

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

April 18, 2021
 Trip 3

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

Family	Genus	Name	Uses	Seen
Araceae				
	<i>Lysichiton americanus</i> (L. americanum)	Skunk Cabbage	Edible?	
Melanthiaceae (Liliaceae)				
	<i>Anticlea occidentalis</i> (<i>Stenanthium occidentale</i>)	Stenanthium		
	<i>Trillium albidum</i> (T. chloropetalum)	Trillium	No pick, Medicinal	x
	<i>Trillium ovatum</i>	Trillium	No pick, Medicinal	x
	<i>Veratrum</i> sp.	False Hellebore	Poisonous	
	<i>Xerophyllum tenax</i>	Beargrass	Edible	
Liliaceae				
	<i>Calochortus</i> sp.	Cat's Ears	No pick, edible	
	<i>Clintonia uniflora</i>	Queen's Cup	Poisonous?	
	<i>Erythronium oregonum</i>	Fawn Lily	No pick, edible	
	<i>Fritillaria affinis</i> (F. lanceolata)	Riceroor Lily	No pick, edible	x
	<i>Lilium columbianum</i>	Tiger Lily	No pick, edible	
	<i>Lilium washingtonianum</i>	Cascade Lily	No pick, edible	
	<i>Prosartes hookeri</i> (<i>Disporum</i> h.)	Fairy Bells	Edible	
	<i>Prosartes smithii</i> (<i>Disporum</i> s.)	Fairy Lanterns	Edible	
	<i>Streptopus amplexifolius</i>	Twisted Stalk	Edible	
Orchidaceae				
	<i>Calypso bulbosa</i>	Calypso Orchid	No pick	x
	<i>Calypso bulbosa</i> forma alba	Albino Calypso Orchid	No pick	
	<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 banksiana</i> (<i>Listera caurina</i>)	Big Twayblade	Edibility unknown	
	<i>Neottia cordata</i> (<i>Listera</i> c.)	Twayblade	Edibility unknown	
	<i>Platanthera dilatata</i> (<i>Habenaria</i> d.)	White Rein Orchid	No pick, edible	
	<i>Platanthera</i> sp.	Rein Orchid	No pick, edible	

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Family	Genus	Name	Uses	Seen
Iridaceae				
	<i>Iris chrysophylla</i>	Iris	Medicinal	
	<i>Iris tenax</i>	Iris	Medicinal	
	<i>Sisyrinchium</i> sp.	Blue-eyed Grass		
Asparagaceae (Liliaceae)				
	<i>Dichelostemma congestum</i> (<i>Brodiaea congesta</i>)	Harvest Lily	No pick, edible	
	<i>Maianthemum racemosum</i> (<i>Smilacina racemosa</i>)	Large False Solomon's Seal	Edible, Medicinal	x
	<i>Maianthemum stellatum</i> (<i>Smilacina stellata</i>)	Small False Solomon's Seal	Edible, Medicinal	
Dryopteridaceae (Polypodiaceae)				
	<i>Polystichum munitum</i>	Sword Fern		
Polypodiaceae				
	<i>Polypodium glycyrrhiza</i>	Licorice Fern		
Aristolochiaceae				
	<i>Asarum caudatum</i>	Wild Ginger	Edible, Medicinal	
Papaveraceae (Fumariaceae)				
	<i>Dicentra formosa</i>	Bleeding Hearts	Poisonous, Medicinal	x
Berberidaceae				
	<i>Achlys triphylla</i>	Vanilla Leaf	Edible	
	<i>Mahonia aquifolium</i> (<i>Berberis</i> a.)	Tall Oregon Grape	Edible, Medicinal	x
	<i>Mahonia nervosa</i> (<i>Berberis</i> n.)	Mountain Oregon Grape	Edible, Medicinal	x
	<i>Vancouveria hexandra</i>	Inside-out Flower	Edible	x
Ranunculaceae				
	<i>Actaea rubra</i>	Baneberry	Poisonous, Medicinal	
	<i>Anemone</i> cf. <i>oregana</i>	Small Windflower	Poisonous	
	<i>Anemone deltoidea</i>	Large Windflower	Poisonous	
	<i>Anemone lyallii</i>	Small Windflower	Poisonous	x
	<i>Aquilegia formosa</i>	Columbine	Poisonous	
	<i>Coptis laciniata</i>	Goldthread	Medicinal	x
	<i>Delphinium</i> sp.	Larkspur	Poisonous	
	<i>Ranunculus</i> sp.	Buttercup	Poisonous	
	<i>Ranunculus uncinatus</i>	Woods Buttercup	Poisonous	

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Family	Genus	Name	Uses	Seen
Ranuncu	Thalictrum sp.	Meadow-rue	Poisonous	x
Grossulariaceae				
	Ribes bracteosum	Stinking Black Current	Edible	
	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	
	Micranthes sp.	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	
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	
	Aruncus sylvestris	Goatsbeard	Edibility unknown	
	Fragaria sp.	Wild Strawberry	Choice edible	
	Geum macrophyllum	Geum, Avens	Medicinal	
	Holodiscus discolor	Oceanspray	Edible	

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Family	Genus	Name	Uses	Seen
Rosaceae	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.	Spiraea	Medicinal	
Rhamnaceae				
	Ceanothus integerrimus	Ceanothus	Medicinal	
	Ceanothus sanguineus	Ceanothus	Medicinal	
	Ceanothus velutinus	Ceanothus	Medicinal	
	Frangula purshiana (Rhamnus p.)	Cascara Sagrada	Medicinal	
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	

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Geraniaceae				
	<i>Geranium robertianum</i>	Herb Robert, Stinky Bob	Edible, Medicinal Astringent	
Onagraceae				
	<i>Boisduvalia</i> sp., <i>Epilobium</i> sp.	Willow Herb	Edible, Medicinal	
	<i>Circaea alpina</i>	Enchanter's Nightshade		
	<i>Epilobium angustifolium</i>	Fireweed	Edible, Medicinal	
Anacardiaceae				
	<i>Toxicodendron diversilobum</i>	Poison Oak	Poisonous	x
Aceraceae				
	<i>Acer circinatum</i>	Vine Maple	Edible	
	<i>Acer macrophyllum</i>	Big leaf Maple	Choice edible	
Brassicaceae (Cruciferae)				
	<i>Cardamine nutallii</i>	Spring Beauty	Edible	
	<i>Cardamine oligosperma</i>	Bittercress	Edible	
	<i>Cardamine</i> sp.	Bittercress	Edible	
Polygonaceae				
	<i>Eriogonum</i> sp.	Wild Buckwheat	Edible	
	<i>Rumex acetosella</i>	Sheep's Sorrel	Edible, Medicinal	
	<i>Rumex obtusifolius</i>	Bitter Dock	Edible, Medicinal	
Caryophyllaceae				
	<i>Moehringia macrophylla</i> (<i>Arenaria macrophylla</i>)	Sandwort		
	<i>Stellaria media</i>	Chickweed	Edible	
Montiaceae (Portulacaceae)				
	<i>Claytonia perfoliata</i> (<i>Montia</i> p.)	Miner's Lettuce	Choice edible	
	<i>Claytonia sibirica</i> (<i>Montia</i> s.)	Candy Flower	Choice edible	x
	<i>Claytonia</i> sp.		Choice edible	
	<i>Montia parvifolia</i>	Small Leaf Montia	Edible	
	<i>Montia</i> sp.		Choice edible	
Cornaceae				
	<i>Cornus nuttallii</i>	Dogwood	Medicinal	
	<i>Cornus unalaschensis</i> (<i>C. canadensis</i>)	Bunchberry	Edible, Medicinal	

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Primulaceae				
	<i>Lysimachia latifolia</i> (Trientalis l.)	Starflower	Edible	
Ericaceae				
	<i>Arbutus menziesii</i>	Madrone	Edible, Medicinal	
	<i>Arctostaphylos columbiana</i>	Hairy Manzanita	Edible, Medicinal	
	<i>Chimaphila menziesii</i>	Baby Pipsissewa	Medicinal	
	<i>Chimaphila umbellata</i>	Pipsissewa	Medicinal	
	<i>Gaultheria shallon</i>	Salal	Edible, Medicinal	x
	<i>Monotropa hypopitys</i> (Hypopitys m.)	Pinesap	No pick	
	<i>Monotropa uniflora</i>	Indian Pipe	No pick	
	<i>Pterospora andromedea</i>	Pinedrops	No pick	
	<i>Pyrola asarifolia</i>	Pyrola	Medicinal	
	<i>Pyrola picta</i>	White-veined Pyrola	Medicinal	
	<i>Pyrola</i> sp.	Pyrola	Medicinal	
	<i>Rhododendron macrophyllum</i>	Rhododendron	Poisonous	
	<i>Vaccinium parvifolium</i>	Huckleberry	Edible, Medicinal	
Rubiaceae				
	<i>Gallium aparine</i>	Bedstraw, Cleavers	Edible, Medicinal	
Boraginaceae				
	unidentified forget me not like flower		Poisonous	
Hydrophyllaceae				
	<i>Hydrophyllum tenuipes</i>	Waterleaf	Choice edible	x
	<i>Nemophila parviflora</i>	Wood Nemophila		x
	<i>Nemophila</i> sp.	Wood Nemophila		
	<i>Phacelia</i> sp.	Phacelia	Edible	
	<i>Romanzoffia</i> sp.	Mistmaiden	Edible?	
Plantaginaceae (Scrophulariaceae)				
	<i>Collinsia grandiflora</i>	Large Blue-eyed Mary	Edibility unknown	
	<i>Collinsia parviflora</i>	Small Blue-eyed Mary	Edibility unknown	
	<i>Digitalis purpurea</i>	Foxglove	Poisonous	
	<i>Penstemon</i> sp.	Penstemon	Medicinal	
	<i>Synthyris reniformis</i>	Snow Queen	Edibility unknown	x
	<i>Veronica</i> sp.	Veronica	Edible, Medicinal	

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Scrophulariaceae				
	Verbascum thapsus	Mullein	Medicinal	
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	
Phrymaceae (Scrophulariaceae)				
	Diplacus sp.	Monkeyflower	Edible	
	Eryanthranthe sp.	Monkeyflower	Edible	
	Erythranthe alsinoides (Mimulus a.)	Baby Monkeyflower	Edible	
Orobanchaceae (Scrophulariaceae)				
	Castilleja sp.	Paintbrush	Edible	
	Pedicularis racemosa	Parrot's Beak	Medicinal	
Campanulaceae				
	Campanula sp.	Our Friend		
Asteraceae (Compositae)				
	Achillea millefolium	Yarrow	Medicinal	
	Adenocaulon bicolor	Pathfinder	Edibility unknown	
	Anaphalis margaritacea	Pearly Everlasting	Medicinal	
	Crocidium multicaule DYC	Gold Fields Damn Yellow Composite	Edibility unknown 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 Grousel	Poisonous	
	Taraxacum officinale	Dandelion	Edible, Medicine	
Adoxaceae (Caprifoliaceae)				
	Sambucus racemosa	Red Elder	Medicinal	
Caprifoliaceae				
	Lonicera ciliosa	Trailing Honeysuckle	Edible W/Caution	

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Caprifoliaceae	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	
	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