

Columbines School of Botanical Studies
Second Year Apprenticeship Program
Low Elevation Western Cascades

April 19, 2020
Trip 3

Low Elevation Coniferous Woods and Riparian Zone
800'-1200'

Family	Genus	Name	Uses	Seen
Araceae	Lysichiton americanus (L. americanum)	Skunk Cabbage	Edible?	x
Melanthiaceae (Liliaceae)	Anticlea occidentalis (Stenanthium occidentale)	Stenanthium		
	Trillium albidum (T. chloropetalum)	Trillium	No pick, Medicinal	x
	Trillium ovatum	Trillium	No pick, Medicinal	x
	Veratrum sp.	False Hellebore	Poisonous	
	Xerophyllum tenax	Beargrass	Edible	
Liliaceae	Calochortus sp.	Cat's Ears	No pick, edible	
	Clintonia uniflora	Queen's Cup	Poisonous?	
	Erythronium oregonum	Fawn Lily	No pick, edible	
	Fritillaria affinis (F. lanceolata)	Riceroor Lily	No pick, edible	x
	Lilium columbianum	Tiger Lily	No pick, edible	
	Lilium washingtonianum	Cascade Lily	No pick, edible	
	Prosartes hookeri (Disporum h.)	Fairy Bells	Edible	x
	Prosartes smithii (Disporum s.)	Fairy Lanterns	Edible	
	Streptopus amplexifolius	Twisted Stalk	Edible	
Orchidaceae	Calypso bulbosa	Calypso Orchid	No pick	x
	Calypso bulbosa forma alba	Albino Calypso Orchid	No pick	
	Corallorhiza mertensiana	Western Coral Root	No pick	
	Corallorhiza sp.	Coral Root	No pick	
	Corallorhiza striata	Striped Coral Root	No pick	
	Goodyera oblongifolia	Rattlesnake Plantain	Mucilaginous	

Columbines School of Botanical Studies
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 Low Elevation Western Cascades

Family	Genus	Name	Uses	Seen
Orchidaceae	Neottia banksiana (Listera caurina)	Big Twayblade	Edibility unknown	
	Neottia cordata (Listera c.)	Twayblade	Edibility unknown	
	Platanthera dilatata (Habenaria d.)	White Rein Orchid	No pick, edible	
-	Platanthera sp.	Rein Orchid	No pick, edible	
Iridaceae	Iris chrysophylla	Iris	Medicinal	
	Iris tenax	Iris	Medicinal	
	Sisyrinchium sp.	Blue-eyed Grass		
Asparagaceae (Liliaceae)	Dichelostemma congestum (Brodiaea congesta)	Harvest Lily	No pick, edible	
	Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal	Edible, Medicinal	x
	Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal	Edible, Medicinal	x
Dryopteridaceae (Polypodiaceae)	Polystichum munitum	Sword Fern		x
Polypodiaceae	Polypodium glycyrrhiza	Licorice Fern		
Aristolochiaceae	Asarum caudatum	Wild Ginger	Edible, Medicinal	x
Papaveraceae (Fumariaceae)	Dicentra formosa	Bleeding Hearts	Poisonous, Medicinal	x
Berberidaceae	Achlys triphylla	Vanilla Leaf	Edible	
	Berberis aquifolium	Tall Oregon Grape	Edible, Medicinal	x
	Berberis nervosa	Mountain Oregon Grape	Edible, Medicinal	x

Columbines School of Botanical Studies
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Family	Genus	Name	Uses	Seen
Berberidaceae	Vancouveria hexandra	Inside-out Flower	Edible	
Ranunculaceae	Actaea rubra	Baneberry	Poisonous, Medicinal	
	Anemone cf. oregana	Small Windflower	Poisonous	
	Anemone deltoidea	Large Windflower	Poisonous	
	Anemone lyallii	Small Windflower	Poisonous	
	Aquilegia formosa	Columbine	Poisonous	
	Coptis laciniata	Goldthread	Medicinal	x
	Delphinium sp.	Larkspur	Poisonous	
	Ranunculus sp.	Buttercup	Poisonous	
	Ranunculus uncinatus	Woods Buttercup	Poisonous	
	Thalictrum sp.	Meadow-rue	Poisonous	x
Grossulariaceae	Ribes bracteosum	Stinking Black Current	Edible	x
	Ribes lacustre	Swamp Currant	Edible	
	Ribes lobbii	Gummy Gooseberry	Edible	
	Ribes sanguineum	Red Flowering Currant	Edible	
	Ribes sp.	Gooseberry	Edible	
Saxifragaceae	Boykinia sp.	Boykinia		
	Heuchera micrantha	Alum Root	Edible, Medicinal	
	Micranthes odontoloma (Saxifraga arguta)	Saxifrage	Edible	
	Mitellastra caulescens (Mitella c.)	Large Bishop's Cap	Edibility unknown	
	Pectiantia ovalis (Mitella o.)	Small Bishop's Cap	Edibility unknown	
	Saxifraga mertensiana	Saxifrage	Edible	
	Saxifraga sp.	Saxifrage	Edible	
	Tellima grandiflora	Fringecup	Edibility unknown	
	Tiarella trifoliata ssp. unifoliata	Coolwort	Edibility unknown	
	Tolmiea menziesii	Youth on Age	Edibility unknown	

Columbines School of Botanical Studies
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Low Elevation Western Cascades

Family	Genus	Name	Uses	Seen
Crassulaceae	Sedum sp.	Stonecrop	Edible	
Fabaceae (Leguminosae)	Cytisus scoparius	Scotch Broom	Poisonous	
	Genista monspessulana (Cytisus monspessulanus)	Moonlight Broom	Poisonous	
	Lathyrus sp.	Pea	Poisonous	
	Lupinus sp.	Lupine	Poisonous	
	Trifolium sp.	Clover	Edible, Medicinal	
	Vicia sp.	Vetch	Poisonous	
Rosaceae	Amelanchier alnifolia	Serviceberry	Edible	x
	Aruncus sylvestris	Goatsbeard	Edibility unknown	
	Fragaria sp.	Wild Strawberry	Choice edible	
	Geum macrophyllum	Geum, Avens	Medicinal	
	Holodiscus discolor	Oceanspray	Edible	
	Oemleria cerasiformis	Osoberry	Edible	x
	Physocarpus capitatus	Ninebark	Fiber	
	Potentilla sp.	Potentilla	Medicinal	
	Prunus sp.	Cherry	Edible, Medicinal	
	Rosa sp.	Rose	Edible, Medicinal	
	Rubus nutkanus (R. parviflorus)	Thimbleberry	Edible, Medicinal	
	Rubus sp.	Blackberry	Edible, Medicinal	
	Rubus spectabilis	Salmonberry	Edible, Medicinal	x
Spiraea sp.	Spirea	Medicinal		
Rhamnaceae	Ceanothus integerrimus	Ceanothus	Medicinal	
	Ceanothus sanguineus	Ceanothus	Medicinal	
	Ceanothus velutinus	Ceanothus	Medicinal	
	Frangula purshiana (Rhamnus p.)	Cascara Sagrada	Medicinal	

Columbines School of Botanical Studies
 Second Year Apprenticeship Program
 Low Elevation Western Cascades

Family	Genus	Name	Uses	Seen
Urticaceae	Urtica dioica	Stinging Nettle	Edible, Medicinal, Fiber	x
Fagaceae	Chrysolepis chrysophylla (Castanopsis chrysophylla)	Golden Chinquapin	Edible	
Celastraceae	Paxistima myrsinites (Pachistima m.)	Oregon Box	Ornamental	
Oxalidaceae	Oxalis oregana	Oxalis	Choice edible	x
Hypericaceae	Hypericum perforatum	St. John's Wort	Medicinal	
Violaceae	Viola glabella	Woods Violet	Choice edible	x
	Viola sempervirens	Evergreen Violet	Choice edible	x
	Viola sp.	Violet	Choice edible	
Salicaceae	Populus trichocarpa	Cottonwood	Medicinal	
	Salix sp.	Willow	Medicinal	
Geraniaceae	Geranium robertianum	Herb Robert, Stinky Bob	Edible, Medicinal Astringent	
Onagraceae	Boisduvalia sp., Epilobium sp.	Willow Herb	Edible, Medicinal	
	Circaea alpina	Enchanter's Nightshade		
	Epilobium angustifolium	Fireweed	Edible, Medicinal	
Anacardiaceae	Toxicodendron diversilobum	Poison Oak	Poisonous	x
Sapindaceae (Aceraceae)	Acer circinatum	Vine Maple	Edible	
	Acer macrophyllum	Big leaf Maple	Choice edible	x

Columbines School of Botanical Studies
 Second Year Apprenticeship Program
 Low Elevation Western Cascades

Family	Genus	Name	Uses	Seen
Brassicaceae (Cruciferae)	Cardamine nutallii	Spring Beauty	Edible	
	Cardamine oligosperma	Bittercress	Edible	
	Cardamine sp.	Bittercress	Edible	
Polygonaceae	Eriogonum sp.	Wild Buckwheat	Edible	
	Rumex acetosella	Sheep's Sorrel	Edible, Medicinal	
	Rumex obtusifolius	Bitter Dock	Edible, Medicinal	
Caryophyllaceae	Moehringia macrophylla (Arenaria macrophylla)	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
	Claytonia sp.		Choice edible	
	Montia parvifolia	Small Leaf Montia	Edible	
	Montia sp.		Choice edible	
Cornaceae	Cornus nuttallii	Dogwood	Medicinal	
	Cornus unalaschkensis (C. canadensis)	Bunchberry	Edible, Medicinal	
Primulaceae	Lysimachia latifolia (Trientalis l.)	Starflower	Edible	
Ericaceae	Arbutus menziesii	Madrone	Edible, Medicinal	
	Arctostaphylos columbiana	Hairy Manzanita	Edible, Medicinal	
	Chimaphila menziesii	Baby Pipsissewa	Medicinal	
	Chimaphila umbellata	Pipsissewa	Medicinal	
	Gaultheria shallon	Salal	Edible, Medicinal	

Columbines School of Botanical Studies
 Second Year Apprenticeship Program
 Low Elevation Western Cascades

Family	Genus	Name	Uses	Seen
Ericaceae	Monotropa hypopitys (Hypopitys m.)	Pinesap	No pick	
	Monotropa uniflora	Indian Pipe	No pick	
	Pterospora andromedea	Pinedrops	No pick	
	Pyrola asarifolia	Pyrola	Medicinal	
	Pyrola picta	White-veined Pyrola	Medicinal	
	Pyrola sp.	Pyrola	Medicinal	
	Rhododendron macrophyllum	Rhododendron	Poisonous	
-	Vaccinium parvifolium	Huckleberry	Edible, Medicinal	
Rubiaceae	Gallium aparine	Bedstraw, Cleavers	Edible, Medicinal	x
Boraginaceae	unidentified forget me not like flower		Poisonous	
Hydrophyllaceae	Hydrophyllum tenuipes	Waterleaf	Choice edible	x
	Nemophila parviflora	Wood Nemophila		
	Nemophila sp.	Wood Nemophila		
	Phacelia sp.	Phacelia	Edible	
	Romanzoffia sp.	Mistmaiden	Edible?	
Plantaginaceae (Scrophulariaceae)	Collinsia grandiflora	Large Blue-eyed Mary	Edibility unknown	
	Collinsia parviflora	Small Blue-eyed Mary	Edibility unknown	
	Digitalis purpurea	Foxglove	Poisonous	
	Penstemon sp.	Penstemon	Medicinal	
	Synthyris reniformis	Snow Queen	Edibility unknown	x
	Veronica sp.	Veronica	Edible, Medicinal	
Scrophulariaceae	Verbascum thapsus	Mullein	Medicinal	

Columbines School of Botanical Studies
 Second Year Apprenticeship Program
 Low Elevation Western Cascades

Family	Genus	Name	Uses	Seen
Lamiaceae (Labiatae)	Clinopodium douglasii (Satureja d.)	Yerba Buena	Edible, Medicinal	
	Lamium purpureum	Red Dead Nettle	Edible	
	Prunella vulgaris	Self Heal, Heal All	Edible, Medicinal	
	Stachys cooleyae	Horse Nettle	Edible, Medicinal	x
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Phrymaceae (Scrophulariaceae)	Diplacus sp.	Monkeyflower	Edible	
	Eryanthranthe sp.	Monkeyflower	Edible	
	Erythranthe alsinoides (Mimulus a.)	Baby Monkeyflower	Edible	x
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Orobanchaceae (Schrophulariaceae)	Castilleja sp.	Paintbrush	Edible	
	Pedicularis racemosa	Parrot's Beak	Medicinal	
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Campanulaceae	Campanula sp.	Our Friend		
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Asteraceae (Compositae)	Achillea millefolium	Yarrow	Medicinal	
	Adenocaulon bicolor	Pathfinder	Edibility unknown	
	Anaphalis margaritacea	Pearly Everlasting	Medicinal	
	Crocidium multicaule	Gold Fields	Edibility unknown	
	DYC	Damn Yellow Composite	Poisonous	
	Hieracium albiflorum	Hawkweed		
	Hypochaeris radicata	Cat's Ears	Edible	
	Lactuca sp.	Wild Lettuce	Edible, Medicinal	
	Leucanthemum vulgare (Chrysanthemum l.)	Ox Eye Daisy	Medicinal	
	Petasites frigidus	Western Coltsfoot	Edible, Medicinal (PA's)	x
Senecio triangularis	Arrowleaf Grounel	Poisonous		

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 Low Elevation Western Cascades

Family	Genus	Name	Uses	Seen
Asteraceae (Compositae)	Taraxacum officinale	Dandelion	Edible, Medicine	
Adoxaceae (Caprifoliaceae)	Sambucus racemosa	Red Elder	Medicinal	
Caprifoliaceae	Lonicera ciliosa	Trailing Honeysuckle	Edible W/Caution	
	Symphoricarpus albus	Snowberry	Edible W/Caution	x
Linnaeaceae (Caprifoliaceae)	Linnaea borealis var. longifolia	Twinflower	Edibility unknown	
Valerianaceae	Plectritis congesta	Corn Salad	Edible	
	Valeriana scouleri	Low-elevation Valerian	Medicinal	
Araliaceae	Oplopanax horridus (O. horridum)	Devil's Club	Medicinal	
Apiaceae (Umbelliferae)	Angelica sp.	Angelica	Edible, Medicinal	
	Heracleum maximum (H. lanatum)	Cow's Parsnip	Edible, Medicinal	
	Lomatium utriculatum	Spring Gold, Biscuit Root	Edible	
	Oenanthe sarmentosa	Water Parsley	Poisonous	x
	Osmorhiza berteroi (O. chilensis)	Sweet Cicely	Edible, Medicinal	
	Unidentified white Umbelliferae		Poisonous	

**Columbines School of Botanical Studies
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Second Year Field Trip #3**

Botany

Keyed out *Fritillaria affinis* (*F. lanceolata*) in both *Flora of the Pacific Northwest* and *Flora of Oregon*

Keyed out *Viola sempervirens*

Herbalism

Uses of *Dicentra formosa*

Ecology

Ages, Dimensions, and Tolerances of Forest Trees

Plant Associations in the *Tsuga heterophylla* Zone

Associations Visited

Riparian-Wet cliffs

Tsuga/Rhododendron/Gaultheria

Tsuga/Rhododendron/Berberis

Tsuga/Polystichum

Tsuga /Polystichum/Oxalis