

Columbines School of Botanical Studies  
2026 Graduate Program  
Trip #2: Low Elevation Western Cascades Old Growth

April 26, 2026  
Trip 2

Low Elevation Old Growth  
2304', 2816'

**Melanthiaceae (Liliaceae)**

|                 |                 |                    |   |
|-----------------|-----------------|--------------------|---|
| Trillium ovatum | <b>Trillium</b> | No pick, Medicinal | X |
|-----------------|-----------------|--------------------|---|

**Liliaceae**

|                                 |                    |            |   |
|---------------------------------|--------------------|------------|---|
| Clintonia uniflora              | <b>Queen's Cup</b> | Poisonous? | X |
| Prosartes hookeri (Disporum h.) | <b>Fairy Bells</b> | Edible     | X |

**Orchidaceae**

|                              |                             |                   |   |
|------------------------------|-----------------------------|-------------------|---|
| Calypso bulbosa              | <b>Calypso Orchid</b>       | No pick           | X |
| Goodyera oblongifolia        | <b>Rattlesnake Plantain</b> | Mucilaginous      | X |
| Neottia cordata (Listera c.) | <b>Twayblade</b>            | Edibility unknown | X |

**Asparagaceae (Liliaceae)**

|  |                                   |                   |   |
|--|-----------------------------------|-------------------|---|
| Maianthemum stellatum (Smilacina stellata) | <b>Small False Solomon's Seal</b> | Edible, Medicinal | X |
|--|-----------------------------------|-------------------|---|

**Aristolochiaceae**

|                 |                    |                   |   |
|-----------------|--------------------|-------------------|---|
| Asarum caudatum | <b>Wild Ginger</b> | Edible, Medicinal | X |
|-----------------|--------------------|-------------------|---|

**Berberidaceae**

|                               |                              |                   |   |
|-------------------------------|------------------------------|-------------------|---|
| Achlys californica            | <b>Vanilla Leaf</b>          | Edible            | X |
| Mahonia nervosa (Berberis n.) | <b>Mountain Oregon Grape</b> | Edible, Medicinal | X |
| Vancouveria hexandra          | <b>Inside-out Flower</b>     | Edible            | X |

**Rosaceae**

|                       |                 |        |   |
|-----------------------|-----------------|--------|---|
| Oemleria cerasiformis | <b>Osoberry</b> | Edible | X |
| Physocarpus capitatus | <b>Ninebark</b> | Fiber  | X |

**Celastraceae**

|                                      |                   |            |   |
|--------------------------------------|-------------------|------------|---|
| Paxistima myrsinites (Pachistima m.) | <b>Oregon Box</b> | Ornamental | X |
|--------------------------------------|-------------------|------------|---|

**Violaceae**

|                |                     |               |   |
|----------------|---------------------|---------------|---|
| Viola glabella | <b>Woods Violet</b> | Choice edible | X |
|----------------|---------------------|---------------|---|

**Ericaceae**

|                      |                        |           |   |
|----------------------|------------------------|-----------|---|
| Chimaphila menziesii | <b>Baby Pipsissewa</b> | Medicinal | X |
|----------------------|------------------------|-----------|---|

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**Melanthiaceae (Liliaceae)**

|         |                           |                            |           |   |
|---------|---------------------------|----------------------------|-----------|---|
| Ericace | Chimaphila umbellata      | <b>Pipsissewa</b>          | Medicinal | X |
|         | Monotropa uniflora        | <b>Indian Pipe</b>         | No pick   | X |
|         | Pyrola picta              | <b>White-veined Pyrola</b> | Medicinal | X |
|         | Rhododendron macrophyllum | <b>Rhododendron</b>        | Poisonous | X |

**Rubiaceae**

|  |                   |                           |                   |   |
|--|-------------------|---------------------------|-------------------|---|
|  | Gallium triflorum | <b>Bedstraw, Cleavers</b> | Edible, Medicinal | X |
|--|-------------------|---------------------------|-------------------|---|

**Hydrophyllaceae**

|  |                       |                  |               |   |
|--|-----------------------|------------------|---------------|---|
|  | Hydrophyllum tenuipes | <b>Waterleaf</b> | Choice edible | X |
|--|-----------------------|------------------|---------------|---|

**Asteraceae (Compositae)**

|  |                     |                   |                   |   |
|--|---------------------|-------------------|-------------------|---|
|  | Adenocaulon bicolor | <b>Pathfinder</b> | Edibility unknown | X |
|--|---------------------|-------------------|-------------------|---|

**Araliaceae**

|  |                                  |                     |           |   |
|--|----------------------------------|---------------------|-----------|---|
|  | Oplopanax horridus (O. horridum) | <b>Devil's Club</b> | Medicinal | X |
|--|----------------------------------|---------------------|-----------|---|

**Animal Interactions**

|  |           |  |  |   |
|--|-----------|--|--|---|
|  | Deer scat |  |  | X |
|--|-----------|--|--|---|

**Columbines School of Botanical Studies  
Low Elevation Old Growth  
Graduate Program Further Botanical Studies Trip #2**

First Year Family Review

Honey Paste Demonstration: *Ligusticum porteri* root

Examples of cubical heart rot

Old growth eco-system history, definition, and ecology

Off trail old growth walk

Key: *Achlys californica*

General Plant Walk

Differences between the old style low and middle elevations habitat classifications and the current tree association habit classification