

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

April 23, 2023  
 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>

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

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

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

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

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

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

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

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

Family	Genus	Name	Uses	Seen
Hypericac	Hypericum perforatum	<b>St. John's Wort</b>	Medicinal	
	Hypericum scouleri (H. formosum)	<b>St. John's Wort</b>	Medicinal	
<b>Violaceae</b>				
	Viola adunca	<b>Field Violet</b>	Choice edible	
	Viola glabella	<b>Woods Violet</b>	Choice edible	
	Viola nuttallii	<b>Violet</b>	Choice edible	
	Viola orbiculata	<b>Dark woods violet</b>	Choice edible	
	Viola palustris	<b>Marsh Violet</b>	Choice edible	
	Viola sempervirens	<b>Evergreen Violet</b>	Choice edible	
	Viola sp.	<b>Violet</b>	Choice edible	X
<b>Salicaceae</b>				
	Salix sp.	<b>Willow</b>	Astringent, Analgesic	
<b>Onagraceae</b>				
	Boisduvalia sp., Epilobium sp.	<b>Willow Herb</b>	Medicinal	
	Chamaenerion angustifolium (Epilobium a.)	<b>Fireweed</b>	Edible	
	Circaea alpina	<b>Enchanter's Nightshade</b>		
<b>Aceraceae</b>				
	Acer circinatum	<b>Vine Maple</b>	Edible	
	Acer macrophyllum	<b>Big leaf Maple</b>	Choice edible	
<b>Brassicaceae (Cruciferae)</b>				
	Cardamine oligosperma	<b>Bittercress</b>	Edible	
<b>Polygonaceae</b>				
	Bistorta bistortoides (Polygonum b.)	<b>Mountain Bistort</b>	Edible, Astringent	
	Eriogonum sp.	<b>Wild Buckwheat</b>	Edible	
	Rumex acetosella	<b>Sheep's Sorrel</b>	Edible, Medicinal	
	Rumex crispus	<b>Yellow Dock</b>	Edible, Medicinal	
	Rumex obtusifolius	<b>Bitter Dock</b>	Edible, Medicinal	
<b>Caryophyllaceae</b>				
	Moehringia macrophylla (Arenaria m.)	<b>Sandwort</b>		
<b>Montiaceae (Portulacaceae)</b>				
	Claytonia lanceolata	<b>Spring Beauty</b>	Edible	
	Claytonia perfoliata (Montia p.)	<b>Miner's Lettuce</b>	Choice edible	

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

Family	Genus	Name	Uses	Seen
Montiaceae	Claytonia sibirica (Montia s.)	<b>Candy Flower</b>	Choice edible	
	Montia parvifolia	<b>Small Leaf Montia</b>	Edible	
<b>Cornaceae</b>				
	Cornus nuttallii	<b>Dogwood</b>	Astringent	
	Cornus stolonifera	<b>Creek Dogwood</b>	Astringent	
	Cornus unalaschkensis (C. canadensis)	<b>Bunchberry</b>	Edible	X
<b>Polemoniaceae</b>				
	Polemonium carneum	<b>Jacob's Ladder</b>		
<b>Primulaceae</b>				
	Dodecatheon jeffreyi	<b>Shooting Star</b>	Edible	
	Lysimachia latifolia (Trientalis l.)	<b>Starflower</b>	Edible	
<b>Ericaceae</b>				
	Allotropa virgata	<b>Candy Stick</b>	No Pick	
	Arbutus menziesii	<b>Madrone</b>	Edible, Astringent	
	Arctostaphylos columbiana	<b>Hairy Manzanita</b>	Edible, Astringent	X
	Arctostaphylos nevadensis	<b>Kinnikinnik</b>	Edible, Astringent	X
	Arctostaphylos patula	<b>Manzanita</b>	Edible, Astringent	X
	Chimaphila menziesii	<b>Baby Pipsissewa</b>	Astringent	
	Chimaphila umbellata	<b>Pipsissewa</b>	Astringent	X
	Gaultheria ovatifolia	<b>Baby Salal</b>	Edible	
	Gaultheria shallon	<b>Salal</b>	Edible	X
	Monotropa hypopitys (Hypopitys m.)	<b>Pinesap</b>	No Pick	
	Monotropa uniflora	<b>Indian Pipe</b>	No Pick	X
	Orthilia secunda (Pyrola s.)	<b>One-sided Pyrola</b>	Astringent	
	Pterospora andromedea	<b>Pinedrops</b>	No Pick	
	Pyrola asarifolia	<b>Pyrola</b>	Astringent	
	Pyrola asarifolia ssp. bracteata	<b>Pyrola</b>	Astringent	
	Pyrola picta	<b>White-veined Pyrola</b>	Astringent	
	Rhododendron macrophyllum	<b>Rhododendron</b>	Poisonous	X
	Rhododendron menziesii (Menziesia ferruginea)	<b>Fool's Huckleberry</b>		
	Vaccinium parvifolium	<b>Red huckleberry</b>		
	Vaccinium sp.	<b>Huckleberry</b>	Edible	
<b>Rubiaceae</b>				
	Gallium sp.(2)	<b>Bedstraw, Cleavers</b>	Edible, Medicinal	
<b>Boraginaceae</b>				

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

Family	Genus	Name	Uses	Seen
Boraginac	Mertensia paniculata	<b>Oregon Bluebells</b>	Medicinal (PA's)	
	unidentified forget me not like flower	<b>White</b>	Poisonous	
<b>Hydrophyllaceae</b>				
	Hydrophyllum tenuipes	<b>Waterleaf</b>	Choice edible	
	Nemophila parviflora	<b>Wood Nemophila</b>		
	Phacelia sp.	<b>Phacelia</b>	Edible	
	Romanzoffia sp.	<b>Mistmaiden</b>	Edible	
<b>Plantaginaceae (Scrophulariaceae)</b>				
	Collinsia grandiflora	<b>Large Blue-eyed Mary</b>	Edibility unknown	
	Collinsia parviflora	<b>Small Blue-eyed Mary</b>	Edibility unknown	
	Digitalis purpurea	<b>Foxglove</b>	Poisonous, Medicinal	
	Penstemon sp.	<b>Penstemon</b>	Medicinal	
	Synthyris reniformis	<b>Snow Queen</b>	Edibility unknown	X
	Veronica sp.	<b>Veronica</b>	Edible	
<b>Scrophulariaceae</b>				
	Verbascum thapsus	<b>Mullein</b>	Medicinal, TP	
<b>Lamiaceae (Labiatae)</b>				
	Clinopodium douglasii (Satureja d.)	<b>Yerba Buena</b>	Edible, Medicinal	
	Lamium purpureum	<b>Red Dead Nettle</b>	Edible	
	Prunella vulgaris	<b>Self Heal, Heal All</b>	Edible, Medicinal	
	Stachys sp.	<b>Horse Mint</b>	Edible, Medicinal	
<b>Phrymaceae (Scrophulariaceae)</b>				
	Erythranthe alsinoides (Mimulus a.)	<b>Baby Monkeyflower</b>	Edible	
	Erythranthe guttata (Mimulus g.)	<b>Monkeyflower</b>	Edible	
<b>Orobanchaceae (Scrophulariaceae)</b>				
	Castilleja sp.	<b>Paintbrush</b>	Edible	
	Orthocarpus sp.	<b>Owl's Clover</b>	Edible	
	Pedicularis bracteosa	<b>Cobra Head</b>	Medicinal	
	Pedicularis groenlandica	<b>Elephant's Head</b>	Medicinal	
	Pedicularis racemosa	<b>Parrot's Beak</b>	Medicinal	
<b>Orobanchaceae</b>				
	Aphyllon uniflorum (Orobanche uniflora)	<b>Naked Broomrape</b>	No Pick	
<b>Campanulaceae</b>				

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

Family	Genus	Name	Uses	Seen
Campanu	Campanula sp.	<b>Our Friend</b>		
<b>Asteraceae (Compositae)</b>				
	Achillea millefolium	<b>Yarrow</b>	Medicinal	
	Adenocaulon bicolor	<b>Pathfinder</b>	Edibility unknown	
	Agoseris aurantiaca	<b>Orange Agoseris</b>		
	Anaphalis margaritacea	<b>Pearly Everlasting</b>	Medicinal	
	Aster sp.	<b>Aster</b>	Poisonous	
	Cirsium sp.	<b>Thistle</b>	Edible	
	Crocidium multicaule DYC	<b>Spring Gold</b>		
	Hieracium albiflorum	<b>Hawkweed</b>		
	Hypochaeris radicata	<b>False Dandelion</b>	Edible	
	Leucanthemum vulgare (Chrysanthemum l.)	<b>Ox Eye Daisy</b>	Edible, Medicinal	
	Petasites frigidus	<b>Western Coltsfoot</b>	Edible	
	Rudbeckia occidentalis	<b>Coneflower</b>	Medicinal	
	Senecio triangularis		Poisonous	
	Taraxacum officinalis	<b>Dandelion</b>	Edible, Medicinal	
<b>Adoxaceae (Caprifoliaceae)</b>				
	Sambucus sp.	<b>Elder</b>	Astringent, Diaphoretic	
<b>Caprifoliaceae</b>				
	Lonicera ciliosa	<b>Trailing Honeysuckle</b>	Edible Nectar	
	Lonicera involucrata	<b>Twinberry</b>	Edible	
	Symphoricarpus albus	<b>Snowberry</b>	Edible	
<b>Linnaeaceae (Caprifoliaceae)</b>				
	Linnaea borealis var. longifolia	<b>Twinflower</b>	Edibility unknown	
<b>Valerianaceae</b>				
	Plectritis congesta	<b>Corn salad</b>	Edible	
	Valeriana scouleri	<b>Low-elevation Valerian</b>	Medicinal	
	Valeriana sitchensis	<b>Valerian</b>	Medicinal	
<b>Araliaceae</b>				
	Oplopanax horridus (O. horridum)	<b>Devil's Club</b>	Medicinal	
<b>Apiaceae (Umbelliferae)</b>				
	Angelica sp.	<b>Angelica</b>	Medicinal, Spice	
	Heracleum maximum (H. lanatum)	<b>Cow Parsnip</b>	Medicinal	
	Ligusticum grayi	<b>Oshala</b>	Medicinal, Spice	



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

Family	Genus	Name	Uses	Seen
Apiaceae	Lomatium hallii	<b>Biscuit Root</b>	Edible	
	Lomatium martindalei	<b>Biscuit Root</b>	Edible	
	Lomatium sp.	<b>Biscuit Root</b>	Edible	
	Lomatium utriculatum	<b>Spring Gold, Biscuit Root</b>	Edible	
	Osmorhiza berteroi (O. chilensis)	<b>Sweet Cicely</b>	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  
Serai Associations and their proposed climax in the *Tsuga heterophylla* Zone

**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