

Columbines School of Botanical Studies
 Second Year Apprenticeship Program
Pinus ponderosa Zone

May 10, 2020
 Trip 5

Ponderosa Pine Zone and Riparian 2784'
<http://www.botanicalstudies.net/botany/plantlists.php>

Araceae			
Lysichiton americanus (L. americanum)	Skunk Cabbage	+/- Edible	x
Melanthiaceae (Liliaceae)			
Trillium ovatum	Trillium	No Pick	
Veratrum sp.	False Hellebore	Poisonous	
Liliaceae			
Fritillaria atropurpurea	Checker Lily	No Pick	
Fritillaria affinis (F. lanceolata)	Checker Lily	No Pick	x
Lilium sp.	Lily	No Pick	
Orchidaceae			
Calypso bulbosa	Calypso	No Pick	
Iridaceae			
Iris missouriensis	Western Iris	Poisonous, Medicinal	
Asparagaceae (Liliaceae)			
Leucocrinum montanum	Sand Lily	No Pick	
Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal	Edible, Medicinal	
Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal	Edible, Medicinal	
Pinaceae			
Pinus ponderosa	Ponderosa Pine	Edible	x
Cupressaceae			
Calocedrus decurrens	Incense Cedar	Medicinal	x
Aristolochiaceae			
Asarum caudatum	Wild Ginger	Edible, Medicinal	
Berberidaceae			
Berberis aquifolium	Tall Oregon Grape	Edible, Medicinal	
Berberis repens	Creeping Oregon Grape	Edible, Medicinal	x
Ranunculaceae			

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Ra Anemone lyallii	Small Windflower	Poisonous	
Aquilegia formosa	Columbine	Poisonous	x
Delphinium sp.	Larkspur	Poisonous	x
Ranunculus uncinatus	Woods Buttercup	Poisonous	
Thalictrum sp.	Meadow-rue	Poisonous	

Paeoniaceae

Paeonia brownii	Peony	Medicinal	x
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Grossulariaceae

Ribes cereum	Wax Currant	Edible	
Ribes sanguineum	Red Flowering Currant	Edible	

Saxifragaceae

Heuchera sp.	Alum Root	Edible, Medicinal	
Lithophragma parviflorum	Prairie Star, Ragged Starflower	Unknown	x
Micranthes sp.	Saxifrage	Edible	
Saxifraga sp.	Saxifrage	Edible	

Haloragaceae

Myriophyllum sp.	Water Milfoil		
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Fabaceae (Leguminosae)

Lupinus sp.	Lupine	Poisonous	x
Lupinus sp.	Fuzzy Lupine	Poisonous	x
Trifolium sp.	Clover	Edible	
Unidentified	White Flower	Poisonous	

Rosaceae

Amelanchier alnifolia	Serviceberry	Edible	x
cf. Potentilla sp.	Potentilla	Medicinal	
Fragaria virginiana	Wild Strawberry	Edible, Medicinal	x
Geum sp.	Avens	Medicinal	
Holodiscus discolor	Oceanspray	(blank)	
Physocarpus capitatus	Ninebark	Fiber	
Prunus emarginata	Wild Cherry	Edible, Medicinal	
Prunus virginiana	Chokecherry	Edible, Medicinal	
Purshia tridentata	Bitterbrush	Medicinal	x
Rosa sp.	Rose	Edible, Medicinal	
Rubus nutkanus (R. parviflorus)	Thimbleberry	Edible, Medicinal	
Spiraea sp.	Spiraea	Medicinal	

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Araceae			
Rhamnaceae			
- Ceanothus velutinus	Red Root	Medicinal	x
Hypericaceae			
- Hypericum perforatum	St. John's Wort	Medicinal	
Violaceae			
- Viola purpurea	Purplish Violet	Edible	x
Linaceae			
- Linum perenne	Flax	Edible	
Onagraceae			
- Chamaenerion angustifolium (Epilobium a.)	Fireweed	Edible	
Sapindaceae (Aceraceae)			
- Acer circinatum	Vine Maple	Edible	
Brassicaceae (Cruciferae)			
- Arabis sp.	Rock Cress	Edible/Spice	
- Draba sp.	Whitlow Grass	Edible/Spice	
Polygonaceae			
- Eriogonum sp.	Wild Buckwheat	Edible, Medicinal	
- Rumex obtusifolius	Yellow Dock, Bitter Dock	Edible, Medicinal	
Caryophyllaceae			
- Moehringia macrophylla (Arenaria m.)	Sandwort	Unknown	x
Montiaceae (Portulacaceae)			
- Claytonia parviflora (Montia perfoliata)	Miner's Lettuce	Edible	
- Claytonia perfoliata (Montia p.)	Miner's Lettuce	Edible	
- Claytonia rubra (Montia perfoliata)	Miner's Lettuce	Edible	x
- Claytonia sibirica (Montia s.)	Candyflower	Edible	
Cornaceae			
- Cornus stolonifera	Creek Dogwood	Medicinal	

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Araceae

Primulaceae

Lysimachia latifolia (Trientalis l.) **Starflower** Edible

Ericaceae

Arctostaphylos patula **Manzanita** Edible, Medicinal x
 Chimaphila menziesii **Small Pipsissewa** Medicinal
 Chimaphila umbellata **Large Pipsissewa** Medicinal
 Pterospora andromedea **Pine Drops**

Rubiaceae

Gallium sp. **Bedstraw** Edible, Medicinal

Boraginaceae

Cynoglossum sp. incl. Adelinia sp., **Hound's Tongue** Medicinal (PA's)
 Andersonglossum sp.
 Lithospermum ruderae **Gromwell, Stoneseed** Formerly Edible (PA's)
 unidentified forget me not like flower **Blue** Poisonous

Hydrophyllaceae

Hydrophyllum alpestre (H. capitatum **Waterleaf** Edible x
 var. alpinum)
 Phacelia sp. **Phacelia** Edible

Plantaginaceae (Scrophulariaceae)

Collinsia sp. **Small Blue-eyed Mary** Unknown x
 Penstemon sp. **Penstemon** Medicinal
 Veronica sp. **Speedwell** Edible

Scrophulariaceae

Verbascum thapsus **Mullein** Medicinal

Lamiaceae (Labiatae)

Scutellaria nana **Desert Skullcap** Medicinal

Orobanchaceae (Scrophulariaceae)

Castilleja sp. **Indian Paintbrush** Edible w/ caution

Asteraceae (Compositae)

Achillea millefolium **Yarrow** Medicinal x

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As Antennaria microphylla	Pink Pussy toes	Medicinal	
Antennaria sp.	Everlasting	Medicinal	
Arnica cordifolia	Heart-leafed Arnica	Medicinal	x
Artemisia ludoviciana	Mugwort	Medicinal	
Artemisia tridentata	Sagebrush	Medicinal	
Balsamorhiza careyana	Balsam Root	Edible, Medicinal	
Balsamorhiza careyana × hookeri	Balsam Root	Edible, Medicinal	
Balsamorhiza sagittata	Arrow Leaf Balsam Root	Edible, Medicinal	
Balsamorhiza sp.	Arrow Leaf Balsam Root	Edible, Medicinal	x
DYC	Agoseris?		
Hieracium sp.	Hawkweed	Edible	
Senecio integerrimus	Groundsel	Poisonous (PA's)	x
Senecio triangularis	Arrow-leafed Groundsel	Poisonous (PA's)	
Taraxacum officinale	Dandelion	Edible, Medicinal	

Adoxaceae (Caprifoliaceae)

Sambucus sp.	Elder	Edible, Medicinal	
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Caprifoliaceae

Lonicera ciliosa	Climbing Honeysuckle	Edible Flowers	
Lonicera involucrata	Twinberry	Edible	
Symphoricarpus sp.	Snowberry	+/- Edible	x

Valerianaceae

Plectritis congesta	Cornsalad	Edible, Medicinal	x
Valeriana acutiloba	Valerian	Medicinal	x

Apiaceae (Umbelliferae)

Cymopterus terebinthinus	Vinegar Weed	Medicinal	x
Heracleum maximum (H. lanatum)	Cow Parsnip	Medicinal	
Lomatium dissectum	Lomatium	Medicinal	
Lomatium triternatum	Desert Parsley, Biscuit Root	Edible	x
Osmorhiza berteroi (O. chilensis)	Sweet Cicely	Edible	
Osmorhiza occidentalis	Sweet Root	Medicinal	x

**Columbines School of Botanical Studies
Second Year Field Program #5
Ponderosa Pine Zone
Trip Highlights**

Botany

Keyed out: *Hydrophyllum alpestre*
Family Review in the New Phylogenetic Order
Different Forms of the *Claytonia perfoliata* (*M. perfoliata*) Complex

Ecology

Fire Ecology of the *Pinus ponderosa* Zone
Plant Associations of the *Pinus ponderosa* Zone in South Central Oregon
Plant Associations of the *Pinus ponderosa* Zone in Eastern Washington
Reading Historical Markers through Plant Populations

Herbalism

Uses of Aromatic *Lomatium* spp.
Introduction to *Paeonia*
Introduction to *Balsamorhiza*
Introduction to *Osmorhiza occidentalis*
Introduction to *Arnica cordifolia*
Comparison of a selection of aromatic herbs that are different degrees of anti-viral, immune system modifying, throat soothing, and with aromatics excreted through the lungs
Tasted: *Balsamorhiza sagittata* root tincture, *Ligusticum grayi* root tincture, *Ligusticum porteri* root tincture, and *Lomatium dissectum* root tincture.