

Columbines School of Botanical Studies
Second Year Apprenticeship Program
Valley Floor and Coast Range

April 4, 5, 2020
Trip 1, 2

Valley Floor: 420'
Low Elevation Coast Range: 735'

Family	Genus	Name	Uses	Seen
Araceae				
	<i>Lysichiton americanus</i> (L. <i>americanum</i>)	Skunk Cabbage	+/- Edible	x
Melanthiaceae (Liliaceae)				
	<i>Trillium albidum</i> (T. <i>chloropetalum</i>)	Trillium	No Pick - Medicinal	x
	<i>Trillium ovatum</i>	Trillium	No Pick - Medicinal	x
	<i>Veratrum</i> sp.	False Hellebore	Poisonous	
Liliaceae				
	<i>Clintonia uniflora</i>	Queen's Cup	Poisonous?	
	<i>Erythronium oregonum</i>	Fawn Lily	No Pick, Edible	x
	<i>Erythronium revolutum</i>	Pink Fawn Lily	No Pick, Edible	
	<i>Fritillaria affinis</i> (F. <i>lanceolata</i>)	Checker Lily	No Pick, Edible	
	<i>Lilium columbianum</i>	Tiger Lily	No Pick, Edible	
	<i>Prosartes hookeri</i> (Disporum h.)	Fairy Bells	Edible	
	<i>Prosartes smithii</i> (Disporum s.)	Fairy Lanterns	Edible	
	<i>Scoliopus hallii</i>	Fetid Adder's Tongue		x
Orchidaceae				
	<i>Calypso bulbosa</i>	Calypso Orchid	No pick	x
	<i>Corallorhiza mertensiana</i>	Western Coral Root	No pick	
	<i>Corallorhiza</i> sp.	Coral Root	No pick	
	<i>Corallorhiza striata</i>	Striped Coral Root	No pick	
	<i>Goodyera oblongifolia</i>	Rattlesnake Plantain	Mucilaginous	
	<i>Neottia cordata</i> (<i>Listera cordata</i>)	Twayblade		x
Iridaceae				
	<i>Iris tenax</i>	Iris	Medicinal	
	<i>Olsynium douglasii</i> (<i>Sisyrinchium douglasii</i>)	Blue-eyed Grass	Rare Lane County	
Amaryllidaceae (Liliaceae)				
	<i>Allium</i> sp.	Onion	Edible	
Asparagaceae (Liliaceae)				
	<i>Camassia leichtlinii</i> ssp. <i>suksdorfii</i> (C. l. var. l.)	Great Camas	No Pick, Edible	x
	<i>Maianthemum dilatatum</i>	Wild Lily of the Valley		x

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Family	Genus	Name	Uses	Seen
	<i>Maianthemum racemosum</i> (Smilacina Asparagus racemosa)	Large False Solomon's Seal	Edible, Medicinal	
	<i>Maianthemum stellatum</i> (Smilacina stellata)	Small False Solomon's Seal	Edible, Medicinal	x
Equisetaceae				
	<i>Equisetum</i> sp.	Horsetail	Medicinal	
Dryopteridaceae (Polypodiaceae)				
	<i>Polystichum munitum</i>	Sword Fern	Ecologically important	x
Polypodiaceae				
	<i>Polypodium glycyrrhiza</i>	Licorice Fern	Edible, Medicinal	x
Pinaceae				
	<i>Pinus ponderosa</i>	Ponderosa Pine	Edible, Medicinal	
Cupressaceae				
	<i>Thuja plicata</i>	Western Red Cedar	Medicinal	
Aristolochiaceae				
	<i>Asarum caudatum</i>	Wild Ginger	Spice, Medicinal	x
Papaveraceae (Fumariaceae)				
	<i>Dicentra formosa</i>	Bleeding Heart	Poisonous, Medicinal	x
Berberidaceae				
	<i>Berberis aquifolium</i>	Tall Oregon Grape	Edible, Medicinal	x
	<i>Berberis nervosa</i>	Mountain Oregon Grape	Edible, Medicinal	x
	<i>Vancouveria hexandra</i>	Inside-out Flower	Edible	
Ranunculaceae				
	<i>Actea rubra</i>	Baneberry	Poisonous, Medicinal	
	<i>Delphinium</i> sp.	Larkspur	Poisonous, (Lice)	x
	<i>Ranunculus</i> sp.	Buttercup	Poisonous	
	<i>Ranunculus occidentalis</i>	Field Buttercup	Poisonous	x
	<i>Ranunculus uncinatus</i>	Woods Buttercup	Poisonous	x
	<i>Thalictrum</i> sp.	Meadow-rue	Poisonous	x
Grossulariaceae				
	<i>Ribes lobbii</i>	Gummy gooseberry	Edible	
	<i>Ribes sanguineum</i>	Red Flowering Currant	Edible	
	<i>Ribes</i> sp.	Currant or Gooseberry	Edible	

Columbines School of Botanical Studies
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Family	Genus	Name	Uses	Seen
Saxifragaceae				
	Heuchera micrantha	Alum Root	Medicinal	
	Lithophragma parviflora	Ragged Starflower	Edibility unknown	
	Micranthes oregana (Saxifraga o.)	Marsh Saxifrage	Edible	x
	Pectiantia ovalis (Mitella o.)	Small Bishop's Cap	Edibility unknown	
	Tellima grandiflora	Fringecup	Edibility unknown	
	Tolmiea menziesii	Youth on Age	Edibility unknown	
Fabaceae (Leguminosae)				
	Cytisus scoparius	Scotch Broom	Poisonous	
	Lupinus sp.	Lupine	Poisonous	
	Trifolium pratense	Red Clover	Edible, Medicinal	
	Trifolium repens	White Clover	Edible	
	Unidentified	Legume	Poisonous	
	Vicia sp.	Vetch	Poisonous	
Rosaceae				
	Amelanchier alnifolia	Serviceberry	Edible	x
	Fragaria virginiana	Wild Strawberry	Choice edible, Medicinal	x
	Geum macrophyllum	Geum, Avens	Astringent	
	Oemleria cerasiformis	Osoberry	Edible	x
	Physocarpus capitatus	Ninebark	Fiber	
	Prunus sp.	Cherry	Edible, Medicinal	
	Rubus bifrons (R. discolor)	Wild Rose	Edible, Medicinal	x
	Rubus leucodermis	Blackcap Raspberry	Choice edible, Medicinal	x
	Rubus nutkanus (R. parviflorus)	Thimbleberry	Choice edible, Medicinal	
	Rubus sp.	Blackberry	Choice edible, Medicinal	
	Rubus spectabilis	Salmonberry	Choice edible, Medicinal	x
Urticaceae				
	Urtica dioica	Stinging Nettle	Edible, Medicinal, Fiber	x
Fagaceae				
	Quercus garryana	Oregon White Oak	Edible	x
Betulaceae				
	Alnus rubra	Red Alder	Medicinal	x
Cucurbitaceae				
	Marah oreganus	Wild Cucumber	Poisonous	
Oxalidaceae				

Columbines School of Botanical Studies
 Second Year Apprenticeship Program
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Family Genus	Name	Uses	Seen
Oxalida Oxalis oregana	Oxalis	Choice Edible	x
Hypericaceae			
Hypericum perforatum	St. John's Wort	Medicinal	
Hypericum scouleri (H. formosum)	St. John's Wort	Medicinal	
Violaceae			
Viola adunca	Field Violet	Choice Edible	
Viola glabella	Woods Violet	Choice Edible	
Viola nuttalli var. praemorsa	Prairie Violet	Choice Edible	
Viola sp.	Violet	Choice Edible	x
Salicaceae			
Salix sp.	Willow	Astringent, Analgesic	
Geraniaceae			
Erodium cicutarium	Storksbill	Edible	x
Geranium lucidum	Shiny Geranium	Edible	x
Geranium robertianum	Herb Robert, Stinky Bob	Edible, Medicinal Astringent	
Anacardiaceae			
Toxicodendron diversilobum (Rhus diversiloba)	Poison Oak	Poisonous	x
Sapindaceae (Aceraceae)			
Acer circinatum	Vine Maple	Edible	
Acer macrophyllum	Big Leaf Maple	Choice Edible	
Brassicaceae (Cruciferae)			
Brassica rapa (Brassica campestris)	Wild Mustard	Edible	
	Spring Beauty	Edible	x
Cardamine nuttallii (C. pulcherrima)			
Cardamine oligosperma	Bittercress	Edible	x
Cardamine penduliflora	Williamette Valley Bittercress	Edible	x
Draba sp.	Cress	Edible	
Yellow unidentified mustard		Poisonous	
Polygonaceae			
Rumex acetosella	Sheep's Sorrel	Edible, Medicinal	
Rumex crispus	Yellow Dock	Edible, Medicinal	
Rumex obtusifolius	Bitter Dock	Edible, Medicinal	
Caryophyllaceae			

Columbines School of Botanical Studies
Second Year Apprenticeship Program
Valley Floor and Coast Range

Family	Genus	Name	Uses	Seen
Caryophyllaceae	Cerastium sp.	Hairy Chickweed	Edible	
	Moehringia macrophylla (Arenaria macrophylla)	Large Sandwort		
	Stellaria media	Chickweed	Edible	
Montiaceae (Portulacaceae)				
	Claytonia perfoliata (Montia p.)	Miner's Lettuce	Choice Edible	
	Claytonia sibirica (Montia s.)	Candy Flower	Choice Edible	x
Cornaceae				
	Cornus nuttallii	Dogwood	Astringent	
Primulaceae				
	Dodecatheon hendersonii	Shooting Star	Edible	x
	Lysimachia latifolia (Trientalis l.)	Starflower	Edible	
Ericaceae				
	Arbutus menziesii	Madrone	Edible, Astringent	
	Arctostaphylos nevadensis	Kinnikinnik	Edible, Astringent	
	Gaultheria shallon	Salal	Edible	x
	Monotropa uniflora	Ghost Pipe	No pick	x
	Rhododendron macrophyllum	Rhododendron	Poisonous	
	Vaccinium parvifolium	Huckleberry	Edible, Medicinal	x
	Vaccinium sp.	Huckleberry	Edible	
Rubiaceae				
	Gallium aparine	Bedstraw, Cleavers	Edible, Medicinal	x
Boraginaceae				
	Adelina grande (Cynoglossum grande) cf. Crypthantha sp.	Hounds Tongue	Medicinal (PA's)	x
	Mertensia sp.	Popcorn Flower Oregon Bluebells	Poison Medicinal (PA's)	x
Hydrophyllaceae				
	Hydrophyllum tenuipes	Waterleaf	Choice Edible	x
	Nemophila menziesii var. atomaria	Baby Blue Eyes		x
	Nemophila parviflora	Wood Nemophila		
Plantaginaceae				
	Plantago lanceolata	Plantain	Edible, Medicinal	x
	Plantago major	Plantain	Edible, Medicinal	

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 Second Year Apprenticeship Program
 Valley Floor and Coast Range

Family	Genus	Name	Uses	Seen
Plantaginaceae (Schrophulariaceae)				
	Collinsia parviflora	Small Blue-eyed Mary	Edibility unknown	
	Digitalis purpurea	Foxglove	Poisonous, Medicinal	x
	Synthyris reniformis	Snow Queen	Unknown	x
	Veronica sp.	Veronica	Edible	
Scrophulariaceae				
	Verbascum thapsus	Mullein	Medicinal, TP	
Lamiaceae (Labiatae)				
	Clinopodium douglasii (Satureja d.)	Yerba Buena	Spice, Medicinal	x
	Lamium purpureum	Red Dead Nettle	Edible	
	Melissa officinalis	Lemon Balm	Medicinal	
	Prunella vulgaris	Self Heal, Heal All	Edible, Medicinal	
	Stachys sp.	Hedge Nettle	Edible, Medicinal	x
Phrymaceae (Scrophulariaceae)				
	Erythranthe alsinoides (Mimulus a.)	Baby Monkeyflower	Edible	
		Monkeyflower	Edible	
	Mimulus sp. incl. Diplacus, Erythranthe			
Aquifoliaceae				
	Ilex aquifolium	Holly	Poisonous	
Asteraceae (Compositae)				
	Achillea millefolium	Yarrow	Medicinal	
	Adenocaulon bicolor	Pathfinder	Poisonous	
	Bellis perennis	Field Daisy	Edible	
	Cirsium sp.	Thistle	Edible	
	DYC		Poisonous	
	Hypochaeris radicata	False Dandelion	Edible	
	Leucanthemum vulgare (Chrysanthemum leucanthemum)	Ox Eye Daisy	Edible, Medicinal	
	Petasites frigidus	Western Coltsfoot	+/- Edible (PA's)	x
	Senecio vulgaris	Groundsel	Poisonous	
	Taraxacum officinale	Dandelion	Edible, Medicinal	
	Wyethia angustifolia	Mule's Ears	Edible	x
Adoxaceae (Caprifoliaceae)				
	Sambucus racemosa	Red Elder	Astringent, Diaphoretic	x
Caprifoliaceae				
	Lonicera ciliosa	Honeysuckle		

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Family	Genus	Name	Uses	Seen
Caprifoliaceae	<i>Symphoricarpos albus</i>	Snowberry	Edible?	
Valerianaceae				
	<i>Plectritis congesta</i>	Cornsalad	Edible, Medicinal	x
Apiaceae (Umbelliferae)				
	<i>Conium maculatum</i>	Poison Hemlock	Poisonous	
	<i>Heracleum maximum</i> (H. lanatum)	Cow Parsnip	Medicinal	
	<i>Lomatium bradshawii</i>	Bradshaw's Lomatium	Federally Endangered	x
	<i>Lomatium utriculatum</i>	Spring Gold, Biscuit Root	Edible	
	<i>Oenanthe sarmentosa</i>	Water Parsley	Poisonous	
	<i>Osmorhiza berteroi</i> (O. chilensis)	Sweet Cicely	Edible	

**Columbines School of Botanical Studies
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Trip 1, 2 Highlights**

Botany Review

Plant Zones of the Pacific Northwest

IgE Mediated Histamine Response

Willamette Valley Ecology

Keyed Out:

Trillium albidum (*T. chloropetalum*)

Nemophila menziesii

Scoliopus hallii

Uses of *Polypodium glycyrrhiza*

Locating, Harvesting, and Uses of *Urtica dioica*

Uses and Current Topics of *Sambucus* sp.

Harvested Wild Edible Food Salad: *Viola* sp., *Oxalis oregana*, *Rubus spectabilis* flowers, *Claytonia sibirica*, *Cardamine nuttallii*, *Hydrophyllum tenuipes*, *Urtica* sp., *Galium* sp.

Tasted: *Petasites frigidus* peeled stem and *Polypodium glycyrrhiza* roots in addition to the above foods.