

Columbines School of Botanical Studies
Summer Apprenticeship Program
Trip #15, 16 Economic Botanical Survey

August 9-10, 2025

Middle Elevation Coniferous Woods and Riparian 4200'-4800'

<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		
Hypochaeris radicata	False dandelion		
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	X
Primula jeffreyi (Dodecatheon j.)	Shooting Star		X
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	X
Castilleja miniata	Paintbrush	Concentrates Toxins	
Chamaenerion angustifolium (Epilobium a.)	Fireweed		
Cirsium remotifolium (C. callilepis)	Mountain Thistle		
Claytonia perfoliata (Montia p.)	Miner's Lettuce		
Claytonia sibirica (Montia s.)	Candyflower		
Cornus unalaschkensis (C. canadensis)	Bunchberry		
Epilobium glandulosum	Willow Herb	Turions	
Erythranthe guttata (Mimulus g.)	Yellow Monkeyflower		X
Erythranthe moschata (Mimulus moschatus)	Musk Monkeyflower		
Gallium oreganum	Bedstraw, Cleavers		
Gallium triflorum	Bedstraw, Cleavers		
Hydrophyllum tenuipes	Waterleaf		
Hypochaeris radicata	False dandelion		
Leucanthemum vulgare (Chrysanthemum l.)	Ox Eye Daisy		X
Ligusticum grayi	Oshala		
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		X
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		
Viola sp.	Violet		
Xerophyllum tenax	Beargrass		X

Food: Fruits

Amelanchier alnifolia	Serviceberry		X
Arctostaphylos nevadensis	Kinnikinnik		
Calochortus sp.	Cat's Ear's		
Chamaenerion angustifolium (Epilobium a.)	Fireweed		
Chimaphila menziesii	Baby Pipsissewa	Unripe	
Chimaphila umbellata	Pipsissewa	Unripe	X
Chrysolepis chrysophylla	Golden Chinquapin		
Cornus unalaschkensis (C. canadensis)	Bunchberry		
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	X
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		
Primula jeffreyi (Dodecatheon j.)	Shooting Star		X
Prosartes hookeri (Disporum h.)	Fairy Bells		
Pyrola picta	White-veined Pyrola		
Ribes bracteosum	Stinking Black Currant		
Ribes lacustre	Swamp Currant		
Ribes sp.	Currant, Gooseberry		
Ribes viscosissimum	Sticky Currant		
Rosa sp.	Rosehips		

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Uses	Name	Notes	Seen
Rubus lasiococcus	Dwarf Bramble		
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		X
Xerophyllum tenax	Beargrass		X

Food: Spices/Teas

Achlys triphylla	Vanilla Leaf		X
Angelica arguta	Angelica		
Angelica genuflexa	Angelica		
Asarum caudatum	Wild Ginger		X
Clinopodium douglasii	Yerba Buena		
Fragaria vesca	Wild Strawberry		X
Heracleum maximum (H. lanatum)	Cow Parsnip	Strong	
Juniperus communis			
Ligusticum grayi	Oshala		
Osmorhiza berteroi (O. chilensis)	Sweet Cicely		X
Prunella vulgaris	Self Heal, Heal All	Simple	
Rosa sp.	Wild Rose		
Rubus lasiococcus	Dwarf Bramble		
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	
Angelica arguta	Angelica	Reproductive	
Angelica genuflexa	Angelica		
Arctostaphylos nevadensis	Kinnikinnik	Diuretic	
Artemisia douglasiana	Mugwort	Diaphoretic	
Asarum caudatum	Wild Ginger	Diaphoretic	X
Ceanothus velutinus	Red Root		
Chimaphila menziesii	Baby Pipsissewa	Diuretic	

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

Aromatic/Bitters

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

Astringents

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

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Uses	Name	Notes	Seen
<i>Cornus unalaschkensis</i> (C. canadensis)	Bunchberry		
<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		
<i>Pyrola picta</i>	White-veined Pyrola		
<i>Ribes bracteosum</i>	Stinking Black Currant		
<i>Ribes lacustre</i>	Swamp Currant		
<i>Ribes</i> sp.	Currant, Gooseberry		
<i>Ribes viscosissimum</i>	Sticky Currant		
<i>Rosa</i> sp.	Wild Rose		
<i>Rubus lasiococcus</i>	Dwarf Bramble		
<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		
<i>Sorbus scopulina</i>	Mountain Ash		X
<i>Spirea douglasii</i>	Spirea		X
<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		X

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		X
<i>Pedicularis bracteosa</i>	Cobrahead		X
<i>Pedicularis groenlandica</i>	Elephant's Head		X
<i>Pedicularis racemosa</i>	Parrot's Beak		X
<i>Stachys cooleyae</i>	Hedge Nettle	Mild	X
<i>Valeriana sitchensis</i>	Valerian		X

Demulcents, Emollients

<i>Goodyera oblongifolia</i>	Rattlesnake Plantain	No Pick	
<i>Maianthemum racemosum</i> (Smilacina racemosa)	Large False Solomon's Seal		
<i>Mertensia</i> sp.	Oregon Bluebells	External (PA's)	

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Uses	Name	Notes	Seen
Penstemon sp.	Penstemon	Emollient	
Plantago major	Plantain		
Viola adunca	Field Violet		
Viola glabella	Woods Violet		X
Viola orbiculata	Dark Woods Violet		
Viola sp.	Violet		

Analgesics, Anesthetics

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

Misc.

Achillea millefolium	Yarrow	Hemostatic	
Anaphalis margaritacea	Pearly Everlasting	Pretty	
Arctostaphylos nevadensis	Kinnikinnik	Smoke	
Arnica cordifolia	Heart Leaf Arnica	Injury	
Artemisia douglasiana	Mugwort	Beer, Dreams, Smoke	
Ceanothus velutinus	Red Root	Soap	
Chimaphila menziesii	Baby Pipsissewa	Root Beer, Smoke	
Chimaphila umbellata	Pipsissewa	Root Beer, Smoke	X
Gallium oreganum	Bedstraw, Cleavers	Burns	
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	X
Juniperus communis	Gin		
Leucanthemum vulgare (Chrysanthemum l.)	Ox Eye Daisy	Allergies	X
Pedicularis bracteosa	Cobrahead	Smoke	X
Pedicularis groenlandica	Elephant's Head	Smoke	X
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	
Trillium ovatum	Trillium	No Pick, Uterine	
		Astringent	
Vaccinium membranaceum	Mountain Huckleberry	Blood Sugar	X
Vaccinium ovalifolium	Oval-Leaf Huckleberry	Blood Sugar	X
Vaccinium uliginosum	Bog Huckleberry	Blood Sugar	X
Xerophyllum tenax	Beargrass	Fiber	X

Topics of Botanical Interest

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Uses	Name	Notes	Seen
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	X
Doe			
Elk Bed			
Elk moving in shrubs			
Elk Prints			
Elk Scat			
Elk Trails			
Grouse			
Mazama pocket gopher mounds			
Nymphalis californica	California Tortoiseshell Butterfly		X
Raven			
Red Tailed Hawk			
Red Tailed Hawk Tail Feather	Red Tailed Hawk Tail Feather		
Scat in Veratrum			

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Class Highlights Trip #15-16

Places Visited

- Middle Elevation Coniferous Woods, Meadows, Clearcuts, and Riparian

Topics Covered

- Plant Family Characteristics
- Economic Botanical Survey
- Onagraceae: Flowers 4-merous, inferior ovary
- Keyed out *Veratrum viride* and *Chamaenerion angustifolium* (*Epilobium a.*)
- *Aplodontia rufa* lifestyles
- Meadow locating from the *Xerophyllum*, through the *Vaccinium*, past *Rudbeckia*, and turn right at the *Pedicularis groenlandica*. We used the water gradient for locating.
- Areas with water in spring may dry up in the summer. Use the plants as indicators of water.
- *Pedicularis groenlandica* leaves are harvestable even now, and the stands are easy to locate. The stand blooms at various times making the true population size hard to assess. The full population size is apparent now that the basal growth has thickened and the flower stems are senescent. Noticed that plants that were foraged when flowering had thicker basal leaf growth.
- Harvesting near poisons. Unidentified umbels and *Aconitum columbianum* bulbils were plentiful. Use extra caution when eating berries, harvesting, and processing *Pedicularis groenlandica* or other wetland species.
- How much to harvest? Learn to limit the harvest to specific amounts to fit the processing time and supplies. For this trip, it wasn't critical, but at other times one can harvest more than they are able to process or use.

Herbs Harvested

- Located, harvested, processed *Pedicularis racemosa* above ground parts for tincture.
- Located, harvested, processed *Pedicularis groenlandica* leaf for tincture.
- Located, harvested, processed *Heracleum maximum* (*H. lanatum*) seeds for tincture.

Berries Tasted

- *Vaccinium membranaceum*, huckleberry
- *Vaccinium ovalifolium*, huckleberry
- *Vaccinium uliginosum*, huckleberry
- *Gaultheria ovatifolia*, baby salal
- *Rubus ursinus*, dewberry
- *Amelanchier alnifolia*, service berry
- *Rubus spectabilis*, salmonberry
- *Rubus nutkanus*, thimbleberry
- *Rubus leucodermis*, blackcap raspberries
- *Fragaria* sp., wild strawberry
- *Lonicera involucrata*, twin berry

