

Columbines School of Botanical Studies
 Wild Food Tending Economic Botanical Survey
 Trip #1: Willamette Valley Oak Savannah and Riparian

Date: April 18, 2021

Abundance

- d – dominant (defines the plant community)
- a - abundant (codominant of the overstory or dominant of lower layer)
- c – common (easily seen)
- o – occasional (walk around to see)
- r – rare (trace, must search for it)

- Phenology
- L - In Leaf
 - FL - In Flower
 - FR - In Fruit
 - SN - Senescent

Uses	Genus	Name	Notes	Abun	Phen
Food: Roots					
	Allium sp.	Wild Onion			
	Brodiaea sp. incl. Dichelostemma sp., Triteleia sp.	Harvest Lily			
	Calochortus sp.	Cats Ears	No Pick		
	Camassia leichtlinii ssp. suksdorfii (C. l. var. l.)	Great Camas		c	FL
	Camassia quamash	Common Camas		c	FL
	Camassia sp.	Camas			
	Cirsium arvense	Canada Thistle			
	Cirsium vulgare	Bull Thistle			
	Daucus carota	Wild Carrot			
	Dichelostemma sp.	Harvest Lily			
	Dodecatheon sp.	Shooting Star			FL
	Erythronium oreganum	Oregon Fawn-lily	No Pick	o	FL
	Fritillaria affinis (F. lanceolata)	Rice Root Lily	No Pick	r	FL
	Hypochaeris radicata	False Dandelion			
	Lomatium bradshawii	Bradshaw's Lomatium	Formally Endangered		FL
	Lomatium nudicaule	Wild Celery, "Come-see"		o	FL
	Lysichiton americanus (L. americanum)	Skunk Cabbage	Starvation Food		
	Osmorhiza berteroi (O. chilensis)	Sweet Cicely			
	Perideridia montana (P. gairdneri)	Late Yampah		c	L
	Ranunculus repens	Creeping Buttercup	Potherb		
	Taraxacum officinale	Dandelion			

Food: Greens and Potherbs

Acer circinatum	Vine Maple				
Acer macrophyllum	Big Leaf Maple				
Allium sp.	Wild Onion				
Bellis perennis	Lawn Daisy				
Calochortus sp.	Cats Ears	No Pick			

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Uses	Genus	Name	Notes	Abun	Phen
	<i>Cardamine penduliflora</i>	Willamette Valley Bittercress			FL
	cf. <i>Cardamine</i> sp.	Bittercress			
	cf. <i>Potentilla</i> sp.	Potentilla			
	<i>Cirsium arvense</i>	Canada Thistle			
	<i>Cirsium vulgare</i>	Bull Thistle			
	<i>Claytonia sibirica</i> (<i>Montia</i> s.)	Candyflower			
	<i>Daucus carota</i>	Wild Carrot			
	<i>Dodecatheon</i> sp.	Shooting Star			FL
	<i>Epilobium</i> sp.	Willow Herb			
	<i>Erythranthe</i> cf. <i>guttata</i>	Yellow Monkeyflower			
	<i>Erythronium oreganum</i>	Oregon Fawn-lily	No Pick	o	FL
	<i>Fragaria virginiana</i>	Wild Strawberry			
	<i>Fritillaria affinis</i> (<i>F. lanceolata</i>)	Rice Root Lily	No Pick	r	FL
	<i>Gallium aparine</i>	Bedstraw, Cleavers			
	<i>Gallium</i> sp.	Bedstraw, Cleavers			
	<i>Geranium</i> sp.	Geranium			
	<i>Heracleum maximum</i> (<i>H. lanatum</i>)	Cow Parsnip			
	<i>Hydrophyllum tenuipes</i>	Waterleaf			
	<i>Hypochaeris radicata</i>	False Dandelion			
	<i>Lamium purpureum</i>	Red Dead Nettle			
	<i>Leucanthemum vulgare</i> (<i>Chrysanthemum</i> l.)	Ox Eye Daisy			
	<i>Lomatium bradshawii</i>	Bradshaw's Lomatium	Formally Endangered		FL
	<i>Lomatium nudicaule</i>	Wild Celery, "Come-see"		o	FL
	<i>Mahonia aquifolium</i> (<i>Berberis</i> a.)	Tall Oregon Grape			
	<i>Micranthes oregana</i> (<i>Saxifraga</i> o.)	Marsh Saxifrage		o	FL
	<i>Oemleria cerasiformis</i>	Oso Berry			
	<i>Orthocarpus</i> sp.	Owl's Clover			
	<i>Osmorhiza berteroi</i> (<i>O. chilensis</i>)	Sweet Cicely			
	<i>Perideridia montana</i> (<i>P. gairdneri</i>)	Late Yampah		c	L
	<i>Plantago lanceolata</i>	Plantain			
	<i>Plectritis congesta</i>	Corn Salad, Rosy Plectritis		o	FL
	<i>Prunella vulgaris</i>	Self Heal, Heal All			
	<i>Rosa</i> sp.	Sweet Briar Rose?		c	L
	<i>Rubus bifrons</i> (<i>R. discolor</i>)	Blackberry			
	<i>Rubus laciniatus</i>	Evergreen Blackberry			
	<i>Rubus spectabilis</i>	Salmonberry			
	<i>Rubus ursinus</i>	Blackberry			
	<i>Rumex acetosella</i>	Sheep Sorrel			
	<i>Rumex obtusifolius</i>	Bitter Dock			
	<i>Sambucus racemosa</i>	Red Elder	Flowers only		

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Uses	Genus	Name	Notes	Abun	Phen
	Sanguisorba sp.	Burnet			
	Sidalcea sp.	Checker Mallow			
	Sidalcea sp. (2)	Checker Mallow			
	Sonchus sp.	Sow Thistle			
	Taraxacum officinale	Dandelion			
	Trifolium pratense	Red Clover			
	Trifolium repens	White Clover			
	Trifolium sp.	Native Clover			
	Trillium albidum (T. chloropetalum)	Giant Trillium	No Pick		
	Trillium ovatum	Trillium	No Pick		
	Urtica dioica	Stinging Nettle	Pot Herb		
	Veronica sp.	Speedwell			
	Viola adunca	Field Violet		r	FL

Food: Fruits

	Acer circinatum	Vine Maple			
	Acer macrophyllum	Big Leaf Maple			
	Amelanchier alnifolia	Service Berry			
	Calochortus sp.	Cats Ears	No Pick		
	Cardamine penduliflora	Willamette Valley Bittercress			FL
	cf. Cardamine sp.	Bittercress			
	Cornus stolonifera	Red Osier Dogwood			
	Crataegus monogyna	European Hawthorne			
	Crataegus sp.	Native Hawthorne			
	Dodecatheon sp.	Shooting Star			FL
	Epilobium sp.	Willow Herb			
	Erythronium oreganum	Oregon Fawn-lily	No Pick	o	FL
	Fragaria virginiana	Wild Strawberry			
	Fritillaria affinis (F. lanceolata)	Rice Root Lily	No Pick	r	FL
	Lonicera involucrata	Twinberry			
	Mahonia aquifolium (Berberis a.)	Tall Oregon Grape			
	Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal	Cathartic		
	Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal	Cathartic		
	Malus pumila (Pyrus malus)	Apple			
	Oemleria cerasiformis	Oso Berry			
	Quercus garryana	Oregon White Oak		d	L
	Rosa sp.	Sweet Briar Rose?	Rosehips	c	L
	Rubus bifrons (R. discolor)	Blackberry			
	Rubus laciniatus	Evergreen Blackberry			

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	Rubus spectabilis	Salmonberry			
	Rubus ursinus	Blackberry			
	Rumex obtusifolius	Bitter Dock			
	Trillium albidum (T. chloropetalum)	Giant Trillium	No Pick		
	Trillium ovatum	Trillium	No Pick		
	Wyethia angustifolia	Mules Ear		o	L

Food: Spices/Teas

Achillea millefolium	Yarrow				
Allium sp.	Wild Onion				
Asarum caudatum	Wild Ginger				
Crataegus monogyna	European Hawthorne				
Crataegus sp.	Native Hawthorne				
Fragaria virginiana	Wild Strawberry				
Heracleum maximum (H. lanatum)	Cow Parsnip	Strong			
Lomatium bradshawii	Bradshaw's Lomatium	Formally Endangered			FL
Lomatium nudicaule	Wild Celery, "Come-see"		o		FL
Mentha pulegium	Pennyroyal				
Osmorhiza berteroi (O. chilensis)	Sweet Cicely				
Perideridia montana (P. gairdneri)	Late Yampah		c		L
Prunella vulgaris	Self Heal, Heal All				
Rosa sp.	Sweet Briar Rose?		c		L
Rubus bifrons (R. discolor)	Blackberry				
Rubus laciniatus	Evergreen Blackberry				
Rubus spectabilis	Salmonberry				
Rubus ursinus	Blackberry				
Trifolium pratense	Red Clover				
Trifolium repens	White Clover				
Trifolium sp.	Native Clover				
Urtica dioica	Stinging Nettle				
Veronica sp.	Speedwell	Simple			

Alteratives incl. Diaphoretics and Diuretics

Achillea millefolium	Yarrow	Diaphoretic			
Asarum caudatum	Wild Ginger	Diaphoretic			
Ceanothus cuneatus	Red Root, Buckbrush	Lymph	r		FL
Gallium aparine	Bedstraw, Cleavers	Diuretic			
Gallium sp.	Bedstraw, Cleavers	Diuretic			
Hypochaeris radicata	False Dandelion	Alterative			
Lomatium nudicaule	Wild Celery, "Come-see"		o		FL
Mahonia aquifolium (Berberis a.)	Tall Oregon Grape	Alterative			

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Uses	Genus	Name	Notes	Abun	Phen
	Rumex obtusifolius	Bitter Dock	Alterative		
	Sambucus racemosa	Red Elder	Diaphoretic Flowers Only		
	Taraxacum officinale	Dandelion	Alterative		
	Trifolium pratense	Red Clover	Alterative, Simple		
	Trifolium repens	White Clover	Alterative, Simple		
	Trifolium sp.	Native Clover	Alterative, Simple		
	Urtica dioica	Stinging Nettle	Alterative		

Aromatic/Bitters

Achillea millefolium	Yarrow				
Asarum caudatum	Wild Ginger				
Heracleum maximum (H. lanatum)	Cow Parsnip	Strong aromatic			
Hypochaeris radicata	False Dandelion	Bitter			
Lomatium bradshawii	Bradshaw's Lomatium	Formally Endangered			FL
Lomatium nudicaule	Wild Celery, "Come-see"			o	FL
Mahonia aquifolium (Berberis a.)	Tall Oregon Grape	Bitter			
Mentha pulegium	Pennyroyal				
Osmorhiza berteroi (O. chilensis)	Sweet Cicely				
Rumex obtusifolius	Bitter Dock	Bitter			
Sonchus sp.	Sow Thistle				
Taraxacum officinale	Dandelion	Bitter			

Astringents

Amelanchier alnifolia	Service Berry				
Ceanothus cuneatus	Red Root, Buckbrush			r	FL
cf. Potentilla sp.	Potentilla				
Cornus stolonifera	Red Osier Dogwood				
Fragaria virginiana	Wild Strawberry				
Geranium sp.	Geranium				
Geum macrophyllum	Geum, Avens				
Quercus garryana	Oregon White Oak			d	L
Rosa sp.	Sweet Briar Rose?			c	L
Rubus bifrons (R. discolor)	Blackberry				
Rubus laciniatus	Evergreen Blackberry				
Rubus spectabilis	Salmonberry				
Rubus ursinus	Blackberry				
Rumex obtusifolius	Bitter Dock	Mild			
Sanguisorba sp.	Burnet				
Spirea sp.	Spirea				

Calming Herbs, Nervines

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Uses	Genus	Name	Notes	Abun	Phen
	<i>Hypericum perforatum</i>	St. John's Wort		o	L
	<i>Plectritis congesta</i>	Corn Salad, Rosy Plectritis		o	FL

Demulcents, Emollients

<i>Cynoglossum</i> sp. incl. <i>Adelinia</i> sp., <i>Andersonglossum</i> sp.	Hound's Tongue	PA's			
<i>Maianthemum racemosum</i> (<i>Smilacina racemosa</i>)	Large False Solomon's Seal				
<i>Maianthemum stellatum</i> (<i>Smilacina stellata</i>)	Small False Solomon's Seal				
<i>Plantago lanceolata</i>	Plantain				
<i>Rumex obtusifolius</i>	Bitter Dock	Young Leaves			
<i>Sidalcea</i> sp.	Checker Mallow				
<i>Sidalcea</i> sp. (2)	Checker Mallow				
<i>Viola adunca</i>	Field Violet			r	FL

Pain (see Tranquilizers/Muscle Relaxants)

<i>Heracleum maximum</i> (<i>H. lanatum</i>)	Cow Parsnip				
<i>Populus trichocarpa</i>	Cottonwood Buds				
<i>Quercus garryana</i>	Oregon White Oak			d	L
<i>Spirea</i> sp.	Spirea				

Misc.

<i>Achillea millefolium</i>	Yarrow	Hemostatic			
<i>Ceanothus cuneatus</i>	Red Root, Buckbrush	Soap		r	FL
<i>Crataegus monogyna</i>	European Hawthorne				
<i>Crataegus</i> sp.	Native Hawthorne				
<i>Gallium aparine</i>	Bedstraw, Cleavers	Burns			
<i>Gallium</i> sp.	Bedstraw, Cleavers	Burns			
<i>Hypochaeris radicata</i>	False Dandelion	Blood Sugar, Wine, Minera			
<i>Iris tenax</i>	Blue Flag	Anti-staph (external)			
<i>Leucanthemum vulgare</i> (<i>Chrysanthemum</i> l.)	Ox Eye Daisy	Allergies			
<i>Plantago lanceolata</i>	Plantain	Drawing Poultice			
<i>Taraxacum officinale</i>	Dandelion	Blood Sugar, Wine, Minera			
<i>Trillium albidum</i> (<i>T. chloropetalum</i>)	Giant Trillium	No Pick, Uterine Astringent			
<i>Trillium ovatum</i>	Trillium	No Pick, Uterine Astringent			
<i>Urtica dioica</i>	Stinging Nettle	Hair, Arthritis, Fiber, Allerg			

Topics of Botanical Interest

<i>Anticlea</i> sp. (<i>Zigadenus</i> sp.)	Death Camas	Poison Look-alike			
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Uses	Genus	Name	Notes	Abun	Phen
	Delphinium sp.	Larkspur	Poison Look-alike		
	Dicentra formosa	Bleeding Heart	Poison		
	Festuca sp.	Bunchgrass	Ecosystem Foundation	d	L
	Iris tenax	Blue Flag	Camas Look-alike		
	Nemophila menziesii	Baby Blue Eyes	Pretty		
	Oenanthe sarmentosa	Pacific Water Parsley	Poison		
	Ranunculus alismaefolius	Plantain Leaved Buttercup	Poison		
	Ranunculus occidentalis	Western Buttercup	Poison Look-alike	o	FL
	Ranunculus orthorhynchus	Straightbeak Buttercup	Poison		
	Sanicula sp.	Purple Sanicle	Poison		
	Sisyrinchium sp.	Blue-eyed Grass	Poison Look-alike		
	Toxicodendron diversilobum	Poison Oak, Lacquerbush, Guardian Oak	Poison, Fiber		
	Toxicoscordion sp. (Zigadenus sp.)	Death Camas	Poison Look-alike		
	Veratrum sp.	False Hellebore			

Animal Interactions

Coyote Scat
 Coyotes
 Gopher Holes

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Field Trip #1
April 18, 2021
Willamette Valley Prairie, Savannah, and Woodland

Ancestral homeland of the Kalapuya and Molalla peoples
Annotated plant lists

Tasted: *Potentilla* sp. leaf; *Micranthes oregana* (*Saxifraga oregana*) leaf, stem, flower;
Lomatium nudicaule leaf; *Plectritis congesta* root, leaf and flower; *Viola adunca*
flower and pedicel; *Perideridia montana* leaf and root; *Cardamine penduliflora*
flower

Botany

Lomatium bradshawii, a formerly federally endangered species, and endemic to wet
prairies of the Willamette and southern WA

Keyed: *Camassia leichtlinii*

Viewed the red glandular pubescence of the *Micranthes oregana*

Willamette Valley Prairie, Oak Savannah and Woodland

Southern Willamette Valley, we see species on the northern tip of their range here,
look for pockets of unusual outliers for clues to microclimate

Oak ecosystem introduction

Quercus garryana as a foundation species

Looked at structure of oaks to surmise land management history and changing
conditions

Observed drought-killed Douglas-fir from 2017

The “big three” cultural foundation foods of the greater Northwest: *Lomatium* spp.,
Camassia spp., *Perideridia* spp. = Abundant staple root foods across cultures and
landscapes throughout the region

Human tending through fire is necessary to maintain oak and prairie ecosystems

Cultural Climax vs. Climatic Climax

Wildcrafting

Plant population monitoring of *Lomatium nudicaule*

Root propagules as adaptation to reciprocal relationship of human digging