

Columbines School of Botanical Studies
 Wild Food Tending Economic Botanical Survey
 Trip #2: Lowlands and Low Elevation Coniferous Woods

Date: May 2, 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		o	FL
	Camassia leichtlinii ssp. suksdorfii (C. l. var.)	Great Camas		c	FL
	Cirsium arvense	Canada Thistle			
	Cirsium vulgare	Bull Thistle			
	Daucus carota	Wild Carrot			
	Hypochaeris radicata	False Dandelion			
	Lomatium hallii	Lomatium, Biscuit Root		c	FR
	Lysichiton americanus (L. americanum)	Skunk Cabbage	Starvation Food	o	FR
	Osmorhiza berteroi (O. chilensis)	Sweet Cicely			
	Taraxacum officinale	Dandelion			

Food: Greens and Potherbs					
	Acer circinatum	Vine Maple		a	FL
	Acer macrophyllum	Big Leaf Maple		a	FL
	Allium sp.	Wild Onion		o	FL
	Athyrium filix-femina	Lady Fern		o	L
	Boisduvalia sp., Epilobium sp.	Willow Herb			
	Cardamine nutallii	Spring Beauty			
	Cardamine sp.	Bittercress			
	cf. Micranthes sp.	Saxifrage			
	cf. Saxifraga sp.	Saxifrage			
	Chamaenerion angustifolium (Epilobium a.)	Fireweed		o	L
	Cirsium arvense	Canada Thistle			
	Cirsium vulgare	Bull Thistle			
	Claytonia sibirica (Montia s.)	Candyflower		o	FL
	Daucus carota	Wild Carrot			
	Erythranthe guttata (Mimulus g.)	Yellow Monkeyflower			FL
	Fragaria virginiana	Wild Strawberry			
	Gallium aparine	Bedstraw, Cleavers			
	Gallium sp.	Bedstraw, Cleavers			

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Uses	Genus	Name	Notes	Abun	Phen
	Geranium sp.	Geranium	Poison Look-alike		
	Heracleum maximum (H. lanatum)	Cow Parsnip		o	FL
	Hydrophyllum tenuipes	Waterleaf		a	FL
	Hypochaeris radicata	False Dandelion			
	Lamium purpureum	Red Dead Nettle			
	Leucanthemum vulgare (Chrysanthemum l.)	Ox Eye Daisy			
	Lomatium hallii	Lomatium, Biscuit Root		c	FR
	Mahonia nervosa (Berberis n.)	Oregon Grape		a	L
	Micranthes oregana (Saxifraga o.)	Marsh Saxifrage		o	FL
	Oemleria cerasiformis	Oso Berry		c	FL
	Osmorhiza berteroi (O. chilensis)	Sweet Cicely			
	Oxalis oregana	Wood Sorrel		a	FL
	Petasites frigidus	Western Coltsfoot	Possible PAs	o	FL
	Phacelia sp.	Phacelia			
	Plantago lanceolata	Plantain			
	Plectritis congesta	Corn Salad, Rosy Plectritis		c	FL
	Potentilla sp.	Potentilla			
	Prunella vulgaris	Self Heal, Heal All			
	Pteridium aquilinum	Bracken Fern		c	L
	Ribes sanguineum	Red Flowering Currant			
	Rosa sp.	Wild Rose			
	Rubus bifrons (R. discolor)	Blackberry			
	Rubus nutkanus (R. parviflorus)	Thimbleberry			
	Rubus spectabilis	Salmonberry		a	FL
	Rubus ursinus	Blackberry			
	Rumex acetosella	Sheep Sorrel			
	Rumex obtusifolius	Bitter Dock		o	L
	Sambucus racemosa	Red Elder	Flowers only		
	Saxifraga mertensiana	Saxifrage		r	FL
	Sonchus sp.	Sow Thistle			
	Stachys cooleyae	Hedge Nettle		o	L
	Stellaria media	Chickweed		r	FL
	Taraxacum officinale	Dandelion			
	Trifolium sp.	Native Clover			
	Trillium ovatum	Trillium	No Pick		
	Urtica dioica	Stinging Nettle	Pot Herb		
	Vaccinium parvifolium	Red Huckleberry		c	FL
	Vancouveria hexandra	Inside Out Flower			
	Viola glabella	Woods Violet		c	FL

Food: Fruits

	Acer circinatum	Vine Maple		a	FL
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Uses	Genus	Name	Notes	Abun	Phen
	<i>Acer macrophyllum</i>	Big Leaf Maple		a	FL
	<i>Boisduvalia</i> sp., <i>Epilobium</i> sp.	Willow Herb			
	<i>Cardamine nutallii</i>	Spring Beauty			
	<i>Cardamine</i> sp.	Bittercress			
	<i>Chamaenerion angustifolium</i> (<i>Epilobium</i> a.)	Fireweed		o	L
	<i>Cornus nutallii</i>	Western Dogwood			
	<i>Cornus stolonifera</i>	Red Osier Dogwood			
	<i>Fragaria virginiana</i>	Wild Strawberry			
	<i>Gaultheria shallon</i>	Salal			
	<i>Lonicera involucrata</i>	Twinberry			
	<i>Mahonia nervosa</i> (<i>Berberis</i> n.)	Oregon Grape		a	L
	<i>Maianthemum racemosum</i> (<i>Smilacina racemosa</i>)	Large False Solomon's Seal	Cathartic		
	<i>Maianthemum stellatum</i> (<i>Smilacina stellata</i>)	Small False Solomon's Seal	Cathartic		
	<i>Oemleria cerasiformis</i>	Oso Berry		c	FL
	<i>Quercus garryana</i>	Oregon White Oak			
	<i>Ribes sanguineum</i>	Red Flowering Currant			
	<i>Rosa</i> sp.	Wild Rose	Rosehips		
	<i>Rubus bifrons</i> (<i>R. discolor</i>)	Blackberry			
	<i>Rubus nutkanus</i> (<i>R. parviflorus</i>)	Thimbleberry			
	<i>Rubus spectabilis</i>	Salmonberry		a	FL
	<i>Rubus ursinus</i>	Blackberry			
	<i>Rumex obtusifolius</i>	Bitter Dock		o	L
	<i>Trillium ovatum</i>	Trillium	No Pick		
	<i>Vaccinium parvifolium</i>	Red Huckleberry		c	FL

Food: Spices/Teas

	<i>Achillea millefolium</i>	Yarrow			
	<i>Allium</i> sp.	Wild Onion		o	FL
	<i>Asarum caudatum</i>	Wild Ginger			
	<i>Chamaenerion angustifolium</i> (<i>Epilobium</i> a.)	Fireweed		o	L
	<i>Equisetum</i> sp.	Horsetail			
	<i>Fragaria virginiana</i>	Wild Strawberry			
	<i>Heracleum maximum</i> (<i>H. lanatum</i>)	Cow Parsnip	Strong	o	FL
	<i>Lomatium hallii</i>	Lomatium, Biscuit Root		c	FR
	<i>Osmorhiza berteroi</i> (<i>O. chilensis</i>)	Sweet Cicely			
	<i>Prunella vulgaris</i>	Self Heal, Heal All			
	<i>Rosa</i> sp.	Wild Rose			
	<i>Rubus bifrons</i> (<i>R. discolor</i>)	Blackberry			
	<i>Rubus nutkanus</i> (<i>R. parviflorus</i>)	Thimbleberry			
	<i>Rubus spectabilis</i>	Salmonberry		a	FL

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	Rubus ursinus	Blackberry			
	Stachys cooleyae	Hedge Nettle		o	L
	Stellaria media	Chickweed		r	FL
	Trifolium sp.	Native Clover			
	Urtica dioica	Stinging Nettle			

Alteratives incl. Diaphoretics and Diuretics

	Achillea millefolium	Yarrow	Diaphoretic		
	Asarum caudatum	Wild Ginger	Diaphoretic		
	Gallium aparine	Bedstraw, Cleavers	Diuretic		
	Gallium sp.	Bedstraw, Cleavers	Diuretic		
	Hypochaeris radicata	False Dandelion	Alterative		
	Mahonia nervosa (Berberis n.)	Oregon Grape	Alterative	a	L
	Rumex obtusifolius	Bitter Dock	Alterative	o	L
	Sambucus racemosa	Red Elder	Diaphoretic Flower		
	Taraxacum officinale	Dandelion	Alterative		
	Trifolium sp.	Native Clover	Alterative, Simple		
	Urtica dioica	Stinging Nettle	Alterative		
	Vaccinium parvifolium	Red Huckleberry	Diuretic	c	FL

Aromatic/Bitters

	Achillea millefolium	Yarrow			
	Asarum caudatum	Wild Ginger			
	Heracleum maximum (H. lanatum)	Cow Parsnip	Strong aromatic	o	FL
	Hypochaeris radicata	False Dandelion	Bitter		
	Lomatium hallii	Lomatium, Biscuit Root		c	FR
	Mahonia nervosa (Berberis n.)	Oregon Grape	Bitter	a	L
	Osmorhiza berteroi (O. chilensis)	Sweet Cicely			
	Rumex obtusifolius	Bitter Dock	Bitter	o	L
	Sonchus sp.	Sow Thistle			
	Taraxacum officinale	Dandelion	Bitter		
	Vancouveria hexandra	Inside Out Flower			

Astringents

	Cornus nutallii	Western Dogwood			
	Cornus stolonifera	Red Osier Dogwood			
	Fragaria virginiana	Wild Strawberry			
	Gaultheria shallon	Salal			
	Geranium sp.	Geranium			
	Geum macrophyllum	Geum, Avens			
	Potentilla sp.	Potentilla			

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Uses	Genus	Name	Notes	Abun	Phen
	<i>Quercus garryana</i>	Oregon White Oak			
	<i>Rosa</i> sp.	Wild Rose			
	<i>Rubus bifrons</i> (R. <i>discolor</i>)	Blackberry			
	<i>Rubus nutkanus</i> (R. <i>parviflorus</i>)	Thimbleberry			
	<i>Rubus spectabilis</i>	Salmonberry		a	FL
	<i>Rubus ursinus</i>	Blackberry			
	<i>Rumex obtusifolius</i>	Bitter Dock	Mild	o	L
	<i>Vaccinium parvifolium</i>	Red Huckleberry		c	FL

Calming Herbs, Nervines

	<i>Hypericum perforatum</i>	St. John's Wort			
	<i>Plectritis congesta</i>	Corn Salad, Rosy Plectritis		c	FL
	<i>Stachys cooleyae</i>	Hedge Nettle		o	L

Demulcents, Emollients

	<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	o	L
	<i>Viola glabella</i>	Woods Violet		c	FL

Pain (see Tranquilizers/Muscle Relaxants)

	<i>Heracleum maximum</i> (H. <i>lanatum</i>)	Cow Parsnip		o	FL
	<i>Populus trichocarpa</i>	Cottonwood Buds			
	<i>Quercus garryana</i>	Oregon White Oak	Salicylates		

Misc.

	<i>Achillea millefolium</i>	Yarrow	Hemostatic		
	<i>Frangula purshiana</i> (<i>Rhamnus</i> p.)	Cascara	Laxative		
	<i>Gallium aparine</i>	Bedstraw, Cleavers	Burns		
	<i>Gallium</i> sp.	Bedstraw, Cleavers	Burns		
	<i>Hypochaeris radicata</i>	False Dandelion	Blood Sugar, Wine,		
	<i>Iris tenax</i>	Blue Flag	Anti-staph (externa		
	<i>Leucanthemum vulgare</i> (<i>Chrysanthemum</i> l.)	Ox Eye Daisy	Allergies		
	<i>Petasites frigidus</i>	Western Coltsfoot	Antispasmodic	o	FL
	<i>Plantago lanceolata</i>	Plantain	Drawing Poultice		
	<i>Pteridium aquilinum</i>	Bracken Fern	Fiber	c	L
	<i>Taraxacum officinale</i>	Dandelion	Blood Sugar, Wine,		
	<i>Trillium ovatum</i>	Trillium	No Pick, Uterine Astringent		

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Uses	Genus	Name	Notes	Abun	Phen
	<i>Urtica dioica</i>	Stinging Nettle	Hair, Arthritis, Fiber, Allergies		
	<i>Vaccinium parvifolium</i>	Red Huckleberry	Blood Sugar	c	FL

Topics of Botanical Interest

	<i>Circaea alpina</i>	Enchanter's Nightshade		o	FL
	<i>Delphinium</i> sp.	Larkspur	Poison Look-alike		
	<i>Dicentra formosa</i>	Bleeding Heart	Poison	o	FL
	<i>Digitalis purpurea</i>	Foxglove	Poison		
	<i>Dryopteris expansa</i>	Spiny Wood Fern			
	<i>Iris tenax</i>	Blue Flag	Camas Look-alike		
	<i>Jacobaea vulgaris</i> (Senecio j.)	Tansy Ragwort	Poison Look-alike		
	<i>Symphoricarpos albus</i>	Snowberry			
	<i>Thalictrum</i> sp.	Meadow Rue	Vancouveria Look-alike		

Animal Interactions

	<i>Haliaeetus leucocephalus</i>	Bald Eagle			
		Lost Duckling			

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Field Trip #2
May 2, 2021
Willamette Valley, Foothills/Lowland Coniferous Woods

Kalapuya tribal territory

Tasted: *Lomatium hallii* leaf and fruit, *Plectritis congesta* leaf, *Rumex obtusifolius* young leaf

Botany

Keyed *Lomatium hallii* with "Introduction to Bradshaw's lomatium, a Federally-listed Endangered Species, and a Key and Photo Guide to the Lomatium Species that Occur within its Range" Technical Note, NRCS, 2010

Field characteristics for *Athyrium filix-femina* (lady fern) vs. *Dryopteris expansa* (spreading wood fern) vs. *Pteridium aquilinum* (bracken fern)

Foothills/Low Elevation Coniferous Woods

Generally, this ecosystem is not high-calorie-plant-food-producing. Abundant spring greens and medicines.

Wildcrafting

Harvested: *Athyrium filix-femina* and *Dryopteris expansa* fern fiddleheads; *Rubus spectabilis* young stems and flowers; *Acer circinatum* young leaves; *Hydrophyllum tenuipes* leaves; *Claytonia sibirica* stems, leaves, and flowers; *Oxalis oregana* leaves and flowers; *Vaccinium parvifolium* leaves; *Viola glabella* leaves and flowers, *Oemleria cerasiformis* leaves

Food Preparation

8 plant Salad (8 different plants; leaves, stems, and flowers; see above)

Athyrium filix-femina and *Dryopteris expansa* fiddleheads, boiled in salt water, with butter

Rubus spectabilis raw, peeled young stems

Dried *Rubus spectabilis* leaves for tea later

