

Columbines School of Botanical Studies  
 2026 Graduate Program Further Botanical Studies  
 Trip 3: Low Elevation Western Cascades

Low Elevation Coniferous Woods and Riparian Zone 1726'-1871'

May 10, 2026

Trip 3

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

**Araceae**

Lysichiton americanus (L. americanum)	<b>Skunk Cabbage</b>	+/- Edible	X
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**Melanthiaceae (Liliaceae)**

Trillium ovatum	<b>Trillium</b>	No Pick - Medicinal	X
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**Liliaceae**

Clintonia uniflora	<b>Queen's Cup</b>	Poisonous?	X
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Lilium columbianum	<b>Tiger Lily</b>	No Pick - Edible	X
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Prosartes hookeri (Disporum h.)	<b>Fairy Bells</b>	Cathartic	X
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Streptopus amplexifolius	<b>Twisted Stalk</b>	Cathartic	X
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**Orchidaceae**

Calypso bulbosa	<b>Calypso Orchid</b>	No Pick	X
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Corallorhiza mertensiana	<b>Coral Root</b>	No Pick	X
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Goodyera oblongifolia	<b>Rattlesnake Plantain</b>	Mucilaginous	X
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Neottia cordata (Listera c.)	<b>Twayblade</b>	Edible?	X
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**Iridaceae**

Iris chrysophylla	<b>Iris</b>	Medicinal	X
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**Asparagaceae (Liliaceae)**

Maianthemum racemosum (Smilacina racemosa)	<b>Large False Solomon's Seal</b>	Edible, Medicinal	X
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Maianthemum stellatum (Smilacina stellata)	<b>Small False Solomon's Seal</b>	Edible, Medicinal	X
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**Pteridaceae**

Adiantum aleuticum	<b>Maidenhair Fern</b>	Medicinal	X
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**Aristolochiaceae**

Asarum caudatum	<b>Wild Ginger</b>	Edible, Medicinal	X
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**Papaveraceae (Fumariaceae)**

Dicentra formosa	<b>Bleeding Heart</b>	Poisonous, Medicinal	X
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**Berberidaceae**

Achlys californica	<b>Vanilla Leaf</b>	Edible	X
Achlys triphylla	<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

**Ranunculaceae**

Actaea rubra	<b>Baneberry</b>	Poisonous, Medicinal	X
Anemone deltoidea	<b>Large Windflower</b>	Poisonous	X
Anemone lyallii	<b>Small Windflower</b>	Poisonous	X
Ranunculus uncinatus	<b>Woods Buttercup</b>	Poisonous	X

**Saxifragaceae**

Heuchera micrantha	<b>Alum Root</b>	Medicinal	X
Mitellastrca caulescens (Mitella c.)	<b>Large Bishop's Cap</b>	Edibility unknown	X
Saxifraga mertensiana	<b>Saxifrage</b>	Edible	X
Tellima grandiflora	<b>Fringecup</b>	Edibility unknown	X
Tiarella unifoliata	<b>Coolwort</b>	Edibility unknown	X
Tolmiea menziesii	<b>Youth on Age</b>	Edibility unknown	X

**Crassulaceae**

Sedum oregonense	<b>Stonecrop</b>	Edible	X
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**Rosaceae**

Fragaria vesca	<b>Wild Strawberry</b>	Choice edible	X
Oemleria cerasiformis	<b>Osoberry</b>	Edible	X
Rosa sp.	<b>Wild Rose</b>	Edible, Astringent	X
Rubus nutkanus (R. parviflorus)	<b>Thimbleberry</b>	Choice edible	X
Rubus spectabilis	<b>Salmonberry</b>	Edible, Astringent	X
Rubus ursinus	<b>Blackcap Raspberry</b>	Choice edible	X

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**Hypericaceae**

<i>Hypericum perforatum</i>	<b>St. John's Wort</b>	Medicinal	X
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**Violaceae**

<i>Viola glabella</i>	<b>Woods Violet</b>	Choice edible	X
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<i>Viola sempervirens</i>	<b>Evergreen Violet</b>	Choice edible	X
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**Onagraceae**

<i>Chamaenerion angustifolium</i> (Epilobium a.)	<b>Fireweed</b>	Edible	X
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**Aceraceae**

<i>Acer circinatum</i>	<b>Vine Maple</b>	Edible	X
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<i>Acer macrophyllum</i>	<b>Big leaf Maple</b>	Choice edible	X
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**Montiaceae (Portulacaceae)**

<i>Claytonia perfoliata</i> (Montia p.)	<b>Miner's Lettuce</b>	Choice edible	X
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<i>Claytonia sibirica</i> (Montia s.)	<b>Candy Flower</b>	Choice edible	X
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<i>Montia parvifolia</i>	<b>Small Leaf Montia</b>	Edible	X
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**Cornaceae**

<i>Cornus unalaschkensis</i> (C. canadensis)	<b>Bunchberry</b>	Edible	X
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**Primulaceae**

<i>Lysimachia latifolia</i> (Trientalis l.)	<b>Starflower</b>	Edible	X
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**Ericaceae**

<i>Chimaphila umbellata</i>	<b>Pipsissewa</b>	Astringent	X
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<i>Gaultheria shallon</i>	<b>Salal</b>	Edible	X
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<i>Monotropa uniflora</i>	<b>Indian Pipe</b>	No Pick	X
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<i>Pyrola asarifolia</i>	<b>Pyrola</b>	Astringent	X
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<i>Rhododendron macrophyllum</i>	<b>Rhododendron</b>	Poisonous	X
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<i>Vaccinium parvifolium</i>	<b>Red Huckleberry</b>	Edible, Medicinal	X
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**Rubiaceae**

<i>Galium triflorum</i>	<b>Bedstraw, Cleavers</b>	Edible, Medicinal	X
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**Hydrophyllaceae**

Hydrophyllum tenuipes	<b>Waterleaf</b>	Choice edible	X
Nemophila parviflora	<b>Wood Nemophila</b>		X

**Lamiaceae (Labiatae)**

Stachys cooleyae	<b>Hedge Nettle</b>	Edible, Medicinal	X
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**Phrymaceae (Scrophulariaceae)**

Erythranthe alsinoides (Mimulus a.)	<b>Baby Monkeyflower</b>	Edible	X
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**Orobanchaceae**

Aphyllon purpureum (Orobanche uniflora)	<b>Purple Broomrape</b>	No Pick	X
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**Asteraceae (Compositae)**

Adenocaulon bicolor	<b>Pathfinder</b>	Edibility unknown	X
Petasites frigidus	<b>Western Coltsfoot</b>	Edible	X

**Linnaeaceae (Caprifoliaceae)**

Linnaea borealis var. longifolia	<b>Twinflower</b>	Edibility unknown	X
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**Valerianaceae**

Valeriana scouleri	<b>Low-elevation Valerian</b>	Medicinal	X
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**Apiaceae (Umbelliferae)**

Angelica genuflexa	<b>Angelica</b>	Medicinal, Spice	X
Heracleum maximum (H. lanatum)	<b>Cow Parsnip</b>	Medicinal	X
Lomatium utriculatum	<b>Spring Gold, Biscuit Root</b>	Edible	X
Osmorhiza berteroi (O. chilensis)	<b>Sweet Cicely</b>	Edible	X

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Family Review

General Plant Walk Bioblitz

Keyed out *Maianthemum racemosum*

*Tsuga heterophylla*, Western Hemlock, Zone Associations

Seepy Cliffs