			
	<i>Trifolium repens</i>	<b>White Clover</b>			

**Alteratives incl. Diaphoretics and Diuretics**

	<i>Achillea millefolium</i>	<b>Yarrow</b>	Diaphoretic		
	<i>Arctostaphylos nevadensis</i>	<b>Kinnikinnik</b>			FL-FR

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Uses	Genus	Name	Notes	Abundance	Phenology
	<i>Arctostaphylos patula</i>	<b>Green Manzanita</b>			
	<i>Asarum caudatum</i>	<b>Wild Ginger</b>	Diaphoretic		
	<i>Berberis nervosa</i>	<b>Oregon Grape</b>	Alterative		
	<i>Gallium oreganum</i>	<b>Bedstraw, Cleavers</b>	Diuretic	<b>c</b>	FL-FR
	<i>Gallium sp.</i>	<b>Bedstraw, Cleavers</b>	Diuretic		
	<i>Ligusticum grayi</i>	<b>Oshala</b>		<b>c</b>	FR
	<i>Pyrola sp.</i>	<b>Pyrola</b>			
	<i>Rudbeckia occidentalis</i>	<b>Rudbeckia</b>			
	<i>Sambucus cerulea</i>	<b>Black Elder</b>	Flowers and Berries		
	<i>Sambucus racemosa</i>	<b>Red Elder</b>	Flowers Only		
	<i>Taraxacum officinalis</i>	<b>Dandelion</b>	Alterative		
	<i>Trifolium howellii</i>	<b>Native Clover</b>	Alterative, Simple		
	<i>Trifolium repens</i>	<b>White Clover</b>	Alterative, Simple		

**Aromatic/Bitters**

<i>Achillea millefolium</i>	<b>Yarrow</b>				
<i>Agastache urticifolia</i>	<b>Horse Mint</b>			<b>c</b>	FL-FR
<i>Asarum caudatum</i>	<b>Wild Ginger</b>				
<i>Berberis nervosa</i>	<b>Oregon Grape</b>	Bitter			
<i>Heracleum maximum (H. lanatum)</i>	<b>Cow Parsnip</b>	Strong aromatic			
<i>Ligusticum grayi</i>	<b>Oshala</b>			<b>c</b>	FR
<i>Lomatium hallii</i>	<b>Biscuit Root</b>				
<i>Osmorhiza berteroi (O. chilensis)</i>	<b>Sweet Cicely</b>			<b>c</b>	FR
<i>Osmorhiza occidentalis</i>	<b>Sweet Root</b>			<b>o</b>	FR
<i>Pedicularis racemosa</i>	<b>Parrot's Beak</b>				FL-FR
<i>Taraxacum officinalis</i>	<b>Dandelion</b>	Bitter			

**Astringents**

<i>Amelanchier alnifolia</i>	<b>Service Berry</b>				
<i>Anaphalis margaritacea</i>	<b>Pearly Everlasting</b>				
<i>Arctostaphylos nevadensis</i>	<b>Kinnikkinnik</b>				FL-FR
<i>Arctostaphylos patula</i>	<b>Green Manzanita</b>				
<i>Bistorta bistortoides (Polygonum b.)</i>	<b>Mountain Bistort</b>				
<i>Cornus stolonifera</i>	<b>Red Osier Dogwood</b>				
<i>Cornus unalaschkensis (C. canadensis)</i>	<b>Bunch Berry</b>				
<i>Drymocallis glandulosa (Potentilla g.)</i>	<b>Potentilla</b>				
<i>Eriogonum nudum</i>	<b>Wild Buckwheat</b>				
<i>Eriogonum umbellatum</i>	<b>Wild Buckwheat</b>				
<i>Fragaria vesca</i>	<b>Wild Strawberry</b>				
<i>Gaultheria ovatifolia</i>	<b>Baby Salal</b>				
<i>Geum macrophyllum</i>	<b>Geum, Avens</b>				
<i>Pyrola sp.</i>	<b>Pyrola</b>				

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Uses	Genus	Name	Notes	Abundance	Phenology
	Ribes lacustre	Swamp Currant		r	FR
	Ribes lobbii	Gummy Gooseberry			
	Ribes viscosissimum	Sticky Currant			
	Rosa gymnocarpa	Rose			
	Rubus lasiococcus	Trailing Bramble		o	FR
	Rubus leucodermis	Blackcap Raspberry		r	FR
	Rubus nutkanus (R. parviflorus)	Thimble Berry		c	FR
	Rubus spectabilis	Salmon Berry			
	Rubus ursinus	Blackberry		c	FR
	Salix sp.	Willow			
	Sorbus scopulina	Mountain Ash			
	Vaccinium membranaceum	Big Huckleberry			
	Vaccinium ovalifolium	Huckleberry			
	Vaccinium sp.	Huckleberry		o	
<b>Calming Herbs, Nervines</b>					
	Corallorhiza maculata	Spotted Coral Root	No Pick		
	Hypericum anagalloides	Bog St. John's Wort			
	Hypericum perforatum	St. John's Wort			
	Nuphar polysepala	Yellow Pond Lily			FR
	Pedicularis racemosa	Parrot's Beak			FL-FR
	Stachys cooleyae	Hedge Nettle		o	FL
	Stachys rigida	Hedge Nettle			
	Valeriana sitchensis	Valerian			FR
<b>Demulcents, Emollients</b>					
	Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal			
	Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal		o-r	FR
	Plantago major	Plantain			
	Sidalcea oregana	Checker Mallow			
	Viola glabella	Violet			
	Viola sp.	Violet			
<b>Pain (see Tranquilizers/Muscle Relaxants)</b>					
	Heracleum maximum (H. lanatum)	Cow Parsnip			
	Salix sp.	Willow			
<b>Misc.</b>					
	Achillea millefolium	Yarrow	Hemostatic		
	Arnica latifolia	Arnica	Injuries		SN

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Uses	Genus	Name	Notes	Abundance	Phenology
	<i>Gallium oreganum</i>	<b>Bedstraw</b>	Burns	<b>c</b>	FL-FR
	<i>Gallium</i> sp.	<b>Bedstraw</b>	Burns		
	<i>Plantago major</i>	<b>Plantain</b>	Drawing Poultice		
	<i>Solidago canadensis</i>	<b>Goldenrod</b>	Allergies		
	<i>Taraxacum officinalis</i>	<b>Dandelion</b>	Blood Sugar, Wine, Minerals		
	<i>Trillium ovatum</i>	<b>Trillium</b>	No Pick, Uterine Astringent		
	<i>Xerophyllum tenax</i>	<b>Beargrass</b>	Fiber	<b>c</b>	L

**Topics of Botanical Interest**

<i>Aconitum columbianum</i>	<b>Monkshood, Wolf's Bane</b>	Poison		FL
<i>Actea rubra</i>	<b>Bane Berry</b>	Poison		FR
<i>Aphyllon</i> sp. ( <i>Orobanch</i> e sp.)	<b>Broom Rape</b>	No Pick		
<i>Centaurea gerstlaueri</i> ( <i>C. pratensis</i> )	<b>Meadow Knapweed</b>	Invasive weed		
<i>Gilia capitata</i>	<b>Gilia</b>			
<i>Ipomopsis aggregata</i> ( <i>Gilia</i> a.)	<b>Gilia</b>			
<i>Sanicula graveolens</i>	<b>Sanicle</b>	Edible? Ethno reference		
<i>Senecio triangularis</i>	<b>Arrow Leaf Groundsel</b>			

**Columbines School of Botanical Studies**  
**Wild Food Tending**  
**Field Trips #9, 10, 11, 12**  
**August 8-11, 2019**  
**Low and Middle Elevation Coniferous Woods and Meadows**

Territories and history overview of southern Oregon Indigenous peoples, especially the Cow Creek Band of Umpqua Indians, southern Mollala, and Klamath  
Visited a cultural berry gathering place for Klamath, Modoc, Southern Mollala, Umpqua, Shasta, Takelma, possibly Paiute people  
Guest appearance from Delia Sanchez and Derek Kimbol of Maqlaqs gee'tkni non-profit, Chiloquin, OR  
Story time with the books "The Earth's Blanket" and "Food Plants of Coastal First Peoples" both by Nancy Turner  
Tasted *Amelanchier alnifolia* berries, *Leucanthemum vulgare* flowers and leaves, *Perideridia montana* roots and flowers, *Crataegus* sp. fruits, *Ligusticum apiifolium* fruits, *Daucus carota* fruits, *Allium validum* green fruits, *Rubus parviflorus* berries, *S. amplexicaulis* fruits, *Ribes lacustre*, *Ribes cereum* and *Ribes* sp. berries, *Fragaria virginiana* berries, *Vaccinium scoparium* berries, *Rubus nutkanus* fruits.

**Botany**

Keyed *Vaccinium membranaceum*, *Perideridia oregana*

**Wildcrafting**

Harvested and processed *Perideridia oregana* and *P. montana* roots, flowers, and green fruits in thunder and lightning!  
Harvested berries of *Vaccinium membranaceum*  
Wild seeds and grains as food: examples

**Ecology and Tending**

Wild tending site selection and strategic planning  
Collected and propagated *Camassia quamash* seed with weeding to create patch establishment  
*Vaccinium membranaceum* ecology, locating, and tending  
Succession and forest encroachment of meadows and berry fields  
Identifying a Traditional Use Site using names, geography, current use patterns, and outside written sources  
Avoiding Traditional Use Sites in current use as a wildcrafting principle  
Surveyed fire effects on severe and lightly burned areas

## Wild Food Preparation

Soup with *Perideridia oregana* roots, *Stachys* sp. leaves and flowers, chicken broth, ghee, and miso

Drying techniques for berries

Processed dried *Lomatium grayi* into flour

Processed *Pinus* sp. nuts into nut butter

Made Paiute-style pinch cakes with 1/3 *Lomatium* flour, 1/3 pine nut flour, 1/3 dried, mixed *Vaccinium* berries. Moisten and press into palm, then dry.