

Columbines School of Botanical Studies  
 Second Year Apprenticeship Program  
*Pinus ponderosa* Zone

May 7, 2023  
 Trip 5

Ponderosa Pine Zone and Riparian 2784'  
<http://www.botanicalstudies.net/botany/plantlists.php>

<b>Araceae</b>			
Lysichiton americanus (L. americanum)	<b>Skunk Cabbage</b>	+/- Edible	X
<b>Melanthiaceae (Liliaceae)</b>			
Trillium ovatum	<b>Trillium</b>	No Pick	
Veratrum sp.	<b>False Hellebore</b>	Poisonous	
<b>Liliaceae</b>			
Fritillaria atropurpurea	<b>Checker Lily</b>	No Pick	
Fritillaria affinis (F. lanceolata)	<b>Checker Lily</b>	No Pick	
Lilium sp.	<b>Lily</b>	No Pick	
<b>Orchidaceae</b>			
Calypso bulbosa	<b>Calypso</b>	No Pick	
<b>Iridaceae</b>			
Iris missouriensis	<b>Western Iris</b>	Poisonous, Medicinal	
<b>Asparagaceae (Liliaceae)</b>			
Leucocrinum montanum	<b>Sand Lily</b>	No Pick	
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>Pinaceae</b>			
Pinus ponderosa	<b>Ponderosa Pine</b>	Edible	X
<b>Cupressaceae</b>			
Calocedrus decurrens	<b>Incense Cedar</b>	Medicinal	X
<b>Aristolochiaceae</b>			
Asarum caudatum	<b>Wild Ginger</b>	Edible, Medicinal	
<b>Berberidaceae</b>			
Mahonia aquifolium (Berberis a.)	<b>Tall Oregon Grape</b>	Edible, Medicinal	
Mahonia repens (Berberis r.)	<b>Creeping Oregon Grape</b>	Edible, Medicinal	X
<b>Ranunculaceae</b>			

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Anemone lyallii	<b>Small Windflower</b>	Poisonous	
Aquilegia formosa	<b>Columbine</b>	Poisonous	X
Delphinium sp.	<b>Larkspur</b>	Poisonous	
Ranunculus uncinatus	<b>Woods Buttercup</b>	Poisonous	
Thalictrum sp.	<b>Meadow-rue</b>	Poisonous	
<b>Paeoniaceae</b>			
Paeonia brownii	<b>Peony</b>	Medicinal	X
<b>Grossulariaceae</b>			
Ribes cereum	<b>Wax Currant</b>	Edible	
Ribes sanguineum	<b>Red Flowering Currant</b>	Edible	
<b>Saxifragaceae</b>			
Heuchera sp.	<b>Alum Root</b>	Edible, Medicinal	
Lithophragma parviflorum	<b>Prairie Star, Ragged Starflower</b>	Unknown	X
Micranthes sp.	<b>Saxifrage</b>	Edible	
Saxifraga sp.	<b>Saxifrage</b>	Edible	
<b>Haloragaceae</b>			
Myriophyllum sp.	<b>Water Milfoil</b>		
<b>Fabaceae (Leguminosae)</b>			
Lupinus sp.	<b>Lupine</b>	Poisonous	X
Lupinus sp.	<b>Fuzzy Lupine</b>	Poisonous	X
Trifolium sp.	<b>Clover</b>	Edible	
Unidentified	<b>White Flower</b>	Poisonous	
<b>Rosaceae</b>			
Amelanchier alnifolia	<b>Serviceberry</b>	Edible	
cf. Potentilla sp.	<b>Potentilla</b>	Medicinal	
Fragaria virginiana	<b>Wild Strawberry</b>	Edible, Medicinal	X
Geum sp.	<b>Avens</b>	Medicinal	
Holodiscus discolor	<b>Oceanspray</b>	(blank)	
Physocarpus capitatus	<b>Ninebark</b>	Fiber	
Prunus emarginata	<b>Wild Cherry</b>	Edible, Medicinal	
Prunus virginiana	<b>Chokecherry</b>	Edible, Medicinal	
Purshia tridentata	<b>Bitterbrush</b>	Medicinal	X
Rosa sp.	<b>Rose</b>	Edible, Medicinal	
Rubus nutkanus (R. parviflorus)	<b>Thimbleberry</b>	Edible, Medicinal	
Spirea sp.	<b>Spirea</b>	Medicinal	
<b>Rhamnaceae</b>			

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-	Ceanothus velutinus	<b>Red Root</b>	Medicinal	X
	<b>Hypericaceae</b>			
-	Hypericum perforatum	<b>St. John's Wort</b>	Medicinal	
	<b>Violaceae</b>			
-	Viola purpurea	<b>Purplish Violet</b>	Edible	X
	<b>Linaceae</b>			
-	Linum perenne	<b>Flax</b>	Edible	
	<b>Onagraceae</b>			
-	Chamaenerion angustifolium (Epilobium a.)	<b>Fireweed</b>	Edible	
	<b>Aceraceae</b>			
-	Acer circinatum	<b>Vine Maple</b>	Edible	
	<b>Brassicaceae (Cruciferae)</b>			
-	Arabis sp.	<b>Rock Cress</b>	Edible/Spice	
-	Draba sp.	<b>Whitlow Grass</b>	Edible/Spice	
	<b>Polygonaceae</b>			
-	Eriogonum sp.	<b>Wild Buckwheat</b>	Edible, Medicinal	
-	Rumex obtusifolius	<b>Yellow Dock, Bitter Dock</b>	Edible, Medicinal	
	<b>Caryophyllaceae</b>			
-	Moehringia macrophylla (Arenaria m.)	<b>Sandwort</b>	Unknown	X
	<b>Montiaceae (Portulacaceae)</b>			
-	Claytonia parviflora (Montia perfoliata)	<b>Miner's Lettuce</b>	Edible	
-	Claytonia perfoliata (Montia p.)	<b>Miner's Lettuce</b>	Edible	
-	Claytonia rubra (Montia perfoliata)	<b>Miner's Lettuce</b>	Edible	
-	Claytonia sibirica (Montia s.)	<b>Candyflower</b>	Edible	
	<b>Cornaceae</b>			
-	Cornus stolonifera	<b>Creek Dogwood</b>	Medicinal	
	<b>Primulaceae</b>			
-	Lysimachia latifolia (Trientalis l.)	<b>Starflower</b>	Edible	
	<b>Ericaceae</b>			

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Arctostaphylos patula	<b>Manzanita</b>	Edible, Medicinal	X
Chimaphila menziesii	<b>Small Pipsissewa</b>	Medicinal	
Chimaphila umbellata	<b>Large Pipsissewa</b>	Medicinal	
Pterospora andromedea	<b>Pine Drops</b>		X
<b>Rubiaceae</b>			
Gallium sp.	<b>Bedstraw</b>	Edible, Medicinal	
<b>Boraginaceae</b>			
Cynoglossum sp. incl. Adelinia sp., Andersonglossum sp.	<b>Hound's Tongue</b>	Medicinal (PA's)	
Lithospermum ruderales unidentified forget me not like flower	<b>Gromwell, Stoneseed Blue</b>	Formerly Edible (PA's) Poisonous	
<b>Hydrophyllaceae</b>			
Hydrophyllum alpestre (H. capitatum var. alpinum)	<b>Waterleaf</b>	Edible	X
Phacelia sp.	<b>Phacelia</b>	Edible	
<b>Plantaginaceae (Scrophulariaceae)</b>			
Collinsia parviflora	<b>Small Blue-eyed Mary</b>	Unknown	X
Penstemon sp.	<b>Penstemon</b>	Medicinal	
Veronica sp.	<b>Speedwell</b>	Edible	
<b>Scrophulariaceae</b>			
Verbascum thapsus	<b>Mullein</b>	Medicinal	
<b>Lamiaceae (Labiatae)</b>			
Scutellaria nana	<b>Desert Skullcap</b>	Medicinal	
<b>Orobanchaceae (Scrophulariaceae)</b>			
Castilleja sp.	<b>Indian Paintbrush</b>	Edible w/ caution	
<b>Asteraceae (Compositae)</b>			
Achillea millefolium	<b>Yarrow</b>	Medicinal	X
Antennaria microphylla	<b>Pink Pussy toes</b>	Medicinal	
Antennaria sp.	<b>Everlasting</b>	Medicinal	
Arnica cordifolia	<b>Heart-leafed Arnica</b>	Medicinal	X
Artemisia ludoviciana	<b>Mugwort</b>	Medicinal	
Artemisia tridentata	<b>Sagebrush</b>	Medicinal	
Balsamorhiza careyana	<b>Balsam Root</b>	Edible, Medicinal	
Balsamorhiza careyana × hookeri	<b>Balsam Root</b>	Edible, Medicinal	
Balsamorhiza sagittata	<b>Arrow Leaf Balsam Root</b>	Edible, Medicinal	X

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Balsamorhiza sp. DYC	<b>Arrow Leaf Balsam Root</b>	Edible, Medicinal	
Hieracium sp.	<b>Agoseris?</b>		
Senecio integerrimus	<b>Hawkweed</b>	Edible	
Senecio triangularis	<b>Groundsel</b>	Poisonous (PA's)	X
Taraxacum officinale	<b>Arrow-leafed Groundsel</b>	Poisonous (PA's)	
	<b>Dandelion</b>	Edible, Medicinal	
<b>Adoxaceae (Caprifoliaceae)</b>			
Sambucus sp.	<b>Elder</b>	Edible, Medicinal	
<b>Caprifoliaceae</b>			
Lonicera ciliosa	<b>Climbing Honeysuckle</b>	Edible Flowers	
Lonicera involucrata	<b>Twinberry</b>	Edible	
Symphoricarpus sp.	<b>Snowberry</b>	+/- Edible	
<b>Valerianaceae</b>			
Plectritis congesta	<b>Cornsalad</b>	Edible, Medicinal	
Valeriana acutiloba	<b>Valerian</b>	Medicinal	X
<b>Apiaceae (Umbelliferae)</b>			
Cymopterus terebinthinus	<b>Vinegar Weed</b>	Medicinal	X
Heracleum maximum (H. lanatum)	<b>Cow Parsnip</b>	Medicinal	
Lomatium dissectum	<b>Lomatium</b>	Medicinal	
Lomatium triternatum	<b>Desert Parsley, Biscuit Root</b>	Edible	
Osmorhiza berteroi (O. chilensis)	<b>Sweet Cicely</b>	Edible	
Osmorhiza occidentalis	<b>Sweet Root</b>	Medicinal	X

**Columbines School of Botanical Studies  
Second Year Field Program #5  
Ponderosa Pine Zone  
Trip Highlights**

**Botany**

Different Forms of the *Claytonia perfoliata* (*M. perfoliata*) Complex

**Ecology**

Fire Ecology of the *Pinus ponderosa* Zone

Plant Associations of the *Pinus ponderosa* Zone in South Central Oregon

Plant Associations of the *Pinus ponderosa* Zone in Eastern Washington

Reading Historical Markers through Plant Populations

**Herbalism**

Uses of Aromatic *Lomatium* spp.

Introduction to *Paeonia*

Introduction to *Balsamorhiza*

Introduction to *Osmorhiza occidentalis*

Introduction to *Arnica cordifolia*

Comparison of a selection of aromatic herbs that are different degrees of anti-viral, immune system modifying, throat soothing, and with aromatics excreted through the lungs

Tasted: *Balsamorhiza sagittata* root tincture, *Ligusticum grayi* root tincture, *Ligusticum porteri* root tincture, and *Lomatium dissectum* root tincture, and *Hydrophyllum alpestris* leaf