

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

May 4, 2025
Trip 5

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

Araceae

Lysichiton americanus (L. americanum)	Skunk Cabbage	+/- Edible
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Melanthiaceae (Liliaceae)

Trillium ovatum	Trillium	No Pick
Veratrum sp.	False Hellebore	Poisonous X

Liliaceae

Fritillaria atropurpurea	Checker Lily	No Pick
Fritillaria affinis (F. lanceolata)	Checker Lily	No Pick
Lilium sp.	Lily	No Pick

Orchidaceae

Calypso bulbosa	Calypso	No Pick
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Iridaceae

Iris missouriensis	Western Iris	Poisonous, Medicinal
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Asparagaceae (Liliaceae)

Leucocrinum montanum	Sand Lily	No Pick
Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal	Edible, Medicinal
Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal	Edible, Medicinal

Pinaceae

Pinus ponderosa	Ponderosa Pine	Edible
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Cupressaceae

Calocedrus decurrens	Incense Cedar	Medicinal X
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Aristolochiaceae

Asarum caudatum	Wild Ginger	Edible, Medicinal
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Berberidaceae

Mahonia aquifolium (Berberis a.)	Tall Oregon Grape	Edible, Medicinal
Mahonia repens (Berberis r.)	Creeping Oregon Grape	Edible, Medicinal X

Ranunculaceae

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

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

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

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

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

- L1 Northwestern Forested Mountains
- L2 Western Cordillera

Meet up (Fish Lake): 3163'

- L3 Cascades
- L4 Cascade Crest Montane Forest
- Douglas Fir - Western Hemlock mature

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

Rest of Class

- L3 Eastern Cascades Slopes and Foothills
- L4 Ponderosa Pine/Bitterbrush Woodland

Tenino, Confederated Tribes of Warm Springs, Cayuse, Umatilla and Walla Walla, Confederated Tribes of Grand Ronde, Confederated Tribes of Siletz Indians

Ponderosa Pine Ecology Lecture (Next to Hwy 20)

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

3354' Ponderosa Pine mature

History

- 1986-09-18, Two-aged Coppice Cut (w/res)
- 1970-12-14 Two-aged Coppice Cut (w/res)
- 1974-03-31, Two-aged Coppice Cut (w/res)
- Controlled Burn within the last 10 years

Park For Walk

Thuja plicata vs. *Calocedrus decurrens*

2794' Ponderosa Pine mature

Keyed *Hydrophyllum alpestre*

2781' Mixed Conifer (White or Douglas Fir/Pine) mature

Lunch

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

2646 Interior Lowland and Foothill Riparian

Miscellaneous

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