

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

April 25, 2021  
 Trip 4

Middle Elevation Coniferous Woods and Lava Beds 2950', 3571'  
 Low Elevation Coniferous Woods and Riparian Zone 2000'  
<http://www.botanicalstudies.net/botany/plantlists.php>

Fami ly	Genus	Name	Uses	Seen
<b>Araceae</b>				
	<i>Lysichiton americanus</i> (L. americanum)	<b>Skunk Cabbage</b>	+/- Edible	
<b>Tofieldiaceae (Liliaceae)</b>				
	<i>Triantha occidentalis</i> (Tofieldia occidentalis)			
<b>Melanthiaceae (Liliaceae)</b>				
	<i>Anticlea occidentalis</i> (Stenanthium occidentale)			
	<i>Trillium ovatum</i>	<b>Trillium</b>	No Pick - Medicinal	x
	<i>Veratrum</i> sp.	<b>False Hellebore</b>	Poisonous	
	<i>Xerophyllum tenax</i>	<b>Beargrass</b>	Edible, Fiber	
<b>Liliaceae</b>				
	<i>Calochortus tolmiei</i>	<b>Cat's Ears</b>	No Pick - Edible	
	<i>Clintonia uniflora</i>	<b>Queen's Cup</b>	Poisonous?	
	<i>Erythronium grandiflorum</i>	<b>Glacier Lily</b>	No Pick - Edible	
	<i>Erythronium oregonum</i>	<b>Fawn Lily</b>	No Pick - Edible	
	<i>Lilium</i> sp.	<b>Lily</b>	No Pick - Edible	
	<i>Prosartes hookeri</i> (Disporum h.)	<b>Fairy Bells</b>	Cathartic	
	<i>Streptopus amplexifolius</i>	<b>Twisted Stalk</b>	Cathartic	
<b>Orchidaceae</b>				
	<i>Calypso bulbosa</i>	<b>Calypso Orchid</b>	No Pick	
	<i>Corallorhiza</i> sp.	<b>Coral Root</b>	No Pick	
	<i>Goodyera oblongifolia</i>	<b>Rattlesnake Plantain</b>	Mucilaginous	x
	<i>Neottia cordata</i> (Listera c.)	<b>Twayblade</b>	Edible?	
	<i>Platanthera dilatata</i> (Habenaria d.)	<b>White Rein Orchid</b>	No Pick - Edible	
	<i>Platanthera stricta</i> (Habenaria saccata)	<b>Green Rein Orchid</b>	No Pick - Edible	
<b>Iridaceae</b>				
	<i>Iris chrysophylla</i>	<b>Iris</b>	Medicinal	
	<i>Iris tenax</i>	<b>Iris</b>	Medicinal	
	<i>Sisyrinchium</i> sp.	<b>Blue-eyed Grass</b>		
<b>Asparagaceae (Liliaceae)</b>				

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

<b>Fami ly</b>	<b>Genus</b>	<b>Name</b>	<b>Uses</b>	<b>Seen</b>
Aspar	Dichelostemma congestum (Brodiaea congesta)	<b>Harvest Lily</b>	No Pick - Edible	
	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	
<b>Equisetaceae</b>				
	Equisetum sp.	<b>Horsetail</b>	Edible, Medicinal	
<b>Dryopteridaceae (Polypodiaceae)</b>				
	Polystichum munitum	<b>Sword Fern</b>		
<b>Polypodiaceae</b>				
	Polypodium glycyrrhiza	<b>Licorice Fern</b>		
	Polypodium hesperium	<b>Not Licorice Fern</b>		
<b>Pinaceae</b>				
	Pseudotsuga menziesii	<b>Douglas the Fir</b>		x
<b>Cupressaceae</b>				
	Callitropsis nootkatensis (Chamaecyparis nootkatensis)	<b>Alaska Yellow Cedar</b>		
	Calocedrus decurrens	<b>Incense Cedar</b>		x
	Thuja plicata	<b>Western Red Cedar</b>	Medicinal	x
<b>Aristolochiaceae</b>				
	Asarum caudatum	<b>Wild Ginger</b>	Edible, Medicinal	
<b>Papaveraceae (Fumariaceae)</b>				
	Dicentra formosa	<b>Bleeding Heart</b>	Poisonous, Medicinal	
<b>Berberidaceae</b>				
	Achlys triphylla	<b>Vanilla Leaf</b>	Edible	
	Mahonia aquifolium (Berberis a.)	<b>Tall Oregon Grape</b>	Edible, Medicinal	
	Mahonia nervosa (Berberis n.)	<b>Mountain Oregon Grape</b>	Edible, Medicinal	x
	Vancouveria hexandra	<b>Inside-out Flower</b>	Edible	
<b>Ranunculaceae</b>				
	Aconitum columbianum	<b>Monkshood</b>	Poisonous	
	Actaea rubra	<b>Baneberry</b>	Poisonous, Medicinal	
	Anemone deltoidea	<b>Large Windflower</b>	Poisonous	

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

<b>Fami ly</b>	<b>Genus</b>	<b>Name</b>	<b>Uses</b>	<b>Seen</b>
	Ranunculus	<b>Anemone lyallii</b>	<b>Small Windflower</b>	Poisonous
		<i>Aquilegia formosa</i>	<b>Columbine</b>	Poisonous
		<i>Caltha leptosepala</i> ( <i>C. biflora</i> var. <i>rotundifolia</i> )	<b>Marsh Marigold</b>	Edible cooked
		<i>Coptis laciniata</i>	<b>Gold thread</b>	Medicinal
		<i>Delphinium</i> sp.	<b>Larkspur</b>	Poisonous
		<i>Ranunculus</i> sp.	<b>Buttercup</b>	Poisonous
		<i>Ranunculus populago</i>	<b>Marsh Buttercup</b>	Poisonous
		<i>Ranunculus uncinatus</i>	<b>Woods Buttercup</b>	Poisonous
		<i>Thalictrum</i> sp.	<b>Meadow-rue</b>	Poisonous
<b>Grossulariaceae</b>				
		<i>Ribes bracteosum</i>	<b>Stinking Currant</b>	Edible
		<i>Ribes lacustre</i>	<b>Swamp Currant</b>	Edible
		<i>Ribes lobbii</i>	<b>Gummy gooseberry</b>	Edible
		<i>Ribes sanguineum</i>	<b>Red Flowering Currant</b>	Edible
		<i>Ribes</i> sp.	<b>Current or Gooseberry</b>	Edible
		<i>Ribes viscosissimum</i>	<b>Sticky Currant</b>	Edible
<b>Saxifragaceae</b>				
		<i>Boykinia occidentalis</i> ( <i>B. elata</i> )		
		<i>Heuchera micrantha</i>	<b>Alum Root</b>	Medicinal
		<i>Micranthes</i> cf. <i>marshallii</i> ( <i>Saxifraga</i> cf. <i>m.</i> )	<b>Saxifrage</b>	Edible
		<i>Micranthes odontoloma</i> ( <i>Saxifraga arguta</i> )	<b>Saxifrage</b>	Edible
		<i>Mitellastrum caulescens</i> ( <i>Mitella</i> c.)	<b>Large Bishop's Cap</b>	Edibility unknown
		<i>Pectiantia ovalis</i> ( <i>Mitella</i> o.)	<b>Small Bishop's Cap</b>	Edibility unknown
		<i>Saxifraga mertensiana</i>	<b>Saxifrage</b>	Edible
		<i>Tellima grandiflora</i>	<b>Fringecup</b>	Edibility unknown
		<i>Tiarella unifoliata</i>	<b>Coolwort</b>	Edibility unknown
		<i>Tolmiea menziesii</i>	<b>Youth on Age</b>	Edibility unknown
		Unidentified Saxifrage Leaf		
<b>Crassulaceae</b>				
		<i>Sedum oregonense</i>	<b>Stonecrop</b>	Edible
<b>Fabaceae (Leguminosae)</b>				
		<i>Cytisus scoparius</i>	<b>Scotch Broom</b>	Poisonous
		<i>Genista monspessulana</i> ( <i>Cytisus monspessulanus</i> )	<b>Moonlight Broom</b>	Poisonous
		<i>Lathyrus</i> sp.	<b>Pea</b>	Generally Poisonous

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

<b>Fami ly</b>	<b>Genus</b>	<b>Name</b>	<b>Uses</b>	<b>Seen</b>	
-	Fabac	Lupinus sp.	<b>Lupine</b>	Poisonous	
		Trifolium pratense	<b>Red Clover</b>	Edible, Medicinal	
		Trifolium repens	<b>White Clover</b>	Edible, Medicinal	
		Unidentified	<b>Legume</b>	Poisonous	
		Vicia sp.	<b>Vetch</b>	Poisonous	
<b>Rosaceae</b>					
-		Amelanchier alnifolia	<b>Serviceberry</b>	Edible	
		Aruncus sylvester	<b>Goat's Beard</b>		
		Fragaria sp.	<b>Wild Strawberry</b>	Choice edible	
		Geum macrophyllum	<b>Geum, Avens</b>	Astringent	
		Holodiscus discolor	<b>Oceanspray</b>	Astringent	
		Oemleria cerasiformis	<b>Osoberry</b>	Edible	
		Physocarpus capitatus	<b>Ninebark</b>	Fiber	
		Potentilla sp.	<b>Potentilla</b>	Astringent	
		Prunus emarginata	<b>Bitter Cherry</b>	Edible, Medicinal	
		Rosa sp.	<b>Wild Rose</b>	Edible, Astringent	
		Rubus leucodermis	<b>Blackcap Raspberry</b>	Choice edible	x
		Rubus nutkanus (R. parviflorus)	<b>Thimbleberry</b>	Choice edible	x
		Rubus spectabilis	<b>Salmonberry</b>	Edible, Astringent	
		Sorbus sitchensis	<b>Mountain Ash</b>	Edible	
	Spiraea sp.	<b>Spirea</b>	Astringent		
<b>Rhamnaceae</b>					
-		Ceanothus integerrimus	<b>Ceanothus</b>	Medicinal, Soap	
		Ceanothus sanguineus	<b>Ceanothus</b>	Medicinal, Soap	
		Ceanothus velutinus	<b>Ceanothus</b>	Medicinal, Soap	x
		Frangula purshiana (Rhamnus p.)	<b>Cascara</b>	Medicinal	x
<b>Urticaceae</b>					
-		Urtica dioica	<b>Stinging Nettle</b>	Edible, Medicinal	
<b>Fagaceae</b>					
-		Chrysolepis chrysophylla (Castanopsis c.)	<b>Chinquapin</b>	Edible	x
<b>Celastraceae</b>					
-		Paxistima myrsinities (Pachistima m.)	<b>Oregon Box</b>	Ornamental	x
<b>Oxalidaceae</b>					
-		Oxalis oregana	<b>Oxalis</b>	Choice edible	

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

<b>Fami ly</b>	<b>Genus</b>	<b>Name</b>	<b>Uses</b>	<b>Seen</b>
<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 nuttallii	<b>Violet</b>	Choice edible	
	Viola orbiculata	<b>Dark woods violet</b>	Choice edible	
	Viola palustris	<b>Marsh Violet</b>	Choice edible	
	Viola sempervirens	<b>Evergreen Violet</b>	Choice edible	
	Viola sp.	<b>Violet</b>	Choice edible	
<b>Salicaceae</b>				
	Salix sp.	<b>Willow</b>	Astringent, Analgesic	
<b>Onagraceae</b>				
	Boisduvalia sp., Epilobium sp.	<b>Willow Herb</b>	Medicinal	
	Chamaenerion angustifolium (Epilobium a.)	<b>Fireweed</b>	Edible	
	Circaea alpina	<b>Enchanter's Nightshade</b>		
<b>Aceraceae</b>				
	Acer circinatum	<b>Vine Maple</b>	Edible	x
	Acer macrophyllum	<b>Big leaf Maple</b>	Choice edible	
<b>Brassicaceae (Cruciferae)</b>				
	Cardamine oligosperma	<b>Bittercress</b>	Edible	
<b>Polygonaceae</b>				
	Bistorta bistortoides (Polygonum b.)	<b>Mountain Bistort</b>	Edible, Astringent	
	Eriogonum sp.	<b>Wild Buckwheat</b>	Edible	
	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	
<b>Caryophyllaceae</b>				
	Moehringia macrophylla (Arenaria m.)	<b>Sandwort</b>		
<b>Montiaceae (Portulacaceae)</b>				
	Claytonia lanceolata	<b>Spring Beauty</b>	Edible	
	Claytonia perfoliata (Montia p.)	<b>Miner's Lettuce</b>	Choice edible	

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

<b>Fami ly</b>	<b>Genus</b>	<b>Name</b>	<b>Uses</b>	<b>Seen</b>
-	Mont	Claytonia sibirica (Montia s.)	<b>Candy Flower</b>	Choice edible
		Montia parvifolia	<b>Small Leaf Montia</b>	Edible
<b>Cornaceae</b>				
		Cornus nuttallii	<b>Dogwood</b>	Astringent
		Cornus stolonifera	<b>Creek Dogwood</b>	Astringent
		Cornus unalaschkensis (C. canadensis)	<b>Bunchberry</b>	Edible
<b>Polemoniaceae</b>				
		Polemonium carneum	<b>Jacob's Ladder</b>	
<b>Primulaceae</b>				
		Dodecatheon jeffreyi	<b>Shooting Star</b>	Edible
		Lysimachia latifolia (Trientalis l.)	<b>Starflower</b>	Edible
<b>Ericaceae</b>				
		Allotropa virgata	<b>Candy Stick</b>	No Pick
		Arbutus menziesii	<b>Madrone</b>	Edible, Astringent
		Arctostaphylos columbiana	<b>Hairy Manzanita</b>	Edible, Astringent
		Arctostaphylos nevadensis	<b>Kinnikinnik</b>	Edible, Astringent x
		Arctostaphylos patula	<b>Manzanita</b>	Edible, Astringent x
		Chimaphila menziesii	<b>Baby Pipsisewa</b>	Astringent
		Chimaphila umbellata	<b>Pipsisewa</b>	Astringent x
		Gaultheria ovatifolia	<b>Baby Salal</b>	Edible
		Gaultheria shallon	<b>Salal</b>	Edible
		Monotropa hypopitys (Hypopitys m.)	<b>Pinesap</b>	No Pick
		Monotropa uniflora	<b>Indian Pipe</b>	No Pick
		Orthilia secunda (Pyrola s.)	<b>One-sided Pyrola</b>	Astringent
		Pterospora andromedea	<b>Pinedrops</b>	No Pick
		Pyrola asarifolia	<b>Pyrola</b>	Astringent
		Pyrola asarifolia ssp. bracteata	<b>Pyrola</b>	Astringent
		Pyrola picta	<b>White-veined Pyrola</b>	Astringent x
		Rhododendron macrophyllum	<b>Rhododendron</b>	Poisonous
		Rhododendron menziesii (Menziesia ferruginea)	<b>Fool's Huckleberry</b>	
		Vaccinium parvifolium	<b>Red huckleberry</b>	
		Vaccinium sp.	<b>Huckleberry</b>	Edible
<b>Rubiaceae</b>				
		Gallium sp.(2)	<b>Bedstraw, Cleavers</b>	Edible, Medicinal
<b>Boraginaceae</b>				

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

<b>Fami ly</b>	<b>Genus</b>	<b>Name</b>	<b>Uses</b>	<b>Seen</b>
Borag	Mertensia paniculata unidentified forget me not like flower	<b>Oregon Bluebells</b> <b>White</b>	Medicinal (PA's) Poisonous	
<b>Hydrophyllaceae</b>				
	Hydrophyllum tenuipes	<b>Waterleaf</b>	Choice edible	
	Nemophila parviflora	<b>Wood Nemophila</b>		
	Phacelia sp.	<b>Phacelia</b>	Edible	x
	Romanzoffia sp.	<b>Mistmaiden</b>	Edible	
<b>Plantaginaceae (Scrophulariaceae)</b>				
	Collinsia grandiflora	<b>Large Blue-eyed Mary</b>	Edibility unknown	
	Collinsia parviflora	<b>Small Blue-eyed Mary</b>	Edibility unknown	
	Digitalis purpurea	<b>Foxglove</b>	Poisonous, Medicinal	
	Penstemon sp.	<b>Penstemon</b>	Medicinal	x
	Synthyris reniformis	<b>Snow Queen</b>	Edibility unknown	
	Veronica sp.	<b>Veronica</b>	Edible	
<b>Scrophulariaceae</b>				
	Verbascum thapsus	<b>Mullein</b>	Medicinal, TP	x
<b>Lamiaceae (Labiatae)</b>				
	Clinopodium douglasii (Satureja d.)	<b>Yerba Buena</b>	Edible, Medicinal	
	Lamium purpureum	<b>Red Dead Nettle</b>	Edible	
	Prunella vulgaris	<b>Self Heal, Heal All</b>	Edible, Medicinal	
	Stachys sp.	<b>Horse Mint</b>	Edible, Medicinal	
<b>Phrymaceae (Scrophulariaceae)</b>				
	Erythranthe alsinoides (Mimulus a.)	<b>Baby Monkeyflower</b>	Edible	
	Erythranthe guttata (Mimulus g.)	<b>Monkeyflower</b>	Edible	
<b>Orobanchaceae (Scrophulariaceae)</b>				
	Castilleja sp.	<b>Paintbrush</b>	Edible	
	Orthocarpus sp.	<b>Owl's Clover</b>	Edible	
	Pedicularis bracteosa	<b>Cobra Head</b>	Medicinal	
	Pedicularis groenlandica	<b>Elephant's Head</b>	Medicinal	
	Pedicularis racemosa	<b>Parrot's Beak</b>	Medicinal	
<b>Orobanchaceae</b>				
	Aphyllon uniflorum (Orobanche uniflora)	<b>Naked Broomrape</b>	No Pick	
<b>Campanulaceae</b>				

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

Fami ly	Genus	Name	Uses	Seen
	Camp	Campanula sp.	<b>Our Friend</b>	
<b>Asteraceae (Compositae)</b>				
	Achillea	millefolium	<b>Yarrow</b>	Medicinal
	Adenocaulon	bicolor	<b>Pathfinder</b>	Edibility unknown
	Agoseris	aurantiaca	<b>Orange Agoseris</b>	
	Anaphalis	margaritacea	<b>Pearly Everlasting</b>	Medicinal
	Aster	sp.	<b>Aster</b>	Poisonous
	Cirsium	sp.	<b>Thistle</b>	Edible
	Crocidium	multicaule	<b>Spring Gold</b>	
	DYC			
	Hieracium	albiflorum	<b>Hawkweed</b>	
	Hypochaeris	radicata	<b>False Dandelion</b>	Edible
	Leucanthemum	vulgare (Chrysanthemum l.)	<b>Ox Eye Daisy</b>	Edible, Medicinal
	Petasites	frigidus	<b>Western Coltsfoot</b>	Edible
	Rudbeckia	occidentalis	<b>Coneflower</b>	Medicinal
	Senecio	triangularis		Poisonous
	Taraxacum	officinale	<b>Dandelion</b>	Edible, Medicinal
<b>Adoxaceae (Caprifoliaceae)</b>				
	Sambucus	sp.	<b>Elder</b>	Astringent, Diaphoretic
<b>Caprifoliaceae</b>				
	Lonicera	ciliosa	<b>Trailing Honeysuckle</b>	Edible Nectar
	Lonicera	involucrata	<b>Twinberry</b>	Edible
	Symphoricarpos	albus	<b>Snowberry</b>	Edible
<b>Linnaeaceae (Caprifoliaceae)</b>				
	Linnaea	borealis var. longifolia	<b>Twinflower</b>	Edibility unknown
<b>Valerianaceae</b>				
	Plectritis	congesta	<b>Corn salad</b>	Edible
	Valeriana	scouleri	<b>Low-elevation Valerian</b>	Medicinal
	Valeriana	sitchensis	<b>Valerian</b>	Medicinal
<b>Araliaceae</b>				
	Oplopanax	horridus (O. horridum)	<b>Devil's Club</b>	Medicinal
<b>Apiaceae (Umbelliferae)</b>				
	Angelica	sp.	<b>Angelica</b>	Medicinal, Spice
	Heracleum	maximum (H. lanatum)	<b>Cow Parsnip</b>	Medicinal

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

<b>Fami ly</b>	<b>Genus</b>	<b>Name</b>	<b>Uses</b>	<b>Seen</b>
Apiac	Ligusticum grayi	<b>Oshala</b>	Medicinal, Spice	
	Lomatium hallii	<b>Biscuit Root</b>	Edible	
	Lomatium martindalei	<b>Biscuit Root</b>	Edible	
	Lomatium sp.	<b>Biscuit Root</b>	Edible	
	Lomatium utriculatum	<b>Spring Gold, Biscuit Root</b>	Edible	
	Osmorhiza berteroi (O. chilensis)	<b>Sweet Cicely</b>	Edible	
	Unidentified white Umbelliferae		Poisonous	

Columbines School of Botanical Studies  
Second Year Trip #4  
Low Elevation and Middle Elevation Hudsonian Zone

**Botany**

Plant Family Review  
*Calocedrus decurrens* vs. *Thuja plicata*  
Keyed: *Trillium ovatum* in the *Flora of Oregon*

**Ecology**

Plant Associations on Lava Flows

**Herbalism**

Innate vs. Acquired Immunity  
Materia Medica: *Thuja plicata*  
Harvested and Processed *Thuja plicata* for Tincture  
Lichen Taxonomy  
Materia Medica: *Usnea*

**Ecosystems**

Middle Elevation Hudsonian Zone  
Lava Beds  
Low Elevation Coniferous Woods and Riparian