

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

April 3, 4, 2021  
Trip 1, 2

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

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

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

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

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

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

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

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

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.