

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

April 20, 2025

Low Elevation Coniferous Woods and Riparian Zone

Trip 3

1200'

Family	Genus	Name	Uses	Seen
Araceae				
	Lysichiton americanus (L. americanum)	Skunk Cabbage	Edible?	
Melanthiaceae (Liliaceae)				
	Anticlea occidentalis (Stenanthium occidentale)	Stenanthium		
	Trillium albidum (T. chloropetalum)	Trillium	No pick, Medicinal	X
	Trillium ovatum	Trillium	No pick, Medicinal	X
	Veratrum sp.	False Hellebore	Poisonous	
	Xerophyllum tenax	Beargrass	Edible	
Liliaceae				
	Calochortus sp.	Cat's Ears	No pick, edible	
	Clintonia uniflora	Queen's Cup	Poisonous?	
	Erythronium oregonum	Fawn Lily	No pick, edible	
	Fritillaria affinis (F. lanceolata)	Riceroor Lily	No pick, edible	X
	Lilium columbianum	Tiger Lily	No pick, edible	
	Lilium washingtonianum	Cascade Lily	No pick, edible	
	Prosartes hookeri (Disporum h.)	Fairy Bells	Edible	X
	Prosartes smithii (Disporum s.)	Fairy Lanterns	Edible	
	Streptopus amplexifolius	Twisted Stalk	Edible	X
Orchidaceae				
	Calypso bulbosa	Calypso Orchid	No pick	X
	Calypso bulbosa forma alba	Albino Calypso Orchid	No pick	
	Corallorhiza mertensiana	Western Coral Root	No pick	
	Corallorhiza sp.	Coral Root	No pick	
	Corallorhiza striata	Striped Coral Root	No pick	
	Goodyera oblongifolia	Rattlesnake Plantain	Mucilaginous	
	Neottia banksiana (Listera caurina)	Big Twayblade	Edibility unknown	
	Neottia cordata (Listera c.)	Twayblade	Edibility unknown	
	Platanthera dilatata (Habenaria d.)	White Rein Orchid	No pick, edible	
	Platanthera sp.	Rein Orchid	No pick, edible	

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Family	Genus	Name	Uses	Seen
Iridaceae				
	<i>Iris chrysophylla</i>	Iris	Medicinal	
	<i>Iris tenax</i>	Iris	Medicinal	
	<i>Sisyrinchium</i> sp.	Blue-eyed Grass		
Asparagaceae (Liliaceae)				
	<i>Dichelostemma congestum</i> (<i>Brodiaea congesta</i>)	Harvest Lily	No pick, edible	
	<i>Maianthemum racemosum</i> (<i>Smilacina racemosa</i>)	Large False Solomon's Seal	Edible, Medicinal	X
	<i>Maianthemum stellatum</i> (<i>Smilacina stellata</i>)	Small False Solomon's Seal	Edible, Medicinal	
Dryopteridaceae (Polypodiaceae)				
	<i>Polystichum munitum</i>	Sword Fern		
Polypodiaceae				
	<i>Polypodium glycyrrhiza</i>	Licorice Fern		
Aristolochiaceae				
	<i>Asarum caudatum</i>	Wild Ginger	Edible, Medicinal	X
Papaveraceae (Fumariaceae)				
	<i>Dicentra formosa</i>	Bleeding Hearts	Poisonous, Medicinal	X
Berberidaceae				
	<i>Achlys triphylla</i>	Vanilla Leaf	Edible	
	<i>Mahonia aquifolium</i> (Berberis a.)	Tall Oregon Grape	Edible, Medicinal	
	<i>Mahonia nervosa</i> (Berberis n.)	Mountain Oregon Grape	Edible, Medicinal	X
	<i>Vancouveria hexandra</i>	Inside-out Flower	Edible	
Ranunculaceae				
	<i>Actaea rubra</i>	Baneberry	Poisonous, Medicinal	
	<i>Anemone</i> cf. <i>oregana</i>	Small Windflower	Poisonous	
	<i>Anemone deltoidea</i>	Large Windflower	Poisonous	
	<i>Anemone lyallii</i>	Small Windflower	Poisonous	
	<i>Aquilegia formosa</i>	Columbine	Poisonous	
	<i>Coptis laciniata</i>	Goldthread	Medicinal	
	<i>Delphinium</i> sp.	Larkspur	Poisonous	
	<i>Ranunculus</i> sp.	Buttercup	Poisonous	
	<i>Ranunculus uncinatus</i>	Woods Buttercup	Poisonous	

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Family	Genus	Name	Uses	Seen
Ranuncu	Thalictrum sp.	Meadow-rue	Poisonous	X
Grossulariaceae				
	Ribes bracteosum	Stinking Black Current	Edible	
	Ribes lacustre	Swamp Currant	Edible	
	Ribes lobbii	Gummy Gooseberry	Edible	
	Ribes sanguineum	Red Flowering Currant	Edible	
	Ribes sp.	Gooseberry	Edible	
Saxifragaceae				
	Boykinia sp.	Boykinia		
	Heuchera micrantha	Alum Root	Edible, Medicinal	
	Micranthes odontoloma (Saxifraga arguta)	Saxifrage	Edible	
	Micranthes sp.	Saxifrage	Edible	
	Mitellastra caulescens (Mitella c.)	Large Bishop's Cap	Edibility unknown	
	Pectiantia ovalis (Mitella o.)	Small Bishop's Cap	Edibility unknown	
	Saxifraga mertensiana	Saxifrage	Edible	
	Saxifraga sp.	Saxifrage	Edible	
	Tellima grandiflora	Fringecup	Edibility unknown	
	Tiarella trifoliata ssp. unifoliata	Coolwort	Edibility unknown	
	Tolmiea menziesii	Youth on Age	Edibility unknown	
Crassulaceae				
	Sedum sp.	Stonecrop	Edible	
Fabaceae (Leguminosae)				
	Cytisus scoparius	Scotch Broom	Poisonous	
	Genista monspessulana (Cytisus monspessulanus)	Moonlight Broom	Poisonous	
	Lathyrus sp.	Pea	Poisonous	
	Lupinus sp.	Lupine	Poisonous	
	Trifolium sp.	Clover	Edible, Medicinal	
	Vicia sp.	Vetch	Poisonous	
Rosaceae				
	Amelanchier alnifolia	Serviceberry	Edible	X
	Aruncus sylvestris	Goatsbeard	Edibility unknown	
	Fragaria sp.	Wild Strawberry	Choice edible	
	Geum macrophyllum	Geum, Avens	Medicinal	
	Holodiscus discolor	Oceanspray	Edible	

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Family	Genus	Name	Uses	Seen
Rosaceae	Oemleria cerasiformis	Osoberry	Edible	
	Physocarpus capitatus	Ninebark	Fiber	
	Potentilla sp.	Potentilla	Medicinal	
	Prunus sp.	Cherry	Edible, Medicinal	
	Rosa sp.	Rose	Edible, Medicinal	
	Rubus nutkanus (R. parviflorus)	Thimbleberry	Edible, Medicinal	
	Rubus sp.	Blackberry	Edible, Medicinal	
	Rubus spectabilis	Salmonberry	Edible, Medicinal	X
	Spiraea sp.	Spirea	Medicinal	
Rhamnaceae				
	Ceanothus integerrimus	Ceanothus	Medicinal	
	Ceanothus sanguineus	Ceanothus	Medicinal	
	Ceanothus velutinus	Ceanothus	Medicinal	
	Frangula purshiana (Rhamnus p.)	Cascara Sagrada	Medicinal	
Urticaceae				
	Urtica dioica	Stinging Nettle	Edible, Medicinal, Fiber	X
Fagaceae				
	Chrysolepis chrysophylla (Castanopsis chrysophylla)	Golden Chinquapin	Edible	
Celastraceae				
	Paxistima myrsinites (Pachistima m.)	Oregon Box	Ornamental	
Oxalidaceae				
	Oxalis oregana	Oxalis	Choice edible	X
Hypericaceae				
	Hypericum perforatum	St. John's Wort	Medicinal	
Violaceae				
	Viola glabella	Woods Violet	Choice edible	X
	Viola sempervirens	Evergreen Violet	Choice edible	
	Viola sp.	Violet	Choice edible	
Salicaceae				
	Populus trichocarpa	Cottonwood	Medicinal	
	Salix sp.	Willow	Medicinal	

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Family	Genus	Name	Uses	Seen
Geraniaceae				
	Geranium robertianum	Herb Robert, Stinky Bob	Edible, Medicinal Astringent	
Onagraceae				
	Boisduvalia sp., Epilobium sp.	Willow Herb	Edible, Medicinal	
	Circaea alpina	Enchanter's Nightshade		
	Epilobium angustifolium	Fireweed	Edible, Medicinal	
Anacardiaceae				
	Toxicodendron diversilobum	Poison Oak	Poisonous	X
Aceraceae				
	Acer circinatum	Vine Maple	Edible	
	Acer macrophyllum	Big leaf Maple	Choice edible	
Brassicaceae (Cruciferae)				
	Cardamine nutallii	Spring Beauty	Edible	
	Cardamine oligosperma	Bittercress	Edible	
	Cardamine sp.	Bittercress	Edible	
Polygonaceae				
	Eriogonum sp.	Wild Buckwheat	Edible	
	Rumex acetosella	Sheep's Sorrel	Edible, Medicinal	
	Rumex obtusifolius	Bitter Dock	Edible, Medicinal	
Caryophyllaceae				
	Moehringia macrophylla (Arenaria m.)	Sandwort		
	Stellaria media	Chickweed	Edible	
Montiaceae (Portulacaceae)				
	Claytonia perfoliata (Montia p.)	Miner's Lettuce	Choice edible	
	Claytonia sibirica (Montia s.)	Candy Flower	Choice edible	X
	Claytonia sp.		Choice edible	
	Montia parvifolia	Small Leaf Montia	Edible	
	Montia sp.		Choice edible	
Cornaceae				
	Cornus nuttallii	Dogwood	Medicinal	
	Cornus unalaschkensis (C. canadensis)	Bunchberry	Edible, Medicinal	

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Primulaceae				
	<i>Lysimachia latifolia</i> (Trientalis l.)	Starflower	Edible	
Ericaceae				
	<i>Arbutus menziesii</i>	Madrone	Edible, Medicinal	
	<i>Arctostaphylos columbiana</i>	Hairy Manzanita	Edible, Medicinal	
	<i>Chimaphila menziesii</i>	Baby Pipsissewa	Medicinal	
	<i>Chimaphila umbellata</i>	Pipsissewa	Medicinal	
	<i>Gaultheria shallon</i>	Salal	Edible, Medicinal	
	<i>Monotropa hypopitys</i> (<i>Hypopitys</i> m.)	Pinesap	No pick	
	<i>Monotropa uniflora</i>	Indian Pipe	No pick	
	<i>Pterospora andromedea</i>	Pinedrops	No pick	
	<i>Pyrola asarifolia</i>	Pyrola	Medicinal	
	<i>Pyrola picta</i>	White-veined Pyrola	Medicinal	
	<i>Pyrola</i> sp.	Pyrola	Medicinal	
	<i>Rhododendron macrophyllum</i>	Rhododendron	Poisonous	
	<i>Vaccinium parvifolium</i>	Huckleberry	Edible, Medicinal	
Rubiaceae				
	<i>Gallium aparine</i>	Bedstraw, Cleavers	Edible, Medicinal	
Boraginaceae				
	unidentified forget me not like flower		Poisonous	
Hydrophyllaceae				
	<i>Hydrophyllum tenuipes</i>	Waterleaf	Choice edible	X
	<i>Nemophila parviflora</i>	Wood Nemophila		
	<i>Nemophila</i> sp.	Wood Nemophila		
	<i>Phacelia</i> sp.	Phacelia	Edible	
	<i>Romanzoffia</i> sp.	Mistmaiden	Edible?	
Plantaginaceae (Scrophulariaceae)				
	<i>Collinsia grandiflora</i>	Large Blue-eyed Mary	Edibility unknown	
	<i>Collinsia parviflora</i>	Small Blue-eyed Mary	Edibility unknown	
	<i>Digitalis purpurea</i>	Foxglove	Poisonous	
	<i>Penstemon</i> sp.	Penstemon	Medicinal	
	<i>Synthyris reniformis</i>	Snow Queen	Edibility unknown	X
	<i>Veronica</i> sp.	Veronica	Edible, Medicinal	

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Scrophulariaceae				
	Verbascum thapsus	Mullein	Medicinal	
Lamiaceae (Labiatae)				
	Clinopodium douglasii (Satureja d.)	Yerba Buena	Edible, Medicinal	
	Lamium purpureum	Red Dead Nettle	Edible	
	Prunella vulgaris	Self Heal, Heal All	Edible, Medicinal	
	Stachys cooleyae	Horse Nettle	Edible, Medicinal	
Phrymaceae (Scrophulariaceae)				
	Diplacus sp.	Monkeyflower	Edible	
	Eryanthranthe sp.	Monkeyflower	Edible	
	Erythranthe alsinoides (Mimulus a.)	Baby Monkeyflower	Edible	X
Orobanchaceae (Scrophulariaceae)				
	Castilleja sp.	Paintbrush	Edible	
	Pedicularis racemosa	Parrot's Beak	Medicinal	
Campanulaceae				
	Campanula sp.	Our Friend		
Asteraceae (Compositae)				
	Achillea millefolium	Yarrow	Medicinal	
	Adenocaulon bicolor	Pathfinder	Edibility unknown	
	Anaphalis margaritacea	Pearly Everlasting	Medicinal	
	Crocidium multicaule	Gold Fields	Edibility unknown	
	DYC	Damn Yellow Composite	Poisonous	
	Hieracium albiflorum	Hawkweed		
	Hypochaeris radicata	Cat's Ears	Edible	
	Lactuca sp.	Wild Lettuce	Edible, Medicinal	
	Leucanthemum vulgare (Chrysanthemum l.)	Ox Eye Daisy	Medicinal	
	Petasites frigidus	Western Coltsfoot	Edible, Medicinal (PA's)	X
	Senecio triangularis	Arrowleaf Grounsel	Poisonous	
	Taraxacum officinale	Dandelion	Edible, Medicine	
Adoxaceae (Caprifoliaceae)				
	Sambucus racemosa	Red Elder	Medicinal	
Caprifoliaceae				
	Lonicera ciliosa	Trailing Honeysuckle	Edible W/Caution	

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Family	Genus	Name	Uses	Seen
Caprifoliaceae	Symphoricarpos albus	Snowberry	Edible W/Caution	
Linnaeaceae (Caprifoliaceae)				
	Linnaea borealis var. longifolia	Twinflower	Edibility unknown	
Valerianaceae				
	Plectritis congesta	Corn Salad	Edible	
	Valeriana scouleri	Low-elevation Valerian	Medicinal	
Araliaceae				
	Oplopanax horridus (O. horridum)	Devil's Club	Medicinal	
Apiaceae (Umbelliferae)				
	Angelica sp.	Angelica	Edible, Medicinal	
	Heracleum maximum (H. lanatum)	Cow's Parsnip	Edible, Medicinal	
	Lomatium utriculatum	Spring Gold, Biscuit Root	Edible	
	Oenanthe sarmentosa	Water Parsley	Poisonous	X
	Osmorhiza berteroi (O. chilensis)	Sweet Cicely	Edible, Medicinal	
	Unidentified white Umbelliferae		Poisonous	

**Columbines School of Botanical Studies
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Second Year Field Trip #3**

Elevation 1000'

- L1 Northwestern Forested Mountains
- L2 Western Cordillera
- L3 Cascades
- L4 Western Cascades Lowlands and Valleys

Molalla, Winefelly, Cayuse, Umatilla, and Walla Walla, Kalapuya, Yoncalla, Confederated Tribes of Grand Ronde, Confederated Tribes of Siletz Indians

Botany

Keyed out *Fritillaria affinis*: Douglas Fir - Western Hemlock medium

Herbalism

Uses of *Dicentra formosa*: Coastal and Valley Riparian
Wildcrafting Checklist: Douglas Fir - Western Hemlock medium

Ecology

Ages, Dimensions, and Tolerances of Forest Trees
Plant Associations in the *Tsuga heterophylla* Zone

Douglas Fir - Western Hemlock medium

Associations Visited

Tsuga/*Polystichum*
Tsuga /*Polystichum*/*Oxalis*

Miscellaneous Habitats

Park

Mixed Hardwood - Conifer old-growth

4 Whorls

Mixed Hardwood - Conifer old-growth

Lunch

Coastal and Valley Riparian