

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

April 24, 2022
 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
Araceae				
	<i>Lysichiton americanus</i> (L. americanum)	Skunk Cabbage	+/- Edible	
Tofieldiaceae (Liliaceae)				
	<i>Triantha occidentalis</i> (Tofieldia occidentalis)			
Melanthiaceae (Liliaceae)				
	<i>Anticlea occidentalis</i> (Stenanthium occidentale)			
	<i>Trillium ovatum</i>	Trillium	No Pick - Medicinal	X
	<i>Veratrum</i> sp.	False Hellebore	Poisonous	
	<i>Xerophyllum tenax</i>	Beargrass	Edible, Fiber	
Liliaceae				
	<i>Calochortus tolmiei</i>	Cat's Ears	No Pick - Edible	
	<i>Clintonia uniflora</i>	Queen's Cup	Poisonous?	
	<i>Erythronium grandiflorum</i>	Glacier Lily	No Pick - Edible	
	<i>Erythronium oregonum</i>	Fawn Lily	No Pick - Edible	
	<i>Lilium</i> sp.	Lily	No Pick - Edible	
	<i>Prosartes hookeri</i> (Disporum h.)	Fairy Bells	Cathartic	
	<i>Streptopus amplexifolius</i>	Twisted Stalk	Cathartic	
Orchidaceae				
	<i>Calypso bulbosa</i>	Calypso Orchid	No Pick	
	<i>Corallorhiza</i> sp.	Coral Root	No Pick	
	<i>Goodyera oblongifolia</i>	Rattlesnake Plantain	Mucilaginous	
	<i>Neottia cordata</i> (Listera c.)	Twayblade	Edible?	
	<i>Platanthera dilatata</i> (Habenaria d.)	White Rein Orchid	No Pick - Edible	
	<i>Platanthera stricta</i> (Habenaria saccata)	Green Rein Orchid	No Pick - Edible	
Iridaceae				
	<i>Iris chrysophylla</i>	Iris	Medicinal	
	<i>Iris tenax</i>	Iris	Medicinal	
	<i>Sisyrinchium</i> sp.	Blue-eyed Grass		

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

Fami ly	Genus	Name	Uses	Seen
Asparagaceae (Liliaceae)				
	Dichelostemma congestum (Brodiaea congesta)	Harvest Lily	No Pick - Edible	
	Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal	Edible, Medicinal	
	Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal	Edible, Medicinal	
Equisetaceae				
	Equisetum sp.	Horsetail	Edible, Medicinal	
Dryopteridaceae (Polypodiaceae)				
	Polystichum munitum	Sword Fern		
Polypodiaceae				
	Polypodium glycyrrhiza	Licorice Fern		
	Polypodium hesperium	Not Licorice Fern		
Pinaceae				
	Pseudotsuga menziesii	Douglas the Fir		X
Cupressaceae				
	Callitropsis nootkatensis (Chamaecyparis nootkatensis)	Alaska Yellow Cedar		
	Calocedrus decurrens	Incense Cedar		X
	Thuja plicata	Western Red Cedar	Medicinal	X
Aristolochiaceae				
	Asarum caudatum	Wild Ginger	Edible, Medicinal	
Papaveraceae (Fumariaceae)				
	Dicentra formosa	Bleeding Heart	Poisonous, Medicinal	
Berberidaceae				
	Achlys triphylla	Vanilla Leaf	Edible	
	Mahonia aquifolium (Berberis a.)	Tall Oregon Grape	Edible, Medicinal	
	Mahonia nervosa (Berberis n.)	Mountain Oregon Grape	Edible, Medicinal	
	Vancouveria hexandra	Inside-out Flower	Edible	
Ranunculaceae				
	Aconitum columbianum	Monkshood	Poisonous	

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

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

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

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

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

Fami ly	Genus	Name	Uses	Seen
Oxalidaceae				
	Oxalis oregana	Oxalis	Choice edible	
Hypericaceae				
	Hypericum perforatum	St. John's Wort	Medicinal	X
	Hypericum scouleri (H. formosum)	St. John's Wort	Medicinal	
Violaceae				
	Viola adunca	Field Violet	Choice edible	
	Viola glabella	Woods Violet	Choice edible	
	Viola nuttallii	Violet	Choice edible	
	Viola orbiculata	Dark woods violet	Choice edible	
	Viola palustris	Marsh Violet	Choice edible	
	Viola sempervirens	Evergreen Violet	Choice edible	
	Viola sp.	Violet	Choice edible	
Salicaceae				
	Salix sp.	Willow	Astringent, Analgesic	
Onagraceae				
	Boisduvalia sp., Epilobium sp.	Willow Herb	Medicinal	
	Chamaenerion angustifolium (Epilobium a.)	Fireweed	Edible	
	Circaea alpina	Enchanter's Nightshade		
Aceraceae				
	Acer circinatum	Vine Maple	Edible	
	Acer macrophyllum	Big leaf Maple	Choice edible	
Brassicaceae (Cruciferae)				
	Cardamine oligosperma	Bittercress	Edible	
Polygonaceae				
	Bistorta bistortoides (Polygonum b.)	Mountain Bistort	Edible, Astringent	
	Eriogonum sp.	Wild Buckwheat	Edible	
	Rumex acetosella	Sheep's Sorrel	Edible, Medicinal	
	Rumex crispus	Yellow Dock	Edible, Medicinal	
	Rumex obtusifolius	Bitter Dock	Edible, Medicinal	
Caryophyllaceae				

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

Fami ly	Genus	Name	Uses	Seen
	Caryo	Sandwort		
	Moehringia macrophylla (Arenaria m.)			
	Montiaceae (Portulacaceae)			
	Claytonia lanceolata	Spring Beauty	Edible	
	Claytonia perfoliata (Montia p.)	Miner's Lettuce	Choice edible	
	Claytonia sibirica (Montia s.)	Candy Flower	Choice edible	
	Montia parvifolia	Small Leaf Montia	Edible	
	Cornaceae			
	Cornus nuttallii	Dogwood	Astringent	
	Cornus stolonifera	Creek Dogwood	Astringent	X
	Cornus unalaschkensis (C. canadensis)	Bunchberry	Edible	
	Polemoniaceae			
	Polemonium carneum	Jacob's Ladder		
	Primulaceae			
	Dodecatheon jeffreyi	Shooting Star	Edible	
	Lysimachia latifolia (Trientalis l.)	Starflower	Edible	
	Ericaceae			
	Allotropa virgata	Candy Stick	No Pick	
	Arbutus menziesii	Madrone	Edible, Astringent	
	Arctostaphylos columbiana	Hairy Manzanita	Edible, Astringent	X
	Arctostaphylos nevadensis	Kinnikinnik	Edible, Astringent	X
	Arctostaphylos patula	Manzanita	Edible, Astringent	X
	Chimaphila menziesii	Baby Pipsissewa	Astringent	
	Chimaphila umbellata	Pipsissewa	Astringent	
	Gaultheria ovatifolia	Baby Salal	Edible	
	Gaultheria shallon	Salal	Edible	
	Monotropa hypopitys (Hypopitys m.)	Pinesap	No Pick	
	Monotropa uniflora	Indian Pipe	No Pick	
	Orthilia secunda (Pyrola s.)	One-sided Pyrola	Astringent	
	Pterospora andromedea	Pinedrops	No Pick	
	Pyrola asarifolia	Pyrola	Astringent	
	Pyrola asarifolia ssp. bracteata	Pyrola	Astringent	
	Pyrola picta	White-veined Pyrola	Astringent	
	Rhododendron macrophyllum	Rhododendron	Poisonous	
	Rhododendron menziesii (Menziesia ferruginea)	Fool's Huckleberry		

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 Second Year Apprenticeship Program
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Fami ly	Genus	Name	Uses	Seen
	Ericac Vaccinium parvifolium Vaccinium sp.	Red huckleberry Huckleberry	Edible	
	Rubiaceae Gallium sp.(2)	Bedstraw, Cleavers	Edible, Medicinal	
	Boraginaceae Mertensia paniculata unidentified forget me not like flower	Oregon Bluebells White	Medicinal (PA's) Poisonous	
	Hydrophyllaceae Hydrophyllum tenuipes Nemophila parviflora Phacelia sp. Romanzoffia sp.	Waterleaf Wood Nemophila Phacelia Mistmaiden	Choice edible Edible Edible	 X
	Plantaginaceae (Scrophulariaceae) Collinsia grandiflora Collinsia parviflora Digitalis purpurea Penstemon sp. Synthyris reniformis Veronica sp.	Large Blue-eyed Mary Small Blue-eyed Mary Foxglove Penstemon Snow Queen Veronica	Edibility unknown Edibility unknown Poisonous, Medicinal Medicinal Edibility unknown Edible	 X
	Scrophulariaceae Verbascum thapsus	Mullein	Medicinal, TP	X
	Lamiaceae (Labiatae) Clinopodium douglasii (Satureja d.) Lamium purpureum Prunella vulgaris Stachys sp.	Yerba Buena Red Dead Nettle Self Heal, Heal All Horse Mint	Edible, Medicinal Edible Edible, Medicinal Edible, Medicinal	
	Phrymaceae (Scrophulariaceae) Erythranthe alsinoides (Mimulus a.) Erythranthe guttata (Mimulus g.)	Baby Monkeyflower Monkeyflower	Edible Edible	
	Orobanchaceae (Scrophulariaceae) Castilleja sp. Orthocarpus sp. Pedicularis bracteosa	Paintbrush Owl's Clover Cobra Head	Edible Edible Medicinal	

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 Second Year Apprenticeship Program
 Low and Middle Elevation Western Cascades

Fami ly	Genus	Name	Uses	Seen
Orobanchaceae	Pedicularis groenlandica	Elephant's Head	Medicinal	
	Pedicularis racemosa	Parrot's Beak	Medicinal	
Orobanchaceae				
	Aphyllon uniflorum (Orobanche uniflora)	Naked Broomrape	No Pick	
Campanulaceae				
	Campanula sp.	Our Friend		
Asteraceae (Compositae)				
	Achillea millefolium	Yarrow	Medicinal	
	Adenocaulon bicolor	Pathfinder	Edibility unknown	
	Agoseris aurantiaca	Orange Agoseris		
	Anaphalis margaritacea	Pearly Everlasting	Medicinal	
	Aster sp.	Aster	Poisonous	
	Cirsium sp.	Thistle	Edible	
	Crocidium multicaule DYC	Spring Gold		
	Hieracium albiflorum	Hawkweed		
	Hypochaeris radicata	False Dandelion	Edible	
	Leucanthemum vulgare (Chrysanthemum l.)	Ox Eye Daisy	Edible, Medicinal	
	Petasites frigidus	Western Coltsfoot	Edible	
	Rudbeckia occidentalis	Coneflower	Medicinal	
	Senecio triangularis		Poisonous	
	Taraxacum officinalis	Dandelion	Edible, Medicinal	
Adoxaceae (Caprifoliaceae)				
	Sambucus sp.	Elder	Astringent, Diaphoretic	
Caprifoliaceae				
	Lonicera ciliosa	Trailing Honeysuckle	Edible Nectar	
	Lonicera involucrata	Twinberry	Edible	
	Symphoricarpus albus	Snowberry	Edible	
Linnaeaceae (Caprifoliaceae)				
	Linnaea borealis var. longifolia	Twinflower	Edibility unknown	
Valerianaceae				
	Plectritis congesta	Corn salad	Edible	
	Valeriana scouleri	Low-elevation Valerian	Medicinal	

Columbines School of Botanical Studies
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 Low and Middle Elevation Western Cascades

Fami ly	Genus	Name	Uses	Seen
	Valeri	Valeriana sitchensis	Valerian	Medicinal
Araliaceae				
		Oplopanax horridus (O. horridum)	Devil's Club	Medicinal
Apiaceae (Umbelliferae)				
		Angelica sp.	Angelica	Medicinal, Spice
		Heracleum maximum (H. lanatum)	Cow Parsnip	Medicinal
		Ligusticum grayi	Oshala	Medicinal, Spice
		Lomatium hallii	Biscuit Root	Edible
		Lomatium martindalei	Biscuit Root	Edible
		Lomatium sp.	Biscuit Root	Edible
		Lomatium utriculatum	Spring Gold, Biscuit Root	Edible
		Osmorhiza berteroi (O. chilensis)	Sweet Cicely	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