

**Columbines School of Botanical Studies**  
**Summer Apprenticeship**  
**Class Highlights Trip #13-14**

**Places Visited:**

Middle Elevation Coniferous Woods and Riparian Zone (East and West Sides of the Cascades)

**Topics covered:**

Economic Botanical Survey

Asteraceae (Compositae) Taxonomy

Surveyed a variety of middle elevation Hudsonian logging practices including clear cuts, shelter wood, sanitation cut, and commercial thinning.

Located, harvested, and processed *Arnica mollis*.

Sometimes we can come across stands of plants that appear harvestable, but something on the wildcrafting checklist is wrong. It is perfectly acceptable to not gather plants. Gathering plants is easy; not gathering plants is hard.

Areas with water in spring may dry up in the summer. Use the plants as indicators of water.

Keyed out *Senecio triangularis*

**Herbs Harvested:**

*Arnica mollis* above ground parts for oil

Tasted *Lonicera involucrata* and *Vaccinium scoparium* berries

Tasted the nectiferous ooze from the capitate stigma of the *Chimaphila umbellata*

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 Trip #13 Economic Botanical Survey

July 20, 2023

Middle Elevation Coniferous Woods and Riparian 3342'

<http://www.botanicalstudies.net/botany/plantlists.php>

Uses	Name	Notes	Seen
<b>Food: Roots</b>			
Calochortus tolmiei	Cat's Ears		
Calypso bulbosa	Calypso Orchid	No Pick	
Cirsium sp.	Thistle		
Eriogonum umbellatum	Wild Buckwheat		
Hypochaeris radicata	False dandelion		
Lysimachia latifolia (Trientalis l.)	Starflower		
Osmorhiza berteroi (O. chilensis)	Sweet Cicely		X
Platanthera sp.	Rein Orchid	No Pick	
Taraxacum officinale	Dandelion		
Tragopogon pratensis	Oyster Plant		
Xerophyllum tenax	Beargrass		X
<b>Food: Greens and Potherbs</b>			
Acer circinatum	Vine Maple		
Acer macrophyllum	Big Leaf Maple		
Achlys triphylla	Vanilla Leaf		X
Calochortus tolmiei	Cat's Ears		
Castilleja sp.	Paintbrush		
Chamaenerion angustifolium (Epilobium a.)	Fireweed		
Cirsium sp.	Thistle		
Claytonia sibirica (Montia s.)	Candyflower		
Cornus unalaschkensis (C. canadensis)	Bunchberry		X
Eriogonum umbellatum	Wild Buckwheat		
Erythranthe guttata (Mimulus g.)	Yellow Monkeyflower		
Erythranthe lewisii (Mimulus l.)	Purple Monkeyflower		
Erythranthe moschata (Mimulus moschatus)	Musk Monkeyflower		
Gallium oreganum	Bedstraw, Cleavers		
Hydrophyllum tenuipes	Waterleaf		
Hypochaeris radicata	False dandelion		
Leucanthemum vulgare (Chrysanthemum l.)	Ox Eye Daisy		X
Lysimachia latifolia (Trientalis l.)	Starflower		
Micranthes sp.	Saxifrage		
Montia parvifolia	Small Leaf Montia		
Orthocarpus sp.	Owl's Clover		
Osmorhiza berteroi (O. chilensis)	Sweet Cicely		X
Oxalis oregana	Oxalis		
Petasites frigidus	Western Coltsfoot	w/ caution (PA's)	

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Uses	Name	Notes	Seen
Phacelia sp.	Phacelia		
Plantago sp. (2)	Plantain		
Platanthera sp.	Rein Orchid	No Pick	
Prunella vulgaris	Self Heal, Heal All		
Rosa gymnocarpa	Wild Rose		X
Rumex acetosella	Sheep Sorrel		
Saxifraga sp.	Saxifrage		
Sedum sp.	Stonecrop		
Stachys cooleyae	Hedge Nettle, Horse Mint		
Taraxacum officinale	Dandelion		
Tragopogon pratensis	Oyster Plant		
Trifolium pratense	Red Clover		
Trifolium repens	White Clover		
Trillium ovatum	Trillium	No Pick	X
Veronica sp.	Veronica		
Viola glabella	Woods Violet		
Viola orbiculata	Dark Woods Violet		X
Viola sp.	Violet		
Xerophyllum tenax	Beargrass		X

**Food: Fruits**

Acer circinatum	Vine Maple		
Acer macrophyllum	Big Leaf Maple		
Calochortus tolmiei	Cat's Ears		
Chamaenerion angustifolium (Epilobium a.)	Fireweed		
Chimaphila menziesii	Baby Pipsissewa	Unripe	X
Chimaphila umbellata	Pipsissewa	Unripe	X
Cornus unalaschkensis (C. canadensis)	Bunchberry		X
Eriogonum umbellatum	Wild Buckwheat		
Fragaria virginiana	Wild Strawberry		
Mahonia nervosa (Berberis n.)	Mountain Oregon Grape		X
Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal	Cathartic	
Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal	Cathartic	
Orthilia secunda (Pyrola s.)	One-sided Pyrola		X
Prosartes hookeri (Disporum h.)	Fairy Bells		
Pyrola picta	White-veined Pyrola		
Ribes lacustre	Swamp Currant		
Rosa gymnocarpa	Rosehips		X
Rubus nutkanus (R. parviflorus)	Thimbleberry		
Rubus sp.	Blackberry		
Rubus spectabilis	Salmonberry		

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Uses	Name	Notes	Seen
Sorbus sitchensis	Mountain Ash		X
Streptopus lanceolatus (S. roseus)	Rosy Twisted Stalk		
Trillium ovatum	Trillium	No Pick	X
Vaccinium membranaceum	Huckleberry		X
Vaccinium ovalifolium	Huckleberry		X
Xerophyllum tenax	Beargrass		X

**Food: Spices/Teas**

Achlys triphylla	Vanilla Leaf		X
Angelica arguta	Angelica		
Angelica genuflexa	Angelica		
Asarum caudatum	Wild Ginger		
Clinopodium douglasii (Satureja d.)	Yerba Buena		
Fragaria virginiana	Wild Strawberry		
Heracleum maximum (H. lanatum)	Cow Parsnip	Strong	
Osmorhiza berteroi (O. chilensis)	Sweet Cicely		X
Petasites frigidus	Western Coltsfoot	w/ caution (PA's)	
Prunella vulgaris	Self Heal, Heal All	Simple	
Rosa gymnocarpa	Wild Rose		X
Rubus nutkanus (R. parviflorus)	Thimbleberry		
Rubus sp.	Blackberry		
Rubus spectabilis	Salmonberry		
Trifolium pratense	Red Clover		
Trifolium repens	White Clover		

**Alteratives incl. Diaphoretics and Diuretics**

Achillea millefolium	Yarrow	Diaphoretic	
Angelica arguta	Angelica	Reproductive	
Angelica genuflexa	Angelica	Reproductive	
Artemisia douglasiana	Mugwort	Diaphoretic	
Asarum caudatum	Wild Ginger	Diaphoretic/Anti-bacterial	
Chimaphila menziesii	Baby Pipsissewa	Diuretic	X
Chimaphila umbellata	Pipsissewa	Diuretic	X
Gallium oreganum	Bedstraw, Cleavers	Diuretic	
Hypochaeris radicata	False dandelion		
Mahonia nervosa (Berberis n.)	Mountain Oregon Grape	Alterative	X
Oplopanax horridus (O. horridum)	Devil's Club	Alterative	
Orthilia secunda (Pyrola s.)	One-sided Pyrola	Diuretic	X
Pyrola picta	White-veined Pyrola	Diuretic	
Rudbeckia occidentalis	Coneflower	Diuretic	X
Sambucus racemosa	Red Elder	Diaphoretic	X

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Uses	Name	Notes	Seen
Taraxacum officinale	Dandelion		
Trifolium pratense	Red Clover	Mild Liver, Simple	
Vaccinium membranaceum	Huckleberry	Diuretic	X
Vaccinium ovalifolium	Huckleberry	Diuretic	X

### Aromatic/Bitters

Achillea millefolium	Yarrow		
Angelica arguta	Angelica		
Angelica genuflexa	Angelica		
Artemisia douglasiana	Mugwort		
Asarum caudatum	Wild Ginger		
Clinopodium douglasii (Satureja d.)	Yerba Buena		
Heracleum maximum (H. lanatum)	Cow Parsnip	Strong	
Mahonia nervosa (Berberis n.)	Mountain Oregon Grape	Bitter	X
Osmorhiza berteroi (O. chilensis)	Sweet Cicely		X
Pedicularis racemosa	Parrot's Beak	Bitter	X
Taraxacum officinale	Dandelion		

### Astringents

Anaphalis margaritacea	Pearly Everlasting		
Artemisia douglasiana	Mugwort		
Chamaenerion angustifolium (Epilobium a.)	Fireweed		
Chimaphila menziesii	Baby Pipsissewa		X
Chimaphila umbellata	Pipsissewa		X
Cornus stolonifera	Creek Dogwood		
Cornus unalaschkensis (C. canadensis)	Bunchberry		X
Eriogonum umbellatum	Wild Buckwheat		
Fragaria virginiana	Wild Strawberry		
Geum macrophyllum	Geum, Avens		
Orthilia secunda (Pyrola s.)	One-sided Pyrola		X
Potentilla sp.(2)	Potentilla		
Pyrola picta	White-veined Pyrola		
Ribes lacustre	Swamp Currant		
Rosa gymnocarpa	Wild Rose		X
Rubus nutkanus (R. parviflorus)	Thimbleberry		
Rubus sp.	Blackberry		
Rubus spectabilis	Salmonberry		
Salix sp.	Willow		
Sorbus sitchensis	Mountain Ash		X
Stachys cooleyae	Hedge Nettle, Horse Mint		
Vaccinium membranaceum	Huckleberry		X
Vaccinium ovalifolium	Huckleberry		X

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Uses	Name	Notes	Seen
<b>Calming Herbs, Nervines</b>			
Corallorhiza maculata	Spotted Coral Root	No Pick	
Corallorhiza mertensiana	Western or Purple Coral Root		X
		No Pick	
Corallorhiza striata	Striped Coral Root	No Pick	
Hypericum perforatum	St. John's Wort		X
Hypericum scouleri (H. formosum)	St. John's Wort		
Pedicularis racemosa	Parrot's Beak		X
Stachys cooleyae	Hedge Nettle, Horse Mint		
Valeriana scouleri	Valerian		
Valeriana sitchensis	Valerian		
<b>Demulcents, Emollients</b>			
Goodyera oblongifolia	Rattlesnake Plantain	No Pick	X
Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal		X
Mertensia paniculata	Oregon Bluebells	External (PA's)	
Penstemon serrulatus	Penstemon	Emollient	
Penstemon sp.	Penstemon	Emollient	
Viola glabella	Woods Violet		
Viola orbiculata	Dark Woods Violet		X
Viola sp.	Violet		
<b>Analgesics, Anesthetics</b>			
Heracleum maximum (H. lanatum)	Cow Parsnip	Nerve Pain	
Salix sp.	Willow		
<b>Misc.</b>			
Achillea millefolium	Yarrow	Hemostatic	
Anaphalis margaritacea	Pearly Everlasting	Pretty	
Artemisia douglasiana	Mugwort	Beer, Dreams, Smoke	
Chimaphila menziesii	Baby Pipsissewa	Root Beer, Smoke	X
Chimaphila umbellata	Pipsissewa	Root Beer, Smoke	X
Delphinium sp.	Larkspur	Lice (with caution)	
Gallium oreganum	Bedstraw, Cleavers	Burns	
Leucanthemum vulgare (Chrysanthemum l.)	Ox Eye Daisy	Allergies	X
Oplopanax horridus (O. horridum)	Devil's Club		
Pedicularis racemosa	Parrot's Beak	Smoke	X
Petasites frigidus	Western Coltsfoot	Lungs, Smoke (PA's)	
Plantago sp. (2)	Plantain	Drawing Poultice, Burns	

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Uses	Name	Notes	Seen
Trillium ovatum	Trillium	No Pick, Uterine Astringent	X
Vaccinium membranaceum	Huckleberry	Blood sugar	X
Vaccinium ovalifolium	Huckleberry	Blood sugar	X
Xerophyllum tenax	Beargrass	Fiber	X

### Topics of Botanical Interest

Aconitum columbianum	Monkshood	Very Poison	
Actaea rubra	Baneberry		X
Allotropa virgata	Candy Stripe	Mycotrophic	
Boykinia major		Possible Valerian Indicator	
Linnaea borealis ssp. longiflora	Twinflower	Look alike	
Lysichiton americanus (L. americanum)	Skunk Cabbage	Very Big Leaves	
Monotropa hypopitys	Pinesap		
Selaginella sp.	Lesser Club Moss		X

### Animal Interactions

Bats  
 Beaver Chew  
 Beaver Dams  
 Bees  
 Bird Prints on rocks  
 Butterfly  
 Chipmunks  
 Deer Beds  
 Deer Scat  
 Deer Skeleton  
 Deer Trails  
 Elk  
 Elk ate Stachys  
 Elk Print in mud  
 Fish  
 Frog  
 Garter Snake  
 Gray Jays  
 Hummingbird  
 Kingfisher  
 Ladybug  
 Minnows  
 Mouse  
 Oregon Junco

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Uses	Name	Notes	Seen
Ouzel	Dipper		
Red Winged Beetle			
Someone's been eating Skunk Cabbage			
Stellar Jay			
Water snake			



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July 21, 2023

Middle Elevation Coniferous Woods and Riparian 4500'

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Uses	Name	Notes	Seen
<b>Food: Roots</b>			
	Cirsium sp.	Thistle	x
	Hypochaeris radicata	False dandelion	
	Lilium washingtonianum	Cascade Lily	No Pick x
	Osmorhiza berteroi (O. chilensis)	Sweet Cicely	
	Platanthera dilatata (Habenaria d.)	Rein Orchid	No Pick x
	Tragopogon pratensis	Oyster Plant	
	Xerophyllum tenax	Beargrass	x
<b>Food: Greens and Potherbs</b>			
	Castilleja miniata	Paintbrush	Concentrates Toxins x
	Chamaenerion angustifolium (Epilobium a.)	Fireweed	
	Cirsium sp.	Thistle	x
	Cornus unalaschkensis (C. canadensis)	Bunchberry	
	Hypochaeris radicata	False dandelion	
	Lilium washingtonianum	Cascade Lily	No Pick x
	Osmorhiza berteroi (O. chilensis)	Sweet Cicely	
	Phacelia sp.	Phacelia	
	Platanthera dilatata (Habenaria d.)	Rein Orchid	No Pick x
	Rosa sp.	Wild Rose	
	Stachys sp.	Hedge Nettle, Horse Mint	
	Tragopogon pratensis	Oyster Plant	
	Trillium ovatum	Trillium	No Pick
	Veronica wormskjoldii	Veronica	
	Viola adunca	Field Violet	
	Viola orbiculata	Dark Woods Violet	
	Viola sp.	Violet	
	Xerophyllum tenax	Beargrass	x
<b>Food: Fruits</b>			
	Amelanchier alnifolia	Serviceberry	x
	Arctostaphylos nevadensis	Kinnikinnik	
	Arctostaphylos patula	Manzanita	
	Chamaenerion angustifolium (Epilobium a.)	Fireweed	
	Chimaphila umbellata	Pipsissewa	Unripe
	Cornus unalaschkensis (C. canadensis)	Bunchberry	

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Uses	Name	Notes	Seen
Fragaria sp.	Wild Strawberry		
Gaultheria ovatifolia	Baby Salal		
Lilium washingtonianum	Cascade Lily	No Pick	x
Lonicera involucrata	Twinberry	Edible	
Mahonia nervosa (Berberis n.)	Mountain Oregon Grape		
Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal	Cathartic	
Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal	Cathartic	
Nuphar polysepala	Water lily		
Pyrola asarifolia	Pyrola		
Pyrola picta	White-Veined Pyrola		
Ribes cereum	Wax Currant		x
Ribes lacustre	Swamp Currant		
Ribes viscosissimum	Sticky Currant		
Rosa sp.	Rosehips		
Rubus nutkanus (R. parviflorus)	Thimbleberry		
Rubus sp.	Blackberry		
Streptopus lanceolatus (S. roseus)	Rosy Twisted Stalk		
Trillium ovatum	Trillium	No Pick	
Vaccinium scoparium	Grouseberry		
Vaccinium uliginosum	Bog Huckleberry		
Xerophyllum tenax	Beargrass		x

### Food: Spices/Teas

Achillea millefolium	Yarrow		x
Fragaria sp.	Wild Strawberry		
Osmorhiza berteroi (O. chilensis)	Sweet Cicely		
Rosa sp.	Wild Rose		
Rubus nutkanus (R. parviflorus)	Thimbleberry		
Rubus sp.	Blackberry		

### Alteratives incl. Diaphoretics and Diuretics

Achillea millefolium	Yarrow	Diaphoretic	x
Arctostaphylos nevadensis	Kinnikinnik	Diuretic	
Arctostaphylos patula	Manzanita	Diuretic	
Ceanothus velutinus	Red Root	Alterative	x
Chimaphila umbellata	Pipsissewa	Diuretic	
Hypochaeris radicata	False dandelion		
Mahonia nervosa (Berberis n.)	Mountain Oregon Grape	Alterative	
Sambucus racemosa	Red Elder	Diaphoretic	

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Uses	Name	Notes	Seen
Vaccinium scoparium	Grouseberry	Diuretic	
Vaccinium uliginosum	Bog Huckleberry	Diuretic	
<b>Aromatic/Bitters</b>			
Achillea millefolium	Yarrow		x
Mahonia nervosa (Berberis n.)	Mountain Oregon Grape	Bitter	
Osmorhiza berteroi (O. chilensis)	Sweet Cicely		
Pedicularis racemosa	Parrot's Beak	Bitter	
Populus trichocarpa	Cottonwood Buds		x
<b>Astringents</b>			
Amelanchier alnifolia	Serviceberry		x
Anaphalis margaritacea	Pearly Everlasting		
Arctostaphylos nevadensis	Kinnikinnik		
Arctostaphylos patula	Manzanita		
Ceanothus velutinus	Red Root		x
cf. Potentilla sp.	Potentilla		x
Chamaenerion angustifolium (Epilobium a.)	Fireweed		
Chimaphila umbellata	Pipsissewa		
Cornus unalaschkensis (C. canadensis)	Bunchberry		
Fragaria sp.	Wild Strawberry		
Gaultheria ovatifolia	Baby Salal		
Populus trichocarpa	Cottonwood Buds		x
Pyrola asarifolia	Pyrola		
Pyrola picta	White-Veined Pyrola		
Ribes cereum	Wax Currant		x
Ribes lacustre	Swamp Currant		
Ribes viscosissimum	Sticky Currant		
Rosa sp.	Wild Rose		
Rubus nutkanus (R. parviflorus)	Thimbleberry		
Rubus sp.	Blackberry		
Salix sp.	Willow		x
Spirea douglasii	Spirea		x
Spirea sp.	Spirea		
Stachys sp.	Hedge Nettle, Horse Mint		
Vaccinium scoparium	Grouseberry		
Vaccinium uliginosum	Bog Huckleberry		

**Calming Herbs, Nervines**

Pedicularis racemosa                      Parrot's Beak

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Uses	Name	Notes	Seen
Stachys sp.	Hedge Nettle, Horse Mint		
Valeriana sitchensis	Valerian		x
<b>Demulcents, Emollients</b>			
Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal		
Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal		
Penstemon sp. (2)	Penstemon	Emollient	
Viola adunca	Field Violet		
Viola orbiculata	Dark Woods Violet		
Viola sp.	Violet		
<b>Analgesics, Anesthetics</b>			
Populus trichocarpa	Cottonwood Buds		x
Salix sp.	Willow		x
Spirea douglasii	Spirea		x
Spirea sp.	Spirea		
<b>Misc.</b>			
Achillea millefolium	Yarrow	Hemostatic	x
Anaphalis margaritacea	Pearly Everlasting	Pretty	
Arctostaphylos nevadensis	Kinnikkinnik	Smoke	
Arctostaphylos patula	Manzanita	Smoke	
Arnica cordifolia	Heart Leaf Arnica	Injury	x
Arnica mollis	Hairy Arnica	Injury	x
Arnica parryi	Nodding Arnica	Injury	x
Ceanothus velutinus	Red Root	Soap	x
Chimaphila umbellata	Pipsissewa	Root Beer, Smoke	
Pedicularis racemosa	Parrot's Beak	Smoke	
Solidago canadensis	Goldenrod	Allergies	x
Trillium ovatum	Trillium	No Pick, Uterine Astringent	
Vaccinium scoparium	Grouseberry	Blood sugar	
Vaccinium uliginosum	Bog Huckleberry	Blood sugar	
Xerophyllum tenax	Beargrass	Fiber	x
<b>Topics of Botanical Interest</b>			
Aconitum columbianum	Monkshood	Very Poison	
Boykinia major		Possible Valerian Indicator	x

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Uses	Name	Notes	Seen
Pterospora andromedea	Pinedrops	Mycotroph	
Senecio triangularis	Arrow Leaf Groundsel	PAs	x

### Animal Interactions

Ants  
 Bald eagle  
 Bats  
 Beaver Tracks  
 Bird Prints on rocks  
 Bird's Nest w/chicks  
 Butterflies  
 Canada Geese  
 Chipmunks  
 Deer  
 Deer eating Stachys  
 Deer Scat, trails  
 Dragon Flies  
 Elk Print in mud  
 Elk Tracks  
 Fish  
 Frogs  
 Hummingbird  
 Kingfisher  
 Minnows  
 Mosquitoes  
 Mouse  
 Northern Flicker  
 Oregon Junco  
 Ouzel  
 Red Winged Beetle  
 Snake  
 Snake Tracks  
 Someone's been eating Skunk Cabbage  
 Startled Duck  
 Stellar Jay  
 Water snake  
 Woodpecker