

Columbines School of Botanical Studies
 Second Year Apprenticeship Program
 Valley Floor and Coast Range

April 2, 3, 2022
 Trip 1, 2

Valley Floor: 420'
 Low Elevation Coast Range: 735'

Family	Genus	Name	Uses	Seen
Araceae				
	<i>Lysichiton americanus</i> (L. <i>americanum</i>)	Skunk Cabbage	+/- Edible	x
Melanthiaceae (Liliaceae)				
	<i>Trillium albidum</i> (T. <i>chloropetalum</i>)	Trillium	No Pick - Medicinal	x
	<i>Trillium ovatum</i>	Trillium	No Pick - Medicinal	x
	<i>Veratrum</i> sp.	False Hellebore	Poisonous	
Liliaceae				
	<i>Clintonia uniflora</i>	Queen's Cup	Poisonous?	
	<i>Erythronium oregonum</i>	Fawn Lily	No Pick, Edible	x
	<i>Erythronium revolutum</i>	Pink Fawn Lily	No Pick, Edible	
	<i>Fritillaria affinis</i> (F. <i>lanceolata</i>)	Checker Lily	No Pick, Edible	
	<i>Lilium columbianum</i>	Tiger Lily	No Pick, Edible	
	<i>Prosartes hookeri</i> (Disporum h.)	Fairy Bells	Edible	
	<i>Prosartes smithii</i> (Disporum s.)	Fairy Lanterns	Edible	
	<i>Scoliopus hallii</i>	Fetid Adder's Tongue		
Orchidaceae				
	<i>Calypso bulbosa</i>	Calypso Orchid	No pick	x
	<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 cordata</i> (<i>Listera cordata</i>)	Twayblade		
Iridaceae				
	<i>Iris tenax</i>	Iris	Medicinal	
	<i>Olsynium douglasii</i> (<i>Sisyrinchium douglasii</i>)	Blue-eyed Grass	Rare Lane County	
Amaryllidaceae (Liliaceae)				
	<i>Allium</i> sp.	Onion	Edible	
Asparagaceae (Liliaceae)				
	<i>Camassia leichtlinii</i> ssp. <i>suksdorfii</i> (C. l. var. l.)	Great Camas	No Pick, Edible	x
	<i>Maianthemum dilatatum</i>	Wild Lily of the Valley		x

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Family	Genus	Name	Uses	Seen
	<i>Maianthemum racemosum</i> (Smilacina Asparagus racemosa)	Large False Solomon's Seal	Edible, Medicinal	
	<i>Maianthemum stellatum</i> (Smilacina stellata)	Small False Solomon's Seal	Edible, Medicinal	x
Equisetaceae				
	<i>Equisetum</i> sp.	Horsetail	Medicinal	
Dryopteridaceae (Polypodiaceae)				
	<i>Polystichum munitum</i>	Sword Fern	Ecologically important	x
Polypodiaceae				
	<i>Polypodium glycyrrhiza</i>	Licorice Fern	Edible, Medicinal	x
Pinaceae				
	<i>Pinus ponderosa</i>	Ponderosa Pine	Edible, Medicinal	
	<i>Tsuga heterophylla</i>	Western Hemlock	Medicinal	
Cupressaceae				
	<i>Thuja plicata</i>	Western Red Cedar	Medicinal	
Aristolochiaceae				
	<i>Asarum caudatum</i>	Wild Ginger	Spice, Medicinal	x
Papaveraceae (Fumariaceae)				
	<i>Dicentra formosa</i>	Bleeding Heart	Poisonous, Medicinal	x
Berberidaceae				
	<i>Mahonia aquifolium</i> (Berberis a.)	Tall Oregon Grape	Edible, Medicinal	x
	<i>Mahonia nervosa</i> (Berberis n.)	Mountain Oregon Grape	Edible, Medicinal	x
	<i>Vancouveria hexandra</i>	Inside-out Flower	Edible	x
Ranunculaceae				
	<i>Actea rubra</i>	Baneberry	Poisonous, Medicinal	
	<i>Delphinium</i> sp.	Larkspur	Poisonous, (Lice)	x
	<i>Ranunculus</i> sp.	Buttercup	Poisonous	
	<i>Ranunculus occidentalis</i>	Field Buttercup	Poisonous	x
	<i>Ranunculus uncinatus</i>	Woods Buttercup	Poisonous	
	<i>Thalictrum</i> sp.	Meadow-rue	Poisonous	
Grossulariaceae				
	<i>Ribes lobbii</i>	Gummy Gooseberry	Edible	
	<i>Ribes sanguineum</i>	Red Flowering Currant	Edible	

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Family Genus	Name	Uses	Seen
Grossul Ribes sp.	Currant or Gooseberry	Edible	
Saxifragaceae			
Heuchera micrantha	Alum Root	Medicinal	
Lithophragma parviflora	Ragged Starflower	Edibility unknown	
Micranthes oregana (Saxifraga o.)	Marsh Saxifrage	Edible	x
Pectiantia ovalis (Mitella o.)	Small Bishop's Cap	Edibility unknown	
Tellima grandiflora	Fringecup	Edibility unknown	
Tolmiea menziesii	Youth on Age	Edibility unknown	
Fabaceae (Leguminosae)			
Cytisus scoparius	Scotch Broom	Poisonous	
Lupinus sp.	Lupine	Poisonous	x
Trifolium pratense	Red Clover	Edible, Medicinal	
Trifolium repens	White Clover	Edible	
Unidentified	Legume	Poisonous	
Vicia sp.	Vetch	Poisonous	
Rosaceae			
Amelanchier alnifolia	Serviceberry	Edible	
Fragaria virginiana	Wild Strawberry	Choice edible, Medicinal	x
Geum macrophyllum	Geum, Avens	Astringent	
Oemleria cerasiformis	Osoberry	Edible	x
Physocarpus capitatus	Ninebark	Fiber	
Prunus sp.	Cherry	Edible, Medicinal	
Rubus armeniacus	Himalayan Blackberry	Choice edible, Medicinal	x
Rubus bifrons (R. discolor)	Wild Rose	Edible, Medicinal	
Rubus leucodermis	Blackcap Raspberry	Choice edible, Medicinal	
Rubus nutkanus (R. parviflorus)	Thimbleberry	Choice edible, Medicinal	
Rubus spectabilis	Salmonberry	Choice edible, Medicinal	x
Urticaceae			
Urtica dioica	Stinging Nettle	Edible, Medicinal, Fiber	x
Fagaceae			
Quercus garryana	Oregon White Oak	Edible	x
Betulaceae			
Alnus rubra	Red Alder	Medicinal	x
Cucurbitaceae			
Marah oreganus	Wild Cucumber	Poisonous	

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Family	Genus	Name	Uses	Seen
Oxalidaceae				
-	Oxalis oregana	Oxalis	Choice Edible	x
Hypericaceae				
-	Hypericum perforatum	St. John's Wort	Medicinal	
-	Hypericum scouleri (H. formosum)	St. John's Wort	Medicinal	
Violaceae				
-	Viola adunca	Field Violet	Choice Edible	
-	Viola glabella	Woods Violet	Choice Edible	
-	Viola nuttalli var. praemorsa	Prairie Violet	Choice Edible	
-	Viola sp.	Violet	Choice Edible	x
Salicaceae				
-	Salix sp.	Willow	Astringent, Analgesic	
Geraniaceae				
-	Erodium cicutarium	Storksbill	Edible	x
-	Geranium lucidum	Shiny Geranium	Edible	
-	Geranium robertianum	Herb Robert, Stinky Bob	Edible, Medicinal Astringent	
Anacardiaceae				
-	Toxicodendron diversilobum (Rhus diversiloba)	Poison Oak	Poisonous	x
Aceraceae				
-	Acer circinatum	Vine Maple	Edible	
-	Acer macrophyllum	Big Leaf Maple	Choice Edible	
Brassicaceae (Cruciferae)				
-	Brassica rapa (Brassica campestris)	Wild Mustard	Edible	
-	Cardamine nuttallii (C. pulcherrima)	Spring Beauty	Edible	x
-	Cardamine oligosperma	Bittercress	Edible	x
-	Cardamine penduliflora	Willamette Valley Bittercress	Edible	x
-	Draba sp.	Cress	Edible	
-	Yellow unidentified mustard		Poisonous	
Polygonaceae				
-	Rumex acetosella	Sheep's Sorrel	Edible, Medicinal	
-	Rumex crispus	Yellow Dock	Edible, Medicinal	x
-	Rumex obtusifolius	Bitter Dock	Edible, Medicinal	x

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Family	Genus	Name	Uses	Seen
Caryophyllaceae				
	Cerastium sp.	Hairy Chickweed	Edible	
		Large Sandwort		
	Moehringia macrophylla (Arenaria m.)			
	Stellaria media	Chickweed	Edible	x
Montiaceae (Portulacaceae)				
	Claytonia perfoliata (Montia p.)	Miner's Lettuce	Choice Edible	
	Claytonia sibirica (Montia s.)	Candy Flower	Choice Edible	x
Cornaceae				
	Cornus nuttallii	Dogwood	Astringent	
Primulaceae				
	Dodecatheon hendersonii	Shooting Star	Edible	x
	Lysimachia latifolia (Trientalis l.)	Starflower	Edible	
Ericaceae				
	Arbutus menziesii	Madrone	Edible, Astringent	
	Arctostaphylos nevadensis	Kinnikinnik	Edible, Astringent	
	Gaultheria shallon	Salal	Edible	x
	Monotropa uniflora	Ghost Pipe	No pick	
	Rhododendron macrophyllum	Rhododendron	Poisonous	
	Vaccinium parvifolium	Huckleberry	Edible, Medicinal	x
	Vaccinium sp.	Huckleberry	Edible	
Rubiaceae				
	Gallium sp.	Bedstraw, Cleavers	Edible, Medicinal	x
Boraginaceae				
	Adelina grande (Cynoglossum grande)	Hounds Tongue	Medicinal (PA's)	x
	cf. Crypthantha sp.	Popcorn Flower	Poison	x
	Mertensia sp.	Oregon Bluebells	Medicinal (PA's)	
Hydrophyllaceae				
	Hydrophyllum tenuipes	Waterleaf	Choice Edible	x
	Nemophila menziesii var. atomaria	Baby Blue Eyes		x
	Nemophila parviflora	Wood Nemophila		x
Plantaginaceae				
	Plantago lanceolata	Plantain	Edible, Medicinal	x

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Plantag Plantago major	Plantain	Edible, Medicinal	
Plantaginaceae (Scrophulariaceae)			
Collinsia parviflora	Small Blue-eyed Mary	Edibility unknown	x
Digitalis purpurea	Foxglove	Poisonous, Medicinal	x
Synthyris reniformis	Snow Queen	Unknown	
Veronica sp.	Veronica	Edible	
Scrophulariaceae			
Verbascum thapsus	Mullein	Medicinal, TP	
Lamiaceae (Labiatae)			
Clinopodium douglasii (Satureja d.)	Yerba Buena	Spice, Medicinal	
Lamium purpureum	Red Dead Nettle	Edible	x
Melissa officinalis	Lemon Balm	Medicinal	
Prunella vulgaris	Self Heal, Heal All	Edible, Medicinal	
Stachys sp.	Hedge Nettle	Edible, Medicinal	x
Phrymaceae (Scrophulariaceae)			
Erythranthe alsinoides (Mimulus a.)	Baby Monkeyflower	Edible	x
Erythranthe sp.	Monkeyflower	Edible	x
Aquifoliaceae			
Ilex aquifolium	Holly	Poisonous	
Asteraceae (Compositae)			
Achillea millefolium	Yarrow	Medicinal	
Adenocaulon bicolor	Pathfinder	Poisonous	
Bellis perennis	Field Daisy	Edible	
Cirsium sp.	Thistle	Edible	
DYC		Poisonous	
Hypochaeris radicata	False Dandelion	Edible	
Leucanthemum vulgare (Chrysanthemum leucanthemum)	Ox Eye Daisy	Edible, Medicinal	
Petasites frigidus	Western Coltsfoot	+/- Edible (PA's)	x
Senecio vulgaris	Groundsel	Poisonous	
Taraxacum officinale	Dandelion	Edible, Medicinal	x
Wyethia angustifolia	Mule's Ears	Edible	
Adoxaceae (Caprifoliaceae)			
Sambucus racemosa	Red Elder	Astringent, Diaphoretic	x
Caprifoliaceae			

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Family	Genus	Name	Uses	Seen
Caprifoliaceae	Lonicera ciliosa	Honeysuckle		
	Symphoricarpos albus	Snowberry	Edible?	
Valerianaceae				
	Plectritis congesta	Cornsalad	Edible, Medicinal	x
Apiaceae (Umbelliferae)				
	Conium maculatum	Poison Hemlock	Poisonous	
	Heracleum maximum (H. lanatum)	Cow Parsnip	Medicinal	
	Lomatium bradshawii	Bradshaw's Lomatium	Federally Endangered	x
	Lomatium utriculatum	Spring Gold, Biscuit Root	Edible	
	Oenanthe sarmentosa	Water Parsley	Poisonous	
	Osmorhiza berteroi (O. chilensis)	Sweet Cicely	Edible	
	Unidentified yellow Umbelliferae		Poisonous	

**Columbines School of Botanical Studies
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Trip 1, 2 Highlights**

Botany Review

Plant Zones of the Pacific Northwest

IgE Mediated Histamine Response

Materia Medica: *Ephedra* sp. for allergies

Materia Medica: *Glycyrrhiza glabra* for allergies

Willamette Valley Ecology

Keyed Out:

Trillium albidum (*T. chloropetalum*)

Nemophila menziesii

Scoliopus hallii

Uses of *Polypodium glycyrrhiza*

Locating, Harvesting, and Uses of *Urtica dioica*

Harvested Wild Edible Food Salad: *Viola* sp., *Oxalis oregana*, *Rubus spectabilis* flowers, *Claytonia sibirica*, *Cardamine nuttallii*, *Hydrophyllum tenuipes*, and *Galium* sp.

Tasted: *Petasites frigidus* peeled stem and *Polypodium glycyrrhiza* roots in addition to the above foods.