

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

April 17, 2022
Trip 3

Low Elevation Coniferous Woods and Riparian Zone
1200'

Family	Genus	Name	Uses	Seen
Araceae				
	<i>Lysichiton americanus</i> (L. americanum)	Skunk Cabbage	Edible?	
Melanthiaceae (Liliaceae)				
	<i>Anticlea occidentalis</i> (<i>Stenanthium occidentale</i>)	Stenanthium		
	<i>Trillium albidum</i> (T. chloropetalum)	Trillium	No pick, Medicinal	x
	<i>Trillium ovatum</i>	Trillium	No pick, Medicinal	x
	<i>Veratrum</i> sp.	False Hellebore	Poisonous	
	<i>Xerophyllum tenax</i>	Beargrass	Edible	
Liliaceae				
	<i>Calochortus</i> sp.	Cat's Ears	No pick, edible	
	<i>Clintonia uniflora</i>	Queen's Cup	Poisonous?	
	<i>Erythronium oregonum</i>	Fawn Lily	No pick, edible	
	<i>Fritillaria affinis</i> (F. lanceolata)	Riceroor Lily	No pick, edible	x
	<i>Lilium columbianum</i>	Tiger Lily	No pick, edible	
	<i>Lilium washingtonianum</i>	Cascade Lily	No pick, edible	
	<i>Prosartes hookeri</i> (<i>Disporum</i> h.)	Fairy Bells	Edible	
	<i>Prosartes smithii</i> (<i>Disporum</i> s.)	Fairy Lanterns	Edible	
	<i>Streptopus amplexifolius</i>	Twisted Stalk	Edible	
Orchidaceae				
	<i>Calypso bulbosa</i>	Calypso Orchid	No pick	x
	<i>Calypso bulbosa</i> forma alba	Albino Calypso Orchid	No pick	
	<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 banksiana</i> (<i>Listera caurina</i>)	Big Twayblade	Edibility unknown	
	<i>Neottia cordata</i> (<i>Listera</i> c.)	Twayblade	Edibility unknown	
	<i>Platanthera dilatata</i> (<i>Habenaria</i> d.)	White Rein Orchid	No pick, edible	
	<i>Platanthera</i> sp.	Rein Orchid	No pick, edible	

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

Family	Genus	Name	Uses	Seen
Iridaceae				
	<i>Iris chrysophylla</i>	Iris	Medicinal	
	<i>Iris tenax</i>	Iris	Medicinal	
	<i>Sisyrinchium</i> sp.	Blue-eyed Grass		
Asparagaceae (Liliaceae)				
	<i>Dichelostemma congestum</i> (<i>Brodiaea congesta</i>)	Harvest Lily	No pick, edible	
	<i>Maianthemum racemosum</i> (<i>Smilacina racemosa</i>)	Large False Solomon's Seal	Edible, Medicinal	x
	<i>Maianthemum stellatum</i> (<i>Smilacina stellata</i>)	Small False Solomon's Seal	Edible, Medicinal	
Dryopteridaceae (Polypodiaceae)				
	<i>Polystichum munitum</i>	Sword Fern		
Polypodiaceae				
	<i>Polypodium glycyrrhiza</i>	Licorice Fern		
Aristolochiaceae				
	<i>Asarum caudatum</i>	Wild Ginger	Edible, Medicinal	
Papaveraceae (Fumariaceae)				
	<i>Dicentra formosa</i>	Bleeding Hearts	Poisonous, Medicinal	
Berberidaceae				
	<i>Achlys triphylla</i>	Vanilla Leaf	Edible	
	<i>Mahonia aquifolium</i> (Berberis a.)	Tall Oregon Grape	Edible, Medicinal	
	<i>Mahonia nervosa</i> (Berberis n.)	Mountain Oregon Grape	Edible, Medicinal	x
	<i>Vancouveria hexandra</i>	Inside-out Flower	Edible	
Ranunculaceae				
	<i>Actaea rubra</i>	Baneberry	Poisonous, Medicinal	
	<i>Anemone</i> cf. <i>oregana</i>	Small Windflower	Poisonous	
	<i>Anemone deltoidea</i>	Large Windflower	Poisonous	
	<i>Anemone lyallii</i>	Small Windflower	Poisonous	x
	<i>Aquilegia formosa</i>	Columbine	Poisonous	
	<i>Coptis laciniata</i>	Goldthread	Medicinal	x
	<i>Delphinium</i> sp.	Larkspur	Poisonous	
	<i>Ranunculus</i> sp.	Buttercup	Poisonous	
	<i>Ranunculus uncinatus</i>	Woods Buttercup	Poisonous	

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

Family	Genus	Name	Uses	Seen
Ranuncu	Thalictrum sp.	Meadow-rue	Poisonous	x
Grossulariaceae				
	Ribes bracteosum	Stinking Black Current	Edible	
	Ribes lacustre	Swamp Currant	Edible	
	Ribes lobbii	Gummy Gooseberry	Edible	
	Ribes sanguineum	Red Flowering Currant	Edible	
	Ribes sp.	Gooseberry	Edible	
Saxifragaceae				
	Boykinia sp.	Boykinia		
	Heuchera micrantha	Alum Root	Edible, Medicinal	
	Micranthes odontoloma (Saxifraga arguta)	Saxifrage	Edible	
	Micranthes sp.	Saxifrage	Edible	
	Mitellastra caulescens (Mitella c.)	Large Bishop's Cap	Edibility unknown	
	Pectiantia ovalis (Mitella o.)	Small Bishop's Cap	Edibility unknown	
	Saxifraga mertensiana	Saxifrage	Edible	
	Saxifraga sp.	Saxifrage	Edible	
	Tellima grandiflora	Fringecup	Edibility unknown	
	Tiarella trifoliata ssp. unifoliata	Coolwort	Edibility unknown	
	Tolmiea menziesii	Youth on Age	Edibility unknown	
Crassulaceae				
	Sedum sp.	Stonecrop	Edible	
Fabaceae (Leguminosae)				
	Cytisus scoparius	Scotch Broom	Poisonous	
	Genista monspessulana (Cytisus monspessulanus)	Moonlight Broom	Poisonous	
	Lathyrus sp.	Pea	Poisonous	
	Lupinus sp.	Lupine	Poisonous	
	Trifolium sp.	Clover	Edible, Medicinal	
	Vicia sp.	Vetch	Poisonous	
Rosaceae				
	Amelanchier alnifolia	Serviceberry	Edible	
	Aruncus sylvestris	Goatsbeard	Edibility unknown	
	Fragaria sp.	Wild Strawberry	Choice edible	
	Geum macrophyllum	Geum, Avens	Medicinal	
	Holodiscus discolor	Oceanspray	Edible	

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

Family	Genus	Name	Uses	Seen
Rosaceae	Oemleria cerasiformis	Osoberry	Edible	x
	Physocarpus capitatus	Ninebark	Fiber	
	Potentilla sp.	Potentilla	Medicinal	
	Prunus sp.	Cherry	Edible, Medicinal	
	Rosa sp.	Rose	Edible, Medicinal	
	Rubus nutkanus (R. parviflorus)	Thimbleberry	Edible, Medicinal	
	Rubus sp.	Blackberry	Edible, Medicinal	
	Rubus spectabilis	Salmonberry	Edible, Medicinal	x
	Spiraea sp.	Spirea	Medicinal	
Rhamnaceae				
	Ceanothus integerrimus	Ceanothus	Medicinal	
	Ceanothus sanguineus	Ceanothus	Medicinal	
	Ceanothus velutinus	Ceanothus	Medicinal	
	Frangula purshiana (Rhamnus p.)	Cascara Sagrada	Medicinal	
Urticaceae				
	Urtica dioica	Stinging Nettle	Edible, Medicinal, Fiber	
Fagaceae				
	Chrysolepis chrysophylla (Castanopsis chrysophylla)	Golden Chinquapin	Edible	
Celastraceae				
	Paxistima myrsinites (Pachistima m.)	Oregon Box	Ornamental	
Oxalidaceae				
	Oxalis oregana	Oxalis	Choice edible	x
Hypericaceae				
	Hypericum perforatum	St. John's Wort	Medicinal	
Violaceae				
	Viola glabella	Woods Violet	Choice edible	x
	Viola sempervirens	Evergreen Violet	Choice edible	x
	Viola sp.	Violet	Choice edible	
Salicaceae				
	Populus trichocarpa	Cottonwood	Medicinal	
	Salix sp.	Willow	Medicinal	

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

Family	Genus	Name	Uses	Seen
Geraniaceae				
	<i>Geranium robertianum</i>	Herb Robert, Stinky Bob	Edible, Medicinal Astringent	
Onagraceae				
	<i>Boisduvalia</i> sp., <i>Epilobium</i> sp.	Willow Herb	Edible, Medicinal	
	<i>Circaea alpina</i>	Enchanter's Nightshade		
	<i>Epilobium angustifolium</i>	Fireweed	Edible, Medicinal	
Anacardiaceae				
	<i>Toxicodendron diversilobum</i>	Poison Oak	Poisonous	
Aceraceae				
	<i>Acer circinatum</i>	Vine Maple	Edible	
	<i>Acer macrophyllum</i>	Big leaf Maple	Choice edible	x
Brassicaceae (Cruciferae)				
	<i>Cardamine nutallii</i>	Spring Beauty	Edible	x
	<i>Cardamine oligosperma</i>	Bittercress	Edible	x
	<i>Cardamine</i> sp.	Bittercress	Edible	
Polygonaceae				
	<i>Eriogonum</i> sp.	Wild Buckwheat	Edible	
	<i>Rumex acetosella</i>	Sheep's Sorrel	Edible, Medicinal	
	<i>Rumex obtusifolius</i>	Bitter Dock	Edible, Medicinal	
Caryophyllaceae				
	<i>Moehringia macrophylla</i> (<i>Arenaria</i> m.)	Sandwort		
	<i>Stellaria media</i>	Chickweed	Edible	
Montiaceae (Portulacaceae)				
	<i>Claytonia perfoliata</i> (<i>Montia</i> p.)	Miner's Lettuce	Choice edible	
	<i>Claytonia sibirica</i> (<i>Montia</i> s.)	Candy Flower	Choice edible	x
	<i>Claytonia</i> sp.		Choice edible	
	<i>Montia parvifolia</i>	Small Leaf Montia	Edible	
	<i>Montia</i> sp.		Choice edible	
Cornaceae				
	<i>Cornus nuttallii</i>	Dogwood	Medicinal	x

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

Family	Genus	Name	Uses	Seen
Cornaceae	Cornus unalaschensis (C. canadensis)	Bunchberry	Edible, Medicinal	
Primulaceae				
	Lysimachia latifolia (Trientalis l.)	Starflower	Edible	
Ericaceae				
	Arbutus menziesii	Madrone	Edible, Medicinal	
	Arctostaphylos columbiana	Hairy Manzanita	Edible, Medicinal	
	Chimaphila menziesii	Baby Pipsissewa	Medicinal	
	Chimaphila umbellata	Pipsissewa	Medicinal	
	Gaultheria shallon	Salal	Edible, Medicinal	
	Monotropa hypopitys (Hypopitys m.)	Pinesap	No pick	
	Monotropa uniflora	Indian Pipe	No pick	
	Pterospora andromedea	Pinedrops	No pick	
	Pyrola asarifolia	Pyrola	Medicinal	
	Pyrola picta	White-veined Pyrola	Medicinal	
	Pyrola sp.	Pyrola	Medicinal	
	Rhododendron macrophyllum	Rhododendron	Poisonous	
	Vaccinium parvifolium	Huckleberry	Edible, Medicinal	
Rubiaceae				
	Gallium aparine	Bedstraw, Cleavers	Edible, Medicinal	
Boraginaceae				
	unidentified forget me not like flower		Poisonous	
Hydrophyllaceae				
	Hydrophyllum tenuipes	Waterleaf	Choice edible	x
	Nemophila parviflora	Wood Nemophila		
	Nemophila sp.	Wood Nemophila		
	Phacelia sp.	Phacelia	Edible	
	Romanzoffia sp.	Mistmaiden	Edible?	
Plantaginaceae (Scrophulariaceae)				
	Collinsia grandiflora	Large Blue-eyed Mary	Edibility unknown	
	Collinsia parviflora	Small Blue-eyed Mary	Edibility unknown	
	Digitalis purpurea	Foxglove	Poisonous	
	Penstemon sp.	Penstemon	Medicinal	
	Synthyris reniformis	Snow Queen	Edibility unknown	x

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

Family	Genus	Name	Uses	Seen
Plantagin	Veronica sp.	Veronica	Edible, Medicinal	
Scrophulariaceae				
	Verbascum thapsus	Mullein	Medicinal	
Lamiaceae (Labiatae)				
	Clinopodium douglasii (Satureja d.)	Yerba Buena	Edible, Medicinal	
	Lamium purpureum	Red Dead Nettle	Edible	
	Prunella vulgaris	Self Heal, Heal All	Edible, Medicinal	
	Stachys cooleyae	Horse Nettle	Edible, Medicinal	
Phrymaceae (Scrophulariaceae)				
	Diplacus sp.	Monkeyflower	Edible	
	Eryanthranthe sp.	Monkeyflower	Edible	
	Erythranthe alsinoides (Mimulus a.)	Baby Monkeyflower	Edible	
Orobanchaceae (Scrophulariaceae)				
	Castilleja sp.	Paintbrush	Edible	
	Pedicularis racemosa	Parrot's Beak	Medicinal	
Campanulaceae				
	Campanula sp.	Our Friend		
Asteraceae (Compositae)				
	Achillea millefolium	Yarrow	Medicinal	
	Adenocaulon bicolor	Pathfinder	Edibility unknown	
	Anaphalis margaritacea	Pearly Everlasting	Medicinal	
	Crocidium multicaule DYC	Gold Fields	Edibility unknown	
	Hieracium albiflorum	Damn Yellow Composite	Poisonous	
	Hypochaeris radicata	Hawkweed		
	Lactuca sp.	Cat's Ears	Edible	
	Leucanthemum vulgare (Chrysanthemum l.)	Wild Lettuce	Edible, Medicinal	
		Ox Eye Daisy	Medicinal	
	Petasites frigidus	Western Coltsfoot	Edible, Medicinal (PA's)	x
	Senecio triangularis	Arrowleaf Grounsel	Poisonous	
	Taraxacum officinale	Dandelion	Edible, Medicine	
Adoxaceae (Caprifoliaceae)				
	Sambucus racemosa	Red Elder	Medicinal	

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

Family	Genus	Name	Uses	Seen
Caprifoliaceae				
	Lonicera ciliosa	Trailing Honeysuckle	Edible W/Caution	
	Symphoricarpus albus	Snowberry	Edible W/Caution	x
Linnaeaceae (Caprifoliaceae)				
	Linnaea borealis var. longifolia	Twinflower	Edibility unknown	
Valerianaceae				
	Plectritis congesta	Corn Salad	Edible	
	Valeriana scouleri	Low-elevation Valerian	Medicinal	
Araliaceae				
	Oplopanax horridus (O. horridum)	Devil's Club	Medicinal	
Apiaceae (Umbelliferae)				
	Angelica sp.	Angelica	Edible, Medicinal	
	Heracleum maximum (H. lanatum)	Cow's Parsnip	Edible, Medicinal	
	Lomatium utriculatum	Spring Gold, Biscuit Root	Edible	
	Oenanthe sarmentosa	Water Parsley	Poisonous	
	Osmorhiza berteroi (O. chilensis)	Sweet Cicely	Edible, Medicinal	
	Unidentified white Umbelliferae		Poisonous	

**Columbines School of Botanical Studies
Low Elevation Western Cascades
Second Year Field Trip #3**

Botany

Keyed out *Fritillaria affinis* (*F. lanceolata*) in both *Flora of the Pacific Northwest* and *Flora of Oregon*

Keyed out *Viola sempervirens*

Herbalism

Uses of *Dicentra formosa*

Ecology

Ages, Dimensions, and Tolerances of Forest Trees

Plant Associations in the *Tsuga heterophylla* Zone

Associations Visited

Tsuga/Polystichum

Tsuga /Polystichum/Oxalis