

Columbines School of Botanical Studies
Summer Apprenticeship Program
Trip #13 Economic Botanical Survey

July 26, 2025

Middle Elevation Coniferous Woods and Riparian 3342'

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

Uses	Name	Notes	Seen
Food: Roots			
Calochortus tolmiei	Cat's Ears		
Calypso bulbosa	Calypso Orchid	No Pick	
Cirsium sp.	Thistle		
Eriogonum umbellatum	Wild Buckwheat		
Hypochaeris radicata	False dandelion		X
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
Food: Greens and Potherbs			
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		X
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		

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Uses	Name	Notes	Seen
Petasites frigidus	Western Coltsfoot	w/ caution (PA's)	
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 unalaschensis (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		X
Pyrola picta	White-veined Pyrola		X
Ribes lacustre	Swamp Currant		
Rosa gymnocarpa	Rosehips		X
Rubus nutkanus (R. parviflorus)	Thimbleberry		X
Rubus sp.	Blackberry		

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Uses	Name	Notes	Seen
Rubus spectabilis	Salmonberry		
Sorbus sitchensis	Mountain Ash		
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		X
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 Pipsisewa	Diuretic	X
Chimaphila umbellata	Pipsisewa	Diuretic	X
Gallium oreganum	Bedstraw, Cleavers	Diuretic	
Hypochaeris radicata	False dandelion		X
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	X
Rudbeckia occidentalis	Coneflower	Diuretic	X
Sambucus racemosa	Red Elder	Diaphoretic	

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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		X
Ribes lacustre	Swamp Currant		
Rosa gymnocarpa	Wild Rose		X
Rubus nutkanus (R. parviflorus)	Thimbleberry		X
Rubus sp.	Blackberry		
Rubus spectabilis	Salmonberry		
Salix sp.	Willow		
Sorbus sitchensis	Mountain Ash		
Stachys cooleyae	Hedge Nettle, Horse Mint		
Vaccinium membranaceum	Huckleberry		X
Vaccinium ovalifolium	Huckleberry		X

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Uses	Name	Notes	Seen
Calming Herbs, Nervines			
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		
Demulcents, Emollients			
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		
Analgesics, Anesthetics			
Heracleum maximum (H. lanatum)	Cow Parsnip	Nerve Pain	
Salix sp.	Willow		
Misc.			
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		

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 27, 2025

Middle Elevation Coniferous Woods and Riparian 4500'

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

Uses	Name	Notes	Seen
Food: Roots			
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		
Food: Greens and Potherbs			
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		
Food: Fruits			
Amelanchier alnifolia	Serviceberry		X
Arctostaphylos nevadensis	Kinnikinnik		
Arctostaphylos patula	Manzanita		X
Chamaenerion angustifolium (Epilobium a.)	Fireweed		
Chimaphila umbellata	Pipsissewa	Unripe	X
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	X
Mahonia nervosa (Berberis n.)	Mountain Oregon Grape		
Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal	Cathartic	
	Small False Solomon's Seal	Cathartic	
Maianthemum stellatum (Smilacina stellata)	Seal		
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		X
Rosa sp.	Rosehips		
Rubus nutkanus (R. parviflorus)	Thimbleberry		
Rubus sp.	Blackberry		
Streptopus lanceolatus (S. roseus)	Rosy Twisted Stalk		
Trillium ovatum	Trillium	No Pick	
Vaccinium membranaceum	Mountain Huckleberry		X
Vaccinium ovalifolium	Oval Leaf Huckleberry		X
Vaccinium scoparium	Grouseberry		X
Vaccinium uliginosum	Bog Huckleberry		
Xerophyllum tenax	Beargrass		

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	X
Ceanothus velutinus	Red Root	Alterative	
Chimaphila umbellata	Pipsissewa	Diuretic	X
Hypochaeris radicata	False dandelion		

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Uses	Name	Notes	Seen
Mahonia nervosa (Berberis n.)	Mountain Oregon Grape	Alterative	
Sambucus racemosa	Red Elder	Diaphoretic	
Vaccinium membranaceum	Mountain Huckleberry	Diuretic	X
Vaccinium ovalifolium	Oval Leaf Huckleberry	Diuretic	X
Vaccinium scoparium	Grouseberry	Diuretic	X
Vaccinium uliginosum	Bog Huckleberry	Diuretic	

Aromatic/Bitters

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

Astringents

Amelanchier alnifolia	Serviceberry		X
Anaphalis margaritacea	Pearly Everlasting		
Arctostaphylos nevadensis	Kinnikinnik		
Arctostaphylos patula	Manzanita		X
Ceanothus velutinus	Red Root		
cf. Potentilla sp.	Potentilla		
Chamaenerion angustifolium (Epilobium a.)	Fireweed		
Chimaphila umbellata	Pipsissewa		X
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		X
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 membranaceum	Mountain Huckleberry		X
Vaccinium ovalifolium	Oval Leaf Huckleberry		X

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Uses	Name	Notes	Seen
Vaccinium scoparium	Grouseberry		X
Vaccinium uliginosum	Bog Huckleberry		
Calming Herbs, Nervines			
Pedicularis racemosa	Parrot's Beak		
Stachys sp.	Hedge Nettle, Horse Mint		
Valeriana sitchensis	Valerian		X
Demulcents, Emollients			
Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal		
Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal		
Penstemon sp. (2)	Penstemon	Emollient	X
Viola adunca	Field Violet		
Viola orbiculata	Dark Woods Violet		
Viola sp.	Violet		
Analgesics, Anesthetics			
Populus trichocarpa	Cottonwood Buds		X
Salix sp.	Willow		X
Spirea douglasii	Spirea		X
Spirea sp.	Spirea		
Misc.			
Achillea millefolium	Yarrow	Hemostatic	X
Anaphalis margaritacea	Pearly Everlasting	Pretty	
Arctostaphylos nevadensis	Kinnikinnik	Smoke	
Arctostaphylos patula	Manzanita	Smoke	X
Arnica cordifolia	Heart Leaf Arnica	Injury	X
Arnica mollis	Hairy Arnica	Injury	X
Arnica parryi	Nodding Arnica	Injury	X
Ceanothus velutinus	Red Root	Soap	
Chimaphila umbellata	Pipsissewa	Root Beer, Smoke	X
Nuphar polysepala	Water lily	Reproductive	
Pedicularis racemosa	Parrot's Beak	Smoke	
Solidago canadensis	Goldenrod	Allergies	X
Trillium ovatum	Trillium	No Pick, Uterine Astringent	
Vaccinium membranaceum	Mountain Huckleberry	Blood sugar	X

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Uses	Name	Notes	Seen
Vaccinium ovalifolium	Oval Leaf Huckleberry	Blood sugar	X
Vaccinium scoparium	Grouseberry	Blood sugar	X
Vaccinium uliginosum	Bog Huckleberry	Blood sugar	
Xerophyllum tenax	Beargrass	Fiber	

Topics of Botanical Interest

Aconitum columbianum	Monkshood	Very Poison	
Boykinia major		Possible Valerian	
		Indicator	X
Pterospora andromedea	Pinedrops	Mycotroph	X
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		X
Hummingbird		
Kingfisher		
Minnows		
Mosquitoes		X
Mouse		
Northern Flicker		
Oregon Junco		
Ouzel		
Red Winged Beetle		
Snake		
Snake Tracks		

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Uses	Name	Notes	Seen
Someone's been eating Skunk Cabbage			
Startled Duck			
Stellar Jay			
Water snake			
Woodpecker			

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, shelterwood, sanitation cut, and commercial thinning.

Located, harvested, and processed *Arnica mollis*.

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

Keyed out *Senecio triangularis*

Located, harvested, and processed *Arctostaphylos nevadensis* for urinary tract astringent and eternal astringent.

Herbs Harvested:

Tasted the berries of *Lonicera involucrata*, *Amelanchier alnifolia*, *Ribes cereum*, *Rubus nutkanus*, *Rubus ursinus*, *Vaccinium deliciosum*, *Vaccinium membranaceum*, *Vaccinium ovalifolium*, and *Vaccinium scoparium*.