

**Columbines School of Botanical Studies
Valley Floor and Coast Range**

Date: April 3, 4, 2010
Trips 1, 2

Equisetaceae

| | | |
|---------------|-----------|-----------|
| Equisetum sp. | Horsetail | Medicinal |
|---------------|-----------|-----------|

Polypodiaceae

| | | | |
|---|------------------------|---------------|------------------------|
| X | Polypodium glycyrrhiza | Licorice Fern | Edible, Medicinal |
| X | Polystichum munitum | Sword Fern | Ecologically important |

Araceae

| | | | |
|---|-----------------------|---------------|------------|
| X | Lysichiton americanum | Skunk Cabbage | +/- Edible |
|---|-----------------------|---------------|------------|

Liliaceae

| | | | |
|---|------------------------|----------------------------|---------------------|
| | Allium sp. | Onion | Edible |
| | Camassia sp. | Camas | No Pick, Edible |
| | Clintonia uniflora | Queen's Cup | Poisonous? |
| X | Disporum hookeri | Fairy Bells | Edible |
| | Disporum smithii | Fairy Lanterns | Edible |
| X | Erythronium oregonum | Fawn Lily | No Pick, Edible |
| | Fritillaria lanceolata | Checker Lily | No Pick, Edible |
| X | Lilium sp. | Lily | No Pick, Edible |
| X | Maianthemum dilatatum | Wild Lily of the Valley | |
| X | Scoliopus hallii | Fetid Adder's Tongue | |
| | Smilacina racemosa | Large False Solomon's Seal | Edible, Medicinal |
| X | Smilacina stellata | Small False Solomon's Seal | Edible, Medicinal |
| X | Trillium chloropetalum | Trillium | No Pick - Medicinal |
| X | Trillium ovatum | Trillium | No pick - Medicinal |
| | Veratrum sp. | False Hellebore | Poisonous |

Iridaceae

| | | | |
|---|----------------------|-----------------|------------------|
| | Iris tenax | Iris | Medicinal |
| X | Syrinchium douglasii | Blue-eyed Grass | Rare Lane County |

Orchidaceae

| | | | |
|---|--------------------------|----------------------|--------------|
| X | Calypso bulbosa | Calypso Orchid | No pick |
| | Corallorhiza mertensiana | Western Coral Root | No pick |
| | Corallorhiza striata | Striped Coral Root | |
| | Goodyera oblongifolia | Rattlesnake Plantain | Mucilaginous |
| X | Listera cordata | Twayblade | |

Pinaceae

| | | | |
|---|-----------------|----------------|--|
| X | Pinus ponderosa | Ponderosa Pine | |
|---|-----------------|----------------|--|

Salicaceae

| | | | |
|---|------------------------------------|-----------------------|--------------------------|
| | Salix sp. | Willow | Astringent, Analgesic |
| | Urticaceae | | |
| X | Urtica sp. | Stinging Nettle | Edible, Medicinal, Fiber |
| | Aristolochiaceae | | |
| X | Asarum caudatum | Wild Ginger | Spice, Medicinal |
| | Polygonaceae | | |
| | Rumex acetosella | Sheep's Sorrel | Edible, Medicinal |
| | Rumex crispus | Yellow Dock | Edible, Medicinal |
| X | Rumex obtusifolius | Bitter Dock | Edible, Medicinal |
| | Portulacaceae | | |
| | Montia perfoliata | Miner's Lettuce | Choice Edible |
| X | Montia sibirica | Candy Flower | Choice Edible |
| | Caryophyllaceae | | |
| | Arenaria sp. | Sandwort | |
| | Cerastium sp. | Hairy Chickweed | Edible |
| | Stellaria media | Chickweed | Edible |
| | Ranunculaceae | | |
| X | Actea rubra | Baneberry | Poisonous, Medicinal |
| X | Delphinium sp. | Larkspur | Poisonous, (Lice) |
| | Ranunculus sp. | Buttercup | Poisonous |
| | Ranunculus occidentalis | Field Buttercup | Poisonous |
| | Ranunculus uncinatus | Woods Buttercup | Poisonous |
| | Thalictrum sp. | Meadow-rue | Poisonous |
| | Berberidaceae | | |
| | Berberis aquifolium | Tall Oregon Grape | Edible, Medicinal |
| X | Berberis nervosa | Mountain Oregon grape | Edible, Medicinal |
| X | Vancouveria hexandra | Inside-out Flower | Edible |
| | Fumariaceae | | |
| X | Dicentra formosa | Bleeding Heart | Poisonous, Medicinal |
| | Brassicaceae (Cruciferae) | | |
| | Brassica campestris/B. rapa | Wild Mustard | Edible |
| X | Cardamine oligosperma | Bittercress | Edible |
| X | Cardamine pulcherrima/C. nuttallii | Spring Beauty | Edible |
| X | Draba sp. | Cress | Edible |
| | Yellow unidentified mustard | | Poisonous |

Saxifragaceae

| | | | |
|---|-------------------------|--------------------|-------------------|
| X | Heuchera micrantha | Alum Root | Medicinal |
| X | Lithophragma parviflora | Ragged Starflower | Edibility unknown |
| | Mitella ovalis | Small Bishop's Cap | Edibility unknown |
| | Saxifraga sp. | | Edible |
| X | Tellima grandiflora | Fringecup | Edibility unknown |
| | Tolmiea menziesii | Youth on Age | Edibility unknown |

Grossulariaceae

| | | | |
|---|------------------|-----------------------|--------|
| | Ribes lobbii | Gummy gooseberry | Edible |
| X | Ribes sanguineum | Red Flowering Currant | Edible |
| | Ribes sp. | Currant or Gooseberry | Edible |

Rosaceae

| | | | |
|---|-----------------------|--------------------|-------------------------------------|
| | Fragaria sp. | Wild Strawberry | Choice edible, Medicinal Astringent |
| | Geum macrophyllum | Geum, Avens | Astringent |
| X | Oemleria cerasiformis | Osoberry | Choice edible |
| X | Physocarpus capitatus | Ninebark | |
| | Prunus sp. | Cherry | Edible, Medicinal |
| X | Rosa sp. | Wild Rose | Edible, Medicinal |
| X | Rubus leucodermis | Blackcap Raspberry | Choice edible, Medicinal Astringent |
| | Rubus parviflorus | Thimbleberry | Choice edible, Medicinal Astringent |
| X | Rubus sp. | Blackberry | Choice edible, Medicinal Astringent |
| X | Rubus spectabilis | Salmonberry | Choice edible, Medicinal Astringent |

Fabaceae (Leguminosae)

| | | | |
|--|--------------------|--------------|-------------------|
| | Cytisus scoparius | Scotch Broom | Poisonous |
| | Lupinus sp. | Lupine | Poisonous |
| | Trifolium pratense | Red Clover | Edible, Medicinal |
| | Trifolium repens | White Clover | Edible |
| | Unidentified | Legume | Poisonous |
| | Vicia sp. | Vetch | Poisonous |

Geraniaceae

| | | | |
|---|--------------------|------------|--------|
| X | Erodium cicutarium | Storksbill | Edible |
| | Geranium molle | Geranium | Edible |

Oxalidaceae

| | | | |
|---|----------------|--------|---------------|
| X | Oxalis oregana | Oxalis | Choice Edible |
|---|----------------|--------|---------------|

Anacardiaceae

| | | | |
|---|------------------|------------|-----------|
| X | Rhus diversiloba | Poison Oak | Poisonous |
|---|------------------|------------|-----------|

Aceraceae

| | | | |
|--|-----------------|------------|--------|
| | Acer circinatum | Vine Maple | Edible |
|--|-----------------|------------|--------|

X *Acer macrophyllum* Big Leaf Maple Choice Edible

Hypericaceae

Hypericum formosum St. John's Wort Medicinal
Hypericum perforatum St. John's Wort Medicinal

Violaceae

Viola adunca Field Violet Choice edible
 X *Viola glabella* Woods Violet Choice edible
 X *Viola nuttalli* var. *praemorsa* Prairie Violet Choice edible
Viola sp. Violet Choice edible

Aquifoliaceae

X *Ilex aquifolium* Holly

Apiaceae (Umbelliferae)

X *Heracleum lanatum* Cow Parsnip Medicinal
 X *Lomatium* sp. Biscuit Root Edible
Lomatium utriculatum Spring Gold, Biscuit Root Edible
Oenanthe sarmentosa Water Parsley Poisonous
Osmorhiza chilensis Sweet Cicely Edible
 Unidentified white Umbelliferae Poisonous
 Unidentified yellow Umbelliferae Poisonous

Cornaceae

Cornus nuttallii Dogwood Astringent

Ericaceae

Arbutus menziesii Madrone Edible, Astringent
Arctostaphylos nevadensis Kinnikinnick Edible, Astringent
 X *Gaultheria shallon* Salal Edible
Monotropa uniflora Indian Pipe No Pick
Rhododendron macrophyllum Rhododendron Poisonous
 X *Vaccinium parvifolium* Huckleberry Edible, Medicinal
Vaccinium sp. Huckleberry Edible

Primulaceae

X *Dodecatheon hendersonii* Shooting Star Edible
Trientalis latifolia Starflower Edible

Hydrophyllaceae

X *Hydrophyllum tenuipes* Waterleaf Choice edible
 X *Nemophila menziesii* Baby Blue Eyes
Nemophila parviflora Wood Nemophila

Boraginaceae

| | | | |
|---|--------------------|------------------|------------------|
| X | Cynoglossum grande | Hounds Tongue | Medicinal (PA's) |
| | Mertensia sp. | Oregon Bluebells | Medicinal (PA's) |

Lamiaceae (Labiatae)

| | | | |
|---|---------------------|---------------------|-------------------|
| X | Lamium purpureum | Red Dead Nettle | Edible |
| X | Melissa officinalis | Lemon Balm | Medicinal |
| | Prunella vulgaris | Self Heal, Heal All | Edible, Medicinal |
| | Satureja douglasii | Yerba Buena | Spice, Medicinal |
| X | Stachys sp. | Hedge Nettle | Edible, Medicinal |

Scrophulariaceae

| | | | |
|---|----------------------|----------------------|----------------------|
| | Collinsia parviflora | Small Blue-eyed Mary | Edibility unknown |
| X | Digitalis purpurea | Foxglove | Poisonous, Medicinal |
| | Mimulus alsinoides | Baby Monkeyflower | Edible |
| | Mimulus sp. | Monkeyflower | Edible |
| | Verbascum thapsus | Mullein | Medicinal, TP |
| | Veronica sp. | Veronica | Edible |

Rubiaceae

| | | | |
|---|-------------|--------------------|-------------------|
| X | Gallium sp. | Bedstraw, Cleavers | Edible, Medicinal |
|---|-------------|--------------------|-------------------|

Caprifoliaceae

| | | | |
|---|----------------------|-------------|-------------------------|
| X | Lonicera ciliosa | Honeysuckle | |
| X | Sambucus racemosa | Red Elder | Astringent, Diaphoretic |
| | Symphoricarpos albus | Snowberry | |

Cucurbitaceae

| | | | |
|--|----------------|---------------|-----------|
| | Marah oreganus | Wild Cucumber | Poisonous |
|--|----------------|---------------|-----------|

Asteraceae (Compositae)

| | | | |
|---|----------------------------|-------------------|-------------------|
| | Achillea millefolium | Yarrow | Medicinal |
| | Adenocaulon bicolor | Pathfinder | Poisonous |
| | Bellis perennis | Field Daisy | Edible |
| | Chrysanthemum leucanthemum | Ox Eye Daisy | Edible, Medicinal |
| | Cirsium sp. | Thistle | Edible |
| | DYC | | Poisonous |
| | Hypochaeris radicata | False Dandelion | Edible |
| X | Petasites frigidus | Western Coltsfoot | +/- Edible (PA's) |
| | Senecio vulgaris | Groundsel | Poisonous |
| | Taraxacum officinale | Dandelion | Edible, Medicinal |

60 Plants Seen

Locations

Valley Floor 400'

Top of Butte 1500'
Low Elevation Coast Range 600'

Topics

Botany Review

Keyed out: *Trillium chloropetalum*

Nemophila menziesii

Scolopos hallii

Polypodium glycyrrhiza

Plant Zones of the Pacific Northwest

Uses of *Polypodium glycyrrhiza*, *Urtica* sp.

Urtica locating and harvesting

Harvested Wild edibles: *Viola* sp., *Oxalis oregana*, *Rubus spectabilis* leaves, *Montia sibirica*,
Cardamine nuttallii, *Hydrophyllum tenuipes*, *Gallium* sp.

Adrenocortical steroids, cortisone, licorice

Adrenergics, uses of *Ephedra*

IgE Mediated Histamine Responses

Animal Interactions