

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

May 9, 2021
 Trip 5

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

Araceae			
Lysichiton americanus (L. americanum)	Skunk Cabbage	+/- Edible	
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			
Mahonia aquifolium (Berberis a.)	Tall Oregon Grape	Edible, Medicinal	
Mahonia repens (Berberis r.)	Creeping Oregon Grape	Edible, Medicinal	x
Ranunculaceae			

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

Araceae			
Ra Anemone lyallii	Small Windflower	Poisonous	
Aquilegia formosa	Columbine	Poisonous	
Delphinium sp.	Larkspur	Poisonous	x
Ranunculus uncinatus	Woods Buttercup	Poisonous	
Thalictrum sp.	Meadow-rue	Poisonous	
Paeoniaceae			
Paeonia brownii	Peony	Medicinal	x
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	
Micranthes sp.	Saxifrage	Edible	
Saxifraga sp.	Saxifrage	Edible	
Haloragaceae			
Myriophyllum sp.	Water Milfoil		
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	
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	
Spirea sp.	Spirea	Medicinal	

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

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	
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	

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

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 ruderales **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
 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
 Antennaria microphylla **Pink Pussy toes** Medicinal
 Antennaria sp. **Everlasting** Medicinal

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

Araceae

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

Adoxaceae (Caprifoliaceae)

<i>Sambucus</i> sp.	Elder	Edible, Medicinal	
---------------------	--------------	-------------------	--

Caprifoliaceae

<i>Lonicera ciliosa</i>	Climbing Honeysuckle	Edible Flowers	
<i>Lonicera involucrata</i>	Twinberry	Edible	
<i>Symphoricarpos</i> sp.	Snowberry	+/- Edible	x

Valerianaceae

<i>Plectritis congesta</i>	Cornsalad	Edible, Medicinal	x
<i>Valeriana acutiloba</i>	Valerian	Medicinal	x

Apiaceae (Umbelliferae)

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

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

Botany

Keyed out: *Viola purpurea*

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.