

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

July 23, 2026

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 unalaschensis (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		
Galium 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		
Petasites frigidus	Western Coltsfoot	w/ caution (PA's)	

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Uses	Name	Notes	Seen
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		
Prosartes hookeri (Disporum h.)	Fairy Bells		
Pyrola picta	White-veined Pyrola		X
Ribes lacustre	Swamp Currant		
Rosa gymnocarpa	Rosehips		X
Rubus nutkanus (R. parviflorus)	Thimbleberry		X
Rubus sp.	Blackberry		
Rubus spectabilis	Salmonberry		

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Uses	Name	Notes	Seen
Sorbus sitchensis	Mountain Ash		
Streptopus lanceolatus (S. roseus)	Rosy Twisted Stalk		X
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		X
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 Pipsissewa	Diuretic	X
Chimaphila umbellata	Pipsissewa	Diuretic	X
Galium 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	
Pyrola picta	White-veined Pyrola	Diuretic	X
Rudbeckia occidentalis	Coneflower	Diuretic	X
Sambucus racemosa	Red Elder	Diaphoretic	
Taraxacum officinale	Dandelion		

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Uses	Name	Notes	Seen
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		X
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		
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)	
Galium 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	
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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Class Highlights Trip #13-14

Places Visited:

Middle Elevation Coniferous Woods and Riparian

Topics covered:

Economic Botanical Survey

Asteraceae (Compositae) Taxonomy

Keyed out *Senecio triangularis*

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

Compared *Hypericum perforatum* with the native *Hypericum scouleri* and *Hypericum anagaloides*.

Herbs Harvested:

Tasted the berries of *Rubus nutkanus*, *Rubus spectabilis*, *Rubus ursinus*, *Vaccinium membranaceum*, *Vaccinium ovalifolium*, and *Gaultheria ovatifolia*.

Located, harvested, and processed *Hypericum perforatum* oil and tincture.

Located, harvested, and processed *Pedicularis racemosa* tincture.