

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

April 19, 2026
 Trip 3

Low Elevation Coniferous Woods and Riparian Zone
 1012'

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	
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	

Columbines School of Botanical Studies
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Family	Genus	Name	Uses	Seen
Orchid	Platanthera sp.	Rein Orchid	No pick, edible	
Iridaceae				
	Iris chrysophylla	Iris	Medicinal	
	Iris tenax	Iris	Medicinal	
	Sisyrinchium sp.	Blue-eyed Grass		
Asparagaceae (Liliaceae)				
	Dichelostemma congestum (Brodiaea congesta)	Harvest Lily	No pick, edible	
	Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal	Edible, Medicinal	X
	Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal	Edible, Medicinal	X
Pteridaceae				
	Adiantum aleuticum	Maiden Hair Fern		X
Dryopteridaceae (Polypodiaceae)				
	Polystichum munitum	Sword Fern		
Polypodiaceae				
	Polypodium glycyrrhiza	Licorice Fern		
Aristolochiaceae				
	Asarum caudatum	Wild Ginger	Edible, Medicinal	X
Papaveraceae (Fumariaceae)				
	Dicentra formosa	Bleeding Hearts	Poisonous, Medicinal	X
Berberidaceae				
	Achlys triphylla	Vanilla Leaf	Edible	
	Mahonia aquifolium (Berberis a.)	Tall Oregon Grape	Edible, Medicinal	
	Mahonia nervosa (Berberis n.)	Mountain Oregon Grape	Edible, Medicinal	
	Vancouveria hexandra	Inside-out Flower	Edible	
Ranunculaceae				
	Actaea rubra	Baneberry	Poisonous, Medicinal	
	Anemone cf. oregana	Small Windflower	Poisonous	
	Anemone deltoidea	Large Windflower	Poisonous	

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

Family	Genus	Name	Uses	Seen
Ranunc	Anemone lyallii	Small Windflower	Poisonous	
	Aquilegia formosa	Columbine	Poisonous	
	Coptis laciniata	Goldthread	Medicinal	X
	Delphinium sp.	Larkspur	Poisonous	
	Ranunculus sp.	Buttercup	Poisonous	
	Ranunculus uncinatus	Woods Buttercup	Poisonous	
	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	X
	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	

Columbines School of Botanical Studies
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 Low Elevation Western Cascades

Family	Genus	Name	Uses	Seen
Rosaceae				
	<i>Amelanchier alnifolia</i>	Serviceberry	Edible	X
	<i>Aruncus sylvestris</i>	Goatsbeard	Edibility unknown	
	<i>Fragaria</i> sp.	Wild Strawberry	Choice edible	
	<i>Geum macrophyllum</i>	Geum, Avens	Medicinal	
	<i>Holodiscus discolor</i>	Oceanspray	Edible	
	<i>Oemleria cerasiformis</i>	Osoberry	Edible	X
	<i>Physocarpus capitatus</i>	Ninebark	Fiber	
	<i>Potentilla</i> sp.	Potentilla	Medicinal	
	<i>Prunus</i> sp.	Cherry	Edible, Medicinal	
	<i>Rosa</i> sp.	Rose	Edible, Medicinal	
	<i>Rubus nutkanus</i> (<i>R. parviflorus</i>)	Thimbleberry	Edible, Medicinal	
	<i>Rubus</i> sp.	Blackberry	Edible, Medicinal	
	<i>Rubus spectabilis</i>	Salmonberry	Edible, Medicinal	X
	<i>Spiraea</i> sp.	Spirea	Medicinal	
Rhamnaceae				
	<i>Ceanothus integerrimus</i>	Ceanothus	Medicinal	
	<i>Ceanothus sanguineus</i>	Ceanothus	Medicinal	
	<i>Ceanothus velutinus</i>	Ceanothus	Medicinal	
	<i>Frangula purshiana</i> (<i>Rhamnus</i> p.)	Cascara Sagrada	Medicinal	
Urticaceae				
	<i>Urtica dioica</i>	Stinging Nettle	Edible, Medicinal, Fiber	X
Fagaceae				
	<i>Chrysolepis chrysophylla</i> (<i>Castanopsis chrysophylla</i>)	Golden Chinquapin	Edible	
Celastraceae				
	<i>Paxistima myrsinites</i> (<i>Pachistima</i> m.)	Oregon Box	Ornamental	
Oxalidaceae				
	<i>Oxalis oregana</i>	Oxalis	Choice edible	X
Hypericaceae				
	<i>Hypericum perforatum</i>	St. John's Wort	Medicinal	

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

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Violaceae				
	<i>Viola glabella</i>	Woods Violet	Choice edible	X
	<i>Viola sempervirens</i>	Evergreen Violet	Choice edible	
	<i>Viola</i> sp.	Violet	Choice edible	
Salicaceae				
	<i>Populus trichocarpa</i>	Cottonwood	Medicinal	
	<i>Salix</i> sp.	Willow	Medicinal	
Geraniaceae				
	<i>Geranium robertianum</i>	Herb Robert, Stinky Bob	Edible, Medicinal Astringent	
Onagraceae				
	<i>Boisduvalia</i> sp., <i>Epilobium</i> sp.	Willow Herb	Edible, Medicinal	
	<i>Circaea alpina</i>	Enchanter's Nightshade		
	<i>Epilobium angustifolium</i>	Fireweed	Edible, Medicinal	
Anacardiaceae				
	<i>Toxicodendron diversilobum</i>	Poison Oak	Poisonous	X
Aceraceae				
	<i>Acer circinatum</i>	Vine Maple	Edible	
	<i>Acer macrophyllum</i>	Big leaf Maple	Choice edible	
Brassicaceae (Cruciferae)				
	<i>Cardamine nutallii</i>	Spring Beauty	Edible	
	<i>Cardamine oligosperma</i>	Bittercress	Edible	
	<i>Cardamine</i> sp.	Bittercress	Edible	
Polygonaceae				
	<i>Eriogonum</i> sp.	Wild Buckwheat	Edible	
	<i>Rumex acetosella</i>	Sheep's Sorrel	Edible, Medicinal	
	<i>Rumex obtusifolius</i>	Bitter Dock	Edible, Medicinal	
Caryophyllaceae				
	<i>Moehringia macrophylla</i> (<i>Arenaria</i> m.)	Sandwort		
	<i>Stellaria media</i>	Chickweed	Edible	

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 Second Year Apprenticeship Program
 Low Elevation Western Cascades

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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	
Primulaceae				
	Lysimachia latifolia (Trientalis l.)	Starflower	Edible	
Ericaceae				
	Arbutus menziesii	Madrone	Edible, Medicinal	
	Arctostaphylos columbiana	Hairy Manzanita	Edible, Medicinal	
	Chimaphila menziesii	Baby Pipsissewa	Medicinal	
	Chimaphila umbellata	Pipsissewa	Medicinal	
	Gaultheria shallon	Salal	Edible, Medicinal	
	Monotropa hypopitys (Hypopitys m.)	Pinesap	No pick	
	Monotropa uniflora	Indian Pipe	No pick	
	Pteropora andromedea	Pinedrops	No pick	
	Pyrola asarifolia	Pyrola	Medicinal	
	Pyrola picta	White-veined Pyrola	Medicinal	
	Pyrola sp.	Pyrola	Medicinal	
	Rhododendron macrophyllum	Rhododendron	Poisonous	
	Vaccinium parvifolium	Huckleberry	Edible, Medicinal	
Rubiaceae				
	Gallium aparine	Bedstraw, Cleavers	Edible, Medicinal	
Boraginaceae				
	unidentified forget me not like flower		Poisonous	
Hydrophyllaceae				

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Family	Genus	Name	Uses	Seen
Hydroc	Hydrophyllum tenuipes	Waterleaf	Choice edible	X
	Nemophila parviflora	Wood Nemophila		
	Nemophila sp.	Wood Nemophila		
	Phacelia sp.	Phacelia	Edible	
	Romanzoffia sp.	Mistmaiden	Edible?	
Plantaginaceae (Scrophulariaceae)				
	Collinsia grandiflora	Large Blue-eyed Mary	Edibility unknown	
	Collinsia parviflora	Small Blue-eyed Mary	Edibility unknown	X
	Digitalis purpurea	Foxglove	Poisonous	
	Penstemon sp.	Penstemon	Medicinal	
	Synthyris reniformis	Snow Queen	Edibility unknown	X
	Veronica sp.	Veronica	Edible, Medicinal	
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	

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 Second Year Apprenticeship Program
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Asteraceae	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 Grounel	Poisonous	
	Taraxacum officinale	Dandelion	Edible, Medicine	
Adoxaceae (Caprifoliaceae)				
	Sambucus racemosa	Red Elder	Medicinal	
Caprifoliaceae				
	Lonicera ciliosa	Trailing Honeysuckle	Edible W/Caution	
	Symphoricarpus 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	(blank)	Poisonous	

**Columbines School of Botanical Studies
Low Elevation Coniferous Woods and Riparian
Graduate Program: Further Botanical Studies
Trip #1**

First Year Family Review

Low Elevation Ecology

Key: *Trillium albidum* (*T. chloropetalum*)

General Plant Walk

Harvested for salad: *Oemleria cerasiformis* leaf, *Oxalis oregana* leaf, *Viola glabella* leaf and flower, *Claytonia sibirica* above ground parts, and *Hydrophyllum tenuipes* leaf