

Columbines School of Botanical Studies
2024 Alumni Series
Trips #10, 11, 12

August 16, 17, 18, 2024

Western Cascades Montane Highlands Ecoregion

Middle Elevation Coniferous Woods, Riparian, and Meadow 4005'

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

Uses	Name	Notes	Seen
Food: Roots			
	Calochortus sp.	Cat's Ear's	
	Cirsium remotifolium (C. callilepis)	Mountain Thistle	x
	Hypochaeris radicata	False dandelion	x
	Lilium columbianum	Tiger Lily	No Pick
	Lilium washingtonianum	Cascade Lily	No Pick
	Osmorhiza berteroi (O. chilensis)	Sweet Cicely	x
	Platanthera dilatata (Habenaria d.)	White Rein Orchid	No Pick
	Platanthera stricta (Habenaria saccata)	Green Rein Orchid	No Pick
	Primula jeffreyi (Dodecatheon j.)	Shooting Star	
	Xerophyllum tenax	Beargrass	x
Food: Greens and Potherbs			
	Acer circinatum	Vine Maple	
	Achlys triphylla	Vanilla Leaf	x
	Calochortus sp.	Cat's Ear's	
	Caltha biflora	Marsh Marigold	Cooked
	Castilleja miniata	Paintbrush	Concentrates Toxins
	Chamaenerion angustifolium (Epilobium a.)	Fireweed	
	Cirsium remotifolium (C. callilepis)	Mountain Thistle	x
	Claytonia perfoliata (Montia p.)	Miner's Lettuce	
	Claytonia sibirica (Montia s.)	Candyflower	x
	Cornus unalaschkensis (C. canadensis)	Bunchberry	x
	Epilobium glandulosum	Willow Herb	Turions
	Erythranthe guttata (Mimulus g.)	Yellow Monkeyflower	x
	Erythranthe moschata (Mimulus moschatus)	Musk Monkeyflower	
			x
	Gallium oreganum	Bedstraw, Cleavers	x
	Gallium triflorum	Bedstraw, Cleavers	
	Hydrophyllum tenuipes	Waterleaf	
	Hypochaeris radicata	False dandelion	x
	Leucanthemum vulgare (Chrysanthemum l.)	Ox Eye Daisy	x
	Ligusticum grayi	Oshala	x
	Lilium columbianum	Tiger Lily	No Pick
	Lilium washingtonianum	Cascade Lily	No Pick
	Osmorhiza berteroi (O. chilensis)	Sweet Cicely	x
	Phacelia hastata	Phacelia	
	Phacelia sp.	Phacelia	

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Uses	Name	Notes	Seen
Plantago major	Plantain		
Platanthera dilatata (Habenaria d.)	White Rein Orchid	No Pick	
Platanthera stricta (Habenaria saccata)	Green Rein Orchid	No Pick	x
Primula jeffreyi (Dodecatheon j.)	Shooting Star		
Prunella vulgaris	Self Heal, Heal All		
Rosa sp.	Wild Rose		
Rumex acetosella	Sheep Sorrel		
Stachys cooleyae	Hedge Nettle		x
Trifolium longipes	Native Clover		
Trillium ovatum	Trillium	No Pick	x
Viola adunca	Field Violet		
Viola glabella	Woods Violet		x
Viola orbiculata	Dark Woods Violet		x
Viola sp.	Violet		
Xerophyllum tenax	Beargrass		x

Food: Fruits

Amelanchier alnifolia	Serviceberry		
Arctostaphylos nevadensis	Kinnikinnik		x
Calochortus sp.	Cat's Ear's		
Chamaenerion angustifolium (Epilobium a.)	Fireweed		
Chimaphila menziesii	Baby Pipsissewa	Unripe	x
Chimaphila umbellata	Pipsissewa	Unripe	x
Chrysolepis chrysophylla	Golden Chinquapin		
Cornus unalaschensis (C. canadensis)	Bunchberry		x
Epilobium glandulosum	Willow Herb	Turions	
Fragaria vesca	Wild Strawberry		x
Gaultheria ovatifolia	Baby Salal		x
Lilium columbianum	Tiger Lily	No Pick	
Lilium washingtonianum	Cascade Lily	No Pick	
Lonicera involucrata	Twinberry	Edible	
Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal	Cathartic	
Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal	Cathartic	x
Orthilia secunda (Pyrola s.)	One-sided Pyrola		x
Primula jeffreyi (Dodecatheon j.)	Shooting Star		
Prosartes hookeri (Disporum h.)	Fairy Bells		
Pyrola picta	White-veined Pyrola		x
Ribes bracteosum	Stinking Black Currant		
Ribes lacustre	Swamp Currant		x
Ribes sp.	Currant, Gooseberry		
Ribes viscosissimum	Sticky Currant		
Rosa sp.	Rosehips		

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Uses	Name	Notes	Seen
Rubus lasiococcus	Dwarf Bramble		x
Rubus leucodermis	Blackcap Raspberry		x
Rubus nutkanus (R. parviflorus)	Thimbleberry		x
Rubus spectabilis	Salmonberry		x
Rubus ursinus	Blackberry		x
Sorbus scopulina	Mountain Ash		x
Streptopus lanceolatus (S. roseus)	Rosy Twisted Stalk		
Trillium ovatum	Trillium	No Pick	x
Vaccinium membranaceum	Mountain Huckleberry		x
Vaccinium ovalifolium	Oval-Leaf Huckleberry		x
Vaccinium uliginosum	Bog Huckleberry		
Xerophyllum tenax	Beargrass		x

Food: Spices/Teas

Achlys triphylla	Vanilla Leaf		x
Angelica arguta	Angelica		
Angelica genuflexa	Angelica		x
Asarum caudatum	Wild Ginger		x
Clinopodium douglasii	Yerba Buena		x
Fragaria vesca	Wild Strawberry		x
Heracleum maximum (H. lanatum)	Cow Parsnip	Strong	x
Juniperus communis			x
Ligusticum grayi	Oshala		x
Osmorhiza berteroi (O. chilensis)	Sweet Cicely		x
Prunella vulgaris	Self Heal, Heal All	Simple	
Rosa sp.	Wild Rose		
Rubus lasiococcus	Dwarf Bramble		x
Rubus leucodermis	Blackcap Raspberry		x
Rubus nutkanus (R. parviflorus)	Thimbleberry		x
Rubus spectabilis	Salmonberry		x
Rubus ursinus	Blackberry		x
Trifolium longipes	Native Clover		

Alteratives incl. Diaphoretics and Diuretics

Achillea millefolium	Yarrow	Diaphoretic	x
Angelica arguta	Angelica	Reproductive	
Angelica genuflexa	Angelica		x
Arctostaphylos nevadensis	Kinnikinnik	Diuretic	x
Artemisia douglasiana	Mugwort	Diaphoretic	x
Asarum caudatum	Wild Ginger	Diaphoretic	x
Ceanothus velutinus	Red Root		
Chimaphila menziesii	Baby Pipsissewa	Diuretic	x

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Uses	Name	Notes	Seen
Chimaphila umbellata	Pipsissewa	Diuretic	x
Gallium oreganum	Bedstraw, Cleavers	Diuretic	x
Gallium triflorum	Bedstraw, Cleavers	Diuretic	
Juniperus communis			x
Ligusticum grayi	Oshala		x
Linaria vulgaris	Greater Butter-and-Eggs		x
Oplopanax horridus (O. horridum)	Devil's Club	Alterative	x
Orthilia secunda (Pyrola s.)	One-sided Pyrola	Diuretic	x
Pyrola picta	White-veined Pyrola	Diuretic	x
Rudbeckia occidentalis	Coneflower	Diuretic	x
Sambucus racemosa	Red Elder	Diaphoretic	x
Solidago canadensis	Goldenrod		x
Vaccinium membranaceum	Mountain Huckleberry	Diuretic	x
Vaccinium ovalifolium	Oval-Leaf Huckleberry	Diuretic	x
Vaccinium uliginosum	Bog Huckleberry	Diuretic	

Aromatic/Bitters

Achillea millefolium	Yarrow		x
Angelica arguta	Angelica		
Angelica geniflexa	Angelica		x
Artemisia douglasiana	Mugwort		
			x
Asarum caudatum	Wild Ginger		x
Clinopodium douglasii	Yerba Buena		x
Heracleum maximum (H. lanatum)	Cow Parsnip	Strong	x
Juniperus communis			x
Ligusticum grayi	Oshala		x
Osmorhiza berteroi (O. chilensis)	Sweet Cicely		x
Pedicularis bracteosa	Cobrahead	Bitter	x
Pedicularis groenlandica	Elephant's Head	Bitter	
Pedicularis racemosa	Parrot's Beak	Bitter	x
Solidago canadensis	Goldenrod		x

Astringents

Anaphalis margaritacea	Pearly Everlasting		x
Arctostaphylos nevadensis	Kinnikinnik		x
Artemisia douglasiana	Mugwort		
			x
Bistorta bistortoides (Polygonum b.)	Mountain Bistort		
Ceanothus velutinus	Red Root		
cf. Potentilla sp.	Potentilla		
Chamaenerion angustifolium (Epilobium a.)	Fireweed		

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Uses	Name	Notes	Seen
<i>Chimaphila menziesii</i>	Baby Pipsissewa		x
<i>Chimaphila umbellata</i>	Pipsissewa		x
<i>Cornus unalaschensis</i> (C. canadensis)	Bunchberry		x
<i>Fragaria vesca</i>	Wild Strawberry		x
<i>Gaultheria ovatifolia</i>	Baby Salal		x
<i>Geum macrophyllum</i>	Geum, Avens		
<i>Orthilia secunda</i> (Pyrola s.)	One-sided Pyrola		x
<i>Pyrola picta</i>	White-veined Pyrola		x
<i>Ribes bracteosum</i>	Stinking Black Currant		
<i>Ribes lacustre</i>	Swamp Currant		x
<i>Ribes</i> sp.	Currant, Gooseberry		
<i>Ribes viscosissimum</i>	Sticky Currant		
<i>Rosa</i> sp.	Wild Rose		
<i>Rubus lasiococcus</i>	Dwarf Bramble		x
<i>Rubus leucodermis</i>	Blackcap Raspberry		x
<i>Rubus nutkanus</i> (R. parviflorus)	Thimbleberry		x
<i>Rubus spectabilis</i>	Salmonberry		x
<i>Rubus ursinus</i>	Blackberry		x
<i>Salix</i> sp.	Willow		
<i>Solidago canadensis</i>	Goldenrod		x
<i>Sorbus scopulina</i>	Mountain Ash		x
<i>Spirea douglasii</i>	Spirea		
<i>Stachys cooleyae</i>	Hedge Nettle		x
<i>Vaccinium membranaceum</i>	Mountain Huckleberry		x
<i>Vaccinium ovalifolium</i>	Oval-Leaf Huckleberry		x
<i>Vaccinium uliginosum</i>	Bog Huckleberry		

Calming Herbs, Nervines

<i>Corallorhiza maculata</i>	Spotted Coral Root	No Pick	
<i>Corallorhiza mertensiana</i>	Western or Purple Coral Root	No Pick	
<i>Hypericum anagalloides</i>	Bog St. John's Wort		x
<i>Hypericum perforatum</i>	St. John's Wort		x
<i>Hypericum scouleri</i> (H. formosum)	St. John's Wort		
<i>Pedicularis bracteosa</i>	Cobrahead		x
<i>Pedicularis groenlandica</i>	Elephant's Head		
<i>Pedicularis racemosa</i>	Parrot's Beak		x
<i>Stachys cooleyae</i>	Hedge Nettle	Mild	x
<i>Valeriana sitchensis</i>	Valerian		

Demulcents, Emollients

<i>Goodyera oblongifolia</i>	Rattlesnake Plantain	No Pick	
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Uses	Name	Notes	Seen
Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal		
Mertensia sp.	Oregon Bluebells	External (PA's)	x
Penstemon sp.	Penstemon	Emollient	x
Plantago major	Plantain		
Viola adunca	Field Violet		
Viola glabella	Woods Violet		x
Viola orbiculata	Dark Woods Violet		x
Viola sp.	Violet		

Analgesics, Anesthetics

Heracleum maximum (H. lanatum)	Cow Parsnip	Nerve Pain	x
Salix sp.	Willow		
Spirea douglasii	Spirea		

Misc.

Achillea millefolium	Yarrow	Hemostatic	x
Anaphalis margaritacea	Pearly Everlasting	Pretty	x
Arctostaphylos nevadensis	Kinnikinnik	Smoke	x
Arnica cordifolia	Heart Leaf Arnica	Injury	
Artemisia douglasiana	Mugwort	Beer, Dreams, Smoke	x
Ceanothus velutinus	Red Root	Soap	
Chimaphila menziesii	Baby Pipsissewa	Root Beer, Smoke	x
Chimaphila umbellata	Pipsissewa	Root Beer, Smoke	x
Gallium oreganum	Bedstraw, Cleavers	Burns	x
Gallium triflorum	Bedstraw, Cleavers	Burns	
Hypericum anagalloides	Bog St. John's Wort	Anti-viral	x
Hypericum perforatum	St. John's Wort	Anti-viral	x
Hypericum scouleri (H. formosum)	St. John's Wort	Anti-viral	
Juniperus communis	Gin		x
Leucanthemum vulgare (Chrysanthemum l.)	Ox Eye Daisy	Allergies	x
Pedicularis bracteosa	Cobrahead	Smoke	x
Pedicularis groenlandica	Elephant's Head	Smoke	
Pedicularis racemosa	Parrot's Beak	Smoke	x
Plantago major	Plantain	Drawing Poultice, Burns	
Prunella vulgaris	Self Heal, Heal All	Salve	
Solidago canadensis	Goldenrod	Allergies, Dye	x
Trillium ovatum	Trillium	No Pick, Uterine	x
		Astringent	
Vaccinium membranaceum	Mountain Huckleberry	Blood Sugar	x
Vaccinium ovalifolium	Oval-Leaf Huckleberry	Blood Sugar	x

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Uses	Name	Notes	Seen
Vaccinium uliginosum	Bog Huckleberry	Blood Sugar	
Xerophyllum tenax	Beargrass	Fiber	x

Topics of Botanical Interest

Aconitum columbianum	Monkshood	Very Poison	x
Actaea rubra	Baneberry		x
Boykinia major	Boykinia	Possible Valerian Indicator	x
Cicuta douglasii	Water Hemlock	Very similar to other umbels	
Lysichiton americanus (L. americanum)	Skunk Cabbage	Very Big Leaves	x
Monotropa hypopitys (Hypopitys m.)	Hairy Pinesap	Mycotroph	
Senecio triangularis	Arrow Leaf Groundsel	PA's	x
Veratrum californicum	Veratrum	Very Poison	
Veratrum sp.	Veratrum	Very Poison	
Veratrum viride	Veratrum	Very Poison	x

Animal Interactions

Aplodontia Haying	Mountain Beaver Haying	
Aplodontia Holes	Mountain Beaver Holes	
Bear Scat		
Brown Frogs, Big and Little		
Calliope Hummingbird		
Caterpillar		
Cinnabar Moths eating Senecio triangularis		
Deer Bed		
Deer Prints		
Deer Scat		
Deer Trails		
Dissosteira carolina	Carolina Grasshopper	Clickity-clickity
Doe		
Elk Bed		
Elk moving in shrubs		
Elk Prints		
Elk Scat		
Elk Trails		
Grouse		
Mazama pocket gopher mounds		
Raven		
Red Tailed Hawk		
Red Tailed Hawk Tail Feather	Red Tailed Hawk Tail Feather	
Scat in Veratrum		

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 Three Day Overnight

August 16, 17, 18, 2024

Western Cascades Montane Highlands Ecoregion
 Middle Elevation Coniferous Woods, Riparian, and Meadow 3350', 4005'
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Araceae

Lysichiton americanus			
✓	Native	Silver Fir - Mountain Hemlock medium	Roadside

Melanthiaceae

Trillium ovatum			
✓	Native	Silver Fir - Mountain Hemlock medium	Roadside
Veratrum viride			
✓	Native	Early Shrub-Tree	2018 Stand Clearcut
Xerophyllum tenax			
✓	Native	Silver Fir - Mountain Hemlock medium	1952-01-01 Stand Clearcut

Liliaceae

Clintonia uniflora			
✓	Native	Silver Fir - Mountain Hemlock medium	1971-10-01 Stand Clearcut

Orchidaceae

Goodyera oblongifolia			
	Native	Silver Fir - Mountain Hemlock medium	1952-01-01 Stand Clearcut
Neottia banksiana			
	Native	Silver Fir - Mountain Hemlock medium	1971-10-01 Stand Clearcut
Platanthera stricta			
✓	Native	Early Shrub-Tree	2018 Stand Clearcut

Asparagaceae

Maianthemum stellatum			
✓	Native	Silver Fir - Mountain Hemlock medium	1971-10-01,1952-01-01 Commercial Thin, Stand Clearcut

Lycopodiaceae

Lycopodium clavatum			
✓	Native	Silver Fir - Mountain Hemlock medium	1971-10-01,1952-01-01 Commercial Thin, Stand Clearcut

Cupressaceae

Juniperus communis			
	Native	Silver Fir - Mountain Hemlock medium	1952-01-01,2015-09-01 Stand Clearcut, Commercial Thin

Aristolochiaceae

Asarum caudatum			
✓	Native	Silver Fir - Mountain Hemlock medium	1952-01-01,2015-09-01 Stand Clearcut, Commercial Thin

Berberidaceae

Achlys triphylla			
✓	Native	Silver Fir - Mountain Hemlock medium	Roadside

Ranunculaceae

Aconitum columbianum			
✓	Native	Early Shrub-Tree	2018 Stand Clearcut
Actaea rubra			
✓	Native	Silver Fir - Mountain Hemlock medium	1971-10-01,1952-01-01 Commercial Thin, Stand Clearcut
Anemone lyallii			

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✓	Native	Douglas Fir - Western Hemlock medium	1971-10-01 Stand Clearcut
✓	Native	Silver Fir - Mountain Hemlock medium	1971-10-01 Stand Clearcut
Anemone deltoidea			
✓	Native	Silver Fir - Mountain Hemlock medium	1971-10-01 Stand Clearcut
Grossulariaceae			
Ribes lacustre			
✓	Native	Coastal and Valley Riparian	
✓	Native	Silver Fir - Mountain Hemlock medium	1971-10-01 Stand Clearcut
Saxifragaceae			
Boykinia major			
✓	Native	Coastal and Valley Riparian	
Tiarella trifoliata var. unifoliata			
✓	Native	Silver Fir - Mountain Hemlock medium	1971-10-01,1952-01-01 Commercial Thin, Stand Clearcut
Fabaceae			
Acmispon nevadensis			
✓	Native	Coastal and Valley Riparian	
Lupinus latifolius			
✓	Native	Douglas Fir - Western Hemlock mature	Roadside
Rosaceae			
Fragaria vesca			
✓	Native	Silver Fir - Mountain Hemlock medium	Roadside
Rubus leucodermis			
✓	Native	Silver Fir - Mountain Hemlock medium	Roadside
Rubus nutkanus			
✓	Native	Silver Fir - Mountain Hemlock medium	Roadside
Rubus spectabilis			
✓	Native	Silver Fir - Mountain Hemlock young	Roadside
Rubus ursinus			
✓	Native	Silver Fir - Mountain Hemlock medium	Roadside
Sorbus scopulina			
✓	Native	Douglas Fir - Western Hemlock medium	Roadside
Spiraea douglasii			
✓	Native	Douglas Fir - Western Hemlock medium	1971-10-01,1952-01-01 Commercial Thin, Stand Clearcut
Rubus lasiococcus			
	Native	Silver Fir - Mountain Hemlock medium	1971-10-01 Stand Clearcut
Hypericaceae			
Hypericum anagalloides			
✓	Native	Early Shrub-Tree	2018 Stand Clearcut
Hypericum perforatum			
✓	Introduced	Douglas Fir - Western Hemlock medium	Roadside
Violaceae			
Viola glabella			
✓	Native	Silver Fir - Mountain Hemlock medium	Roadside
Viola orbiculata			
	Native	Silver Fir - Mountain Hemlock old-growth	1971-10-01 Stand Clearcut
Polygonaceae			
Polygonum douglasii			
	Native	Coastal and Valley Riparian	2018 Stand Clearcut

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Polygonum minimum			
✓	Native	Coastal and Valley Riparian	
Montiaceae			
Claytonia sibirica			
	Native	Coastal and Valley Riparian	
Cornaceae			
Cornus stolonifera			
	Native	Coastal and Valley Riparian	
Cornus unalaschkensis (C. canadensis)			
✓	Native	Silver Fir - Mountain Hemlock medium	Roadside
Ericaceae			
Arctostaphylos nevadensis			
✓	Native	Silver Fir - Mountain Hemlock medium	1952-01-01 Stand Clearcut
Chimaphila menziesii			
✓	Native	Douglas Fir - Western Hemlock medium	1971-10-01 Stand Clearcut
✓	Native	Silver Fir - Mountain Hemlock old-growth	1971-10-01 Stand Clearcut
Chimaphila umbellata			
✓	Native	Silver Fir - Mountain Hemlock medium	1952-01-01,2015-09-01 Stand Clearcut, Commercial Thin
Gaultheria ovatifolia			
✓	Native	Silver Fir - Mountain Hemlock medium	Roadside
Orthilia secunda			
✓	Native	Douglas Fir - Western Hemlock medium	1971-10-01 Stand Clearcut
Pyrola picta			
✓	Native	Douglas Fir - Western Hemlock medium	1952-01-01,2015-09-01 Stand Clearcut, Commercial Thin
Vaccinium ovalifolium			
✓	Native	Douglas Fir - Western Hemlock medium	1971-10-01 Stand Clearcut
Vaccinium membranaceum			
✓	Native	Douglas Fir - Western Hemlock medium	1971-10-01 Stand Clearcut
Rubiaceae			
Galium oreganum			
✓	Native	Douglas Fir - Western Hemlock mature	Roadside
Galium triflorum			
	Native	Douglas Fir - Western Hemlock medium	1971-10-01 Stand Clearcut
Boraginaceae			
Mertensia paniculata			
✓	Native	Early Shrub-Tree	2018 Stand Clearcut
Hydrophyllaceae			
Phacelia sp.			
✓	Native	Early Shrub-Tree	2018 Stand Clearcut
Plantaginaceae			
Linaria vulgaris			
✓	Introduced	Early Shrub-Tree	2018 Stand Clearcut
Penstemon sp.			
✓	Native	Coastal and Valley Riparian	
✓	Native	Silver Fir - Mountain Hemlock medium	1971-10-01,1952-01-01 Commercial Thin, Stand Clearcut
Lamiaceae			
Clinopodium douglasii			

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✓	Native	Silver Fir - Mountain Hemlock medium	1971-10-01,1952-01-01 Commercial Thin, Stand Clearcut
Stachys cooleyae			
✓	Native	Coastal and Valley Riparian	
✓	Native	Silver Fir - Mountain Hemlock medium	Roadside
Phrymaceae			
Erythranthe guttata			
✓	Native	Coastal and Valley Riparian	2018 Stand Clearcut
Erythranthe lewisii			
✓	Native	Coastal and Valley Riparian	
Erythranthe moschata			
✓	Native	Coastal and Valley Riparian	
Orobanchaceae			
Castilleja sp.			
✓	Native	Douglas Fir - Western Hemlock medium	Roadside
Pedicularis bracteosa			
✓	Native	Early Shrub-Tree	2018 Stand Clearcut
Pedicularis racemosa			
✓	Native	Silver Fir - Mountain Hemlock medium	Roadside
Asteraceae			
Achillea millefolium			
	Both native and introduced genotypes	Silver Fir - Mountain Hemlock medium	Roadside
Adenocaulon bicolor			
✓	Native	Silver Fir - Mountain Hemlock medium	1952-01-01 Stand Clearcut
Anaphalis margaritacea			
✓	Native	Douglas Fir - Western Hemlock mature	Roadside
Artemisia douglasiana			
✓	Native	Coastal and Valley Riparian	Roadside
Aster sp.			
✓	Native	Silver Fir - Mountain Hemlock medium	1971-10-01,1952-01-01 Commercial Thin, Stand Clearcut
Cirsium remotifolium			
✓	Native	Silver Fir - Mountain Hemlock medium	Roadside
Eriophyllum lanatum			
✓	Native	Coastal and Valley Riparian	
✓	Native	Douglas Fir - Western Hemlock young	Roadside
Hieracium albiflorum			
	Native	Douglas Fir - Western Hemlock medium	1971-10-01 Stand Clearcut
Hieracium sp.			
✓	Native	Douglas Fir - Western Hemlock medium	Roadside
Hypochaeris radicata			
✓	Introduced	Silver Fir - Mountain Hemlock medium	1952-01-01 Stand Clearcut
Leucanthemum vulgare			
✓	Introduced	Silver Fir - Mountain Hemlock medium	Roadside
Madia sp.			
✓	Native	Coastal and Valley Riparian	2018 Stand Clearcut
Petasites frigidus			
✓	Native	Coastal and Valley Riparian	
✓	Native	Silver Fir - Mountain Hemlock medium	1971-10-01,1952-01-01 Commercial Thin, Stand Clearcut

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Pseudognaphalium sp.			
✓	Native	Coastal and Valley Riparian	2018 Stand Clearcut
✓	Native	Douglas Fir - Western Hemlock medium	1952-01-01,2015-09-01 Stand Clearcut, Commercial Thin
Rudbeckia occidentalis			
✓	Native	Silver Fir - Mountain Hemlock medium	Roadside
Senecio triangularis			
✓	Native	Silver Fir - Mountain Hemlock medium	Roadside
Solidago canadensis			
✓	Native	Silver Fir - Mountain Hemlock medium	1952-01-01 Stand Clearcut
Adoxaceae			
Sambucus racemosa			
✓	Native	Coastal and Valley Riparian	
✓	Native	Douglas Fir - Western Hemlock medium	1971-10-01,1952-01-01 Commercial Thin, Stand Clearcut
Caprifoliaceae			
Symphoricarpos sp.			
✓	Native	Early Shrub-Tree	2018 Stand Clearcut
Linnaeaceae			
Linnaea borealis			
✓	Native	Silver Fir - Mountain Hemlock old-growth	1971-10-01 Stand Clearcut
Araliaceae			
Oplopanax horridus			
✓	Native	Silver Fir - Mountain Hemlock medium	Roadside
Apiaceae			
Angelica genuflexa			
✓	Native	Silver Fir - Mountain Hemlock young	Roadside
Heracleum maximum			
✓	Native	Silver Fir - Mountain Hemlock medium	Roadside
Ligusticum grayi			
✓	Native	Early Shrub-Tree	2018 Stand Clearcut
Osmorhiza berteroi			
✓	Native	Douglas Fir - Western Hemlock medium	Roadside

Columbines School of Botanical Studies
2024 Alumni Field Program
Trips 10, 11, 12

- Campsite Bio Blitz
- 4 Whorls
- Keyed out: *Cirsium remotifolium*, *Acme nevadensis*, *Linaria vulgaris*, and *Rubus ursinus*
- Economic Botanical Survey
- Located, harvested, and processed *Stachys cooleyae*, Hedge Nettle, above ground parts for tincture
- Located, harvested, and processed *Linaria vulgaris*, Greater Butter-and-Eggs, above ground parts for tincture
- Located, harvested, and made *Anaphalis margaritacea*, Pearly Everlasting, Bundles
- Made *Arnica montana*, Arnica, oil with alcohol intermediary
- Made *Ligusticum porteri*, Osha, lozenges
- Berry Picking Time
- Tasted: *Gaultheria ovatifolia*, *Ribes lacustre*, *Rubus leucodermis*, *Rubus nutkanus*, *Rubus spectabilis*, *Rubus ursinus*, *Vaccinium membranaceum*, and *Vaccinium ovalifolium*

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Columbines School of Botanical Studies
2024 Alumni Series
Trips #10, 11, 12

August 16, 17, 18, 2024

Western Cascades Montane Highlands Ecoregion

Middle Elevation Coniferous Woods, Riparian, and Meadow 4005'

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

Uses	Name	Notes	Seen
Food: Roots			
	Calochortus sp.	Cat's Ear's	
	Cirsium remotifolium (C. callilepis)	Mountain Thistle	x
	Hypochaeris radicata	False dandelion	x
	Lilium columbianum	Tiger Lily	No Pick
	Lilium washingtonianum	Cascade Lily	No Pick
	Osmorhiza berteroi (O. chilensis)	Sweet Cicely	x
	Platanthera dilatata (Habenaria d.)	White Rein Orchid	No Pick
	Platanthera stricta (Habenaria saccata)	Green Rein Orchid	No Pick
	Primula jeffreyi (Dodecatheon j.)	Shooting Star	
	Xerophyllum tenax	Beargrass	x
Food: Greens and Potherbs			
	Acer circinatum	Vine Maple	
	Achlys triphylla	Vanilla Leaf	x
	Calochortus sp.	Cat's Ear's	
	Caltha biflora	Marsh Marigold	Cooked
	Castilleja miniata	Paintbrush	Concentrates Toxins
	Chamaenerion angustifolium (Epilobium a.)	Fireweed	
	Cirsium remotifolium (C. callilepis)	Mountain Thistle	x
	Claytonia perfoliata (Montia p.)	Miner's Lettuce	
	Claytonia sibirica (Montia s.)	Candyflower	x
	Cornus unalaschkensis (C. canadensis)	Bunchberry	x
	Epilobium glandulosum	Willow Herb	Turions
	Erythranthe guttata (Mimulus g.)	Yellow Monkeyflower	x
	Erythranthe moschata (Mimulus moschatus)	Musk Monkeyflower	
			x
	Gallium oreganum	Bedstraw, Cleavers	x
	Gallium triflorum	Bedstraw, Cleavers	
	Hydrophyllum tenuipes	Waterleaf	
	Hypochaeris radicata	False dandelion	x
	Leucanthemum vulgare (Chrysanthemum l.)	Ox Eye Daisy	x
	Ligusticum grayi	Oshala	x
	Lilium columbianum	Tiger Lily	No Pick
	Lilium washingtonianum	Cascade Lily	No Pick
	Osmorhiza berteroi (O. chilensis)	Sweet Cicely	x
	Phacelia hastata	Phacelia	
	Phacelia sp.	Phacelia	

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Trips #10, 11, 12

Uses	Name	Notes	Seen
Plantago major	Plantain		
Platanthera dilatata (Habenaria d.)	White Rein Orchid	No Pick	
Platanthera stricta (Habenaria saccata)	Green Rein Orchid	No Pick	x
Primula jeffreyi (Dodecatheon j.)	Shooting Star		
Prunella vulgaris	Self Heal, Heal All		
Rosa sp.	Wild Rose		
Rumex acetosella	Sheep Sorrel		
Stachys cooleyae	Hedge Nettle		x
Trifolium longipes	Native Clover		
Trillium ovatum	Trillium	No Pick	x
Viola adunca	Field Violet		
Viola glabella	Woods Violet		x
Viola orbiculata	Dark Woods Violet		x
Viola sp.	Violet		
Xerophyllum tenax	Beargrass		x

Food: Fruits

Amelanchier alnifolia	Serviceberry		
Arctostaphylos nevadensis	Kinnikinnik		x
Calochortus sp.	Cat's Ear's		
Chamaenerion angustifolium (Epilobium a.)	Fireweed		
Chimaphila menziesii	Baby Pipsissewa	Unripe	x
Chimaphila umbellata	Pipsissewa	Unripe	x
Chrysolepis chrysophylla	Golden Chinquapin		
Cornus unalaschensis (C. canadensis)	Bunchberry		x
Epilobium glandulosum	Willow Herb	Turions	
Fragaria vesca	Wild Strawberry		x
Gaultheria ovatifolia	Baby Salal		x
Lilium columbianum	Tiger Lily	No Pick	
Lilium washingtonianum	Cascade Lily	No Pick	
Lonicera involucrata	Twinberry	Edible	
Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal	Cathartic	
Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal	Cathartic	x
Orthilia secunda (Pyrola s.)	One-sided Pyrola		x
Primula jeffreyi (Dodecatheon j.)	Shooting Star		
Prosartes hookeri (Disporum h.)	Fairy Bells		
Pyrola picta	White-veined Pyrola		x
Ribes bracteosum	Stinking Black Currant		
Ribes lacustre	Swamp Currant		x
Ribes sp.	Currant, Gooseberry		
Ribes viscosissimum	Sticky Currant		
Rosa sp.	Rosehips		

Columbines School of Botanical Studies

2024 Alumni Series

Trips #10, 11, 12

Uses	Name	Notes	Seen
Rubus lasiococcus	Dwarf Bramble		x
Rubus leucodermis	Blackcap Raspberry		x
Rubus nutkanus (R. parviflorus)	Thimbleberry		x
Rubus spectabilis	Salmonberry		x
Rubus ursinus	Blackberry		x
Sorbus scopulina	Mountain Ash		x
Streptopus lanceolatus (S. roseus)	Rosy Twisted Stalk		
Trillium ovatum	Trillium	No Pick	x
Vaccinium membranaceum	Mountain Huckleberry		x
Vaccinium ovalifolium	Oval-Leaf Huckleberry		x
Vaccinium uliginosum	Bog Huckleberry		
Xerophyllum tenax	Beargrass		x

Food: Spices/Teas

Achlys triphylla	Vanilla Leaf		x
Angelica arguta	Angelica		
Angelica genuflexa	Angelica		x
Asarum caudatum	Wild Ginger		x
Clinopodium douglasii	Yerba Buena		x
Fragaria vesca	Wild Strawberry		x
Heracleum maximum (H. lanatum)	Cow Parsnip	Strong	x
Juniperus communis			x
Ligusticum grayi	Oshala		x
Osmorhiza berteroi (O. chilensis)	Sweet Cicely		x
Prunella vulgaris	Self Heal, Heal All	Simple	
Rosa sp.	Wild Rose		
Rubus lasiococcus	Dwarf Bramble		x
Rubus leucodermis	Blackcap Raspberry		x
Rubus nutkanus (R. parviflorus)	Thimbleberry		x
Rubus spectabilis	Salmonberry		x
Rubus ursinus	Blackberry		x
Trifolium longipes	Native Clover		

Alteratives incl. Diaphoretics and Diuretics

Achillea millefolium	Yarrow	Diaphoretic	x
Angelica arguta	Angelica	Reproductive	
Angelica genuflexa	Angelica		x
Arctostaphylos nevadensis	Kinnikinnik	Diuretic	x
Artemisia douglasiana	Mugwort	Diaphoretic	x
Asarum caudatum	Wild Ginger	Diaphoretic	x
Ceanothus velutinus	Red Root		
Chimaphila menziesii	Baby Pipsissewa	Diuretic	x

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2024 Alumni Series

Trips #10, 11, 12

Uses	Name	Notes	Seen
Chimaphila umbellata	Pipsissewa	Diuretic	x
Gallium oreganum	Bedstraw, Cleavers	Diuretic	x
Gallium triflorum	Bedstraw, Cleavers	Diuretic	
Juniperus communis			x
Ligusticum grayi	Oshala		x
Linaria vulgaris	Greater Butter-and-Eggs		x
Oplopanax horridus (O. horridum)	Devil's Club	Alterative	x
Orthilia secunda (Pyrola s.)	One-sided Pyrola	Diuretic	x
Pyrola picta	White-veined Pyrola	Diuretic	x
Rudbeckia occidentalis	Coneflower	Diuretic	x
Sambucus racemosa	Red Elder	Diaphoretic	x
Solidago canadensis	Goldenrod		x
Vaccinium membranaceum	Mountain Huckleberry	Diuretic	x
Vaccinium ovalifolium	Oval-Leaf Huckleberry	Diuretic	x
Vaccinium uliginosum	Bog Huckleberry	Diuretic	

Aromatic/Bitters

Achillea millefolium	Yarrow		x
Angelica arguta	Angelica		
Angelica genuflexa	Angelica		x
Artemisia douglasiana	Mugwort		
			x
Asarum caudatum	Wild Ginger		x
Clinopodium douglasii	Yerba Buena		x
Heracleum maximum (H. lanatum)	Cow Parsnip	Strong	x
Juniperus communis			x
Ligusticum grayi	Oshala		x
Osmorhiza berteroi (O. chilensis)	Sweet Cicely		x
Pedicularis bracteosa	Cobrahead	Bitter	x
Pedicularis groenlandica	Elephant's Head	Bitter	
Pedicularis racemosa	Parrot's Beak	Bitter	x
Solidago canadensis	Goldenrod		x

Astringents

Anaphalis margaritacea	Pearly Everlasting		x
Arctostaphylos nevadensis	Kinnikinnik		x
Artemisia douglasiana	Mugwort		
			x
Bistorta bistortoides (Polygonum b.)	Mountain Bistort		
Ceanothus velutinus	Red Root		
cf. Potentilla sp.	Potentilla		
Chamaenerion angustifolium (Epilobium a.)	Fireweed		

Columbines School of Botanical Studies

2024 Alumni Series

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Uses	Name	Notes	Seen
<i>Chimaphila menziesii</i>	Baby Pipsissewa		x
<i>Chimaphila umbellata</i>	Pipsissewa		x
<i>Cornus unalaschkensis</i> (C. canadensis)	Bunchberry		x
<i>Fragaria vesca</i>	Wild Strawberry		x
<i>Gaultheria ovatifolia</i>	Baby Salal		x
<i>Geum macrophyllum</i>	Geum, Avens		
<i>Orthilia secunda</i> (Pyrola s.)	One-sided Pyrola		x
<i>Pyrola picta</i>	White-veined Pyrola		x
<i>Ribes bracteosum</i>	Stinking Black Currant		
<i>Ribes lacustre</i>	Swamp Currant		x
<i>Ribes</i> sp.	Currant, Gooseberry		
<i>Ribes viscosissimum</i>	Sticky Currant		
<i>Rosa</i> sp.	Wild Rose		
<i>Rubus lasiococcus</i>	Dwarf Bramble		x
<i>Rubus leucodermis</i>	Blackcap Raspberry		x
<i>Rubus nutkanus</i> (R. parviflorus)	Thimbleberry		x
<i>Rubus spectabilis</i>	Salmonberry		x
<i>Rubus ursinus</i>	Blackberry		x
<i>Salix</i> sp.	Willow		
<i>Solidago canadensis</i>	Goldenrod		x
<i>Sorbus scopulina</i>	Mountain Ash		x
<i>Spirea douglasii</i>	Spirea		
<i>Stachys cooleyae</i>	Hedge Nettle		x
<i>Vaccinium membranaceum</i>	Mountain Huckleberry		x
<i>Vaccinium ovalifolium</i>	Oval-Leaf Huckleberry		x
<i>Vaccinium uliginosum</i>	Bog Huckleberry		

Calming Herbs, Nervines

<i>Corallorhiza maculata</i>	Spotted Coral Root	No Pick	
<i>Corallorhiza mertensiana</i>	Western or Purple Coral Root	No Pick	
<i>Hypericum anagalloides</i>	Bog St. John's Wort		x
<i>Hypericum perforatum</i>	St. John's Wort		x
<i>Hypericum scouleri</i> (H. formosum)	St. John's Wort		
<i>Pedicularis bracteosa</i>	Cobrahead		x
<i>Pedicularis groenlandica</i>	Elephant's Head		
<i>Pedicularis racemosa</i>	Parrot's Beak		x
<i>Stachys cooleyae</i>	Hedge Nettle	Mild	x
<i>Valeriana sitchensis</i>	Valerian		

Demulcents, Emollients

<i>Goodyera oblongifolia</i>	Rattlesnake Plantain	No Pick	
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Columbines School of Botanical Studies

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Uses	Name	Notes	Seen
Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal		
Mertensia sp.	Oregon Bluebells	External (PA's)	x
Penstemon sp.	Penstemon	Emollient	x
Plantago major	Plantain		
Viola adunca	Field Violet		
Viola glabella	Woods Violet		x
Viola orbiculata	Dark Woods Violet		x
Viola sp.	Violet		

Analgesics, Anesthetics

Heracleum maximum (H. lanatum)	Cow Parsnip	Nerve Pain	x
Salix sp.	Willow		
Spirea douglasii	Spirea		

Misc.

Achillea millefolium	Yarrow	Hemostatic	x
Anaphalis margaritacea	Pearly Everlasting	Pretty	x
Arctostaphylos nevadensis	Kinnikinnik	Smoke	x
Arnica cordifolia	Heart Leaf Arnica	Injury	
Artemisia douglasiana	Mugwort	Beer, Dreams, Smoke	x
Ceanothus velutinus	Red Root	Soap	
Chimaphila menziesii	Baby Pipsissewa	Root Beer, Smoke	x
Chimaphila umbellata	Pipsissewa	Root Beer, Smoke	x
Gallium oreganum	Bedstraw, Cleavers	Burns	x
Gallium triflorum	Bedstraw, Cleavers	Burns	
Hypericum anagalloides	Bog St. John's Wort	Anti-viral	x
Hypericum perforatum	St. John's Wort	Anti-viral	x
Hypericum scouleri (H. formosum)	St. John's Wort	Anti-viral	
Juniperus communis	Gin		x
Leucanthemum vulgare (Chrysanthemum l.)	Ox Eye Daisy	Allergies	x
Pedicularis bracteosa	Cobrahead	Smoke	x
Pedicularis groenlandica	Elephant's Head	Smoke	
Pedicularis racemosa	Parrot's Beak	Smoke	x
Plantago major	Plantain	Drawing Poultice, Burns	
Prunella vulgaris	Self Heal, Heal All	Salve	
Solidago canadensis	Goldenrod	Allergies, Dye	x
Trillium ovatum	Trillium	No Pick, Uterine	x
		Astringent	
Vaccinium membranaceum	Mountain Huckleberry	Blood Sugar	x
Vaccinium ovalifolium	Oval-Leaf Huckleberry	Blood Sugar	x

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Uses	Name	Notes	Seen
Vaccinium uliginosum	Bog Huckleberry	Blood Sugar	
Xerophyllum tenax	Beargrass	Fiber	x

Topics of Botanical Interest

Aconitum columbianum	Monkshood	Very Poison	x
Actaea rubra	Baneberry		x
Boykinia major	Boykinia	Possible Valerian Indicator	x
Cicuta douglasii	Water Hemlock	Very similar to other umbels	
Lysichiton americanus (L. americanum)	Skunk Cabbage	Very Big Leaves	x
Monotropa hypopitys (Hypopitys m.)	Hairy Pinesap	Mycotroph	
Senecio triangularis	Arrow Leaf Groundsel	PA's	x
Veratrum californicum	Veratrum	Very Poison	
Veratrum sp.	Veratrum	Very Poison	
Veratrum viride	Veratrum	Very Poison	x

Animal Interactions

Aplodontia Haying	Mountain Beaver Haying	
Aplodontia Holes	Mountain Beaver Holes	
Bear Scat		
Brown Frogs, Big and Little		
Calliope Hummingbird		
Caterpillar		
Cinnabar Moths eating Senecio triangularis		
Deer Bed		
Deer Prints		
Deer Scat		
Deer Trails		
Dissosteira carolina	Carolina Grasshopper	Clickity-clickity
Doe		
Elk Bed		
Elk moving in shrubs		
Elk Prints		
Elk Scat		
Elk Trails		
Grouse		
Mazama pocket gopher mounds		
Raven		
Red Tailed Hawk		
Red Tailed Hawk Tail Feather	Red Tailed Hawk Tail Feather	
Scat in Veratrum		

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