

Bend Plant Walk

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October in the heart Central Oregon is often cold at night and sometimes snowy. Many of the exciting plants growing along the Deschutes River will be dormant and essentially asleep for the winter. However, since this marvelous conference is situated in the ecologically diverse Pacific Northwest, We decided to give you a list of some native food and medicinals. Look out towards the west. Notice that big snow-covered peaks, Mount Bachelor, The Three Sisters, Mount Washington, and others will be visible throughout your stay. Imagine that you are part way up those mountains, almost to the timberline, but not quite. These are the plants we see at middle elevation (4800') in the coniferous woods, meadows, clearcuts, and riparian zones. It is a joy to realize that food and medicine grows around us wherever we travel. It is a reminder that we have a place on an earth that nourishes us.

Food: Roots

<i>Cirsium sp.</i>	Thistle	
<i>Dodecatheon jeffreyi</i>	Shooting Star	
<i>Habenaria sp.</i>	Green Rein Orchid	No Pick
<i>Habenaria sp.</i>	White Rein Orchid	No Pick
<i>Lilium columbianum</i>	Tiger Lily	No Pick
<i>Polygonum bistortoides</i>	Mountain Bistort	
<i>Xerophyllum tenax</i>	Beargrass	

Food: Greens and Potherbs

<i>Achlys triphylla</i>	Vanilla Leaf	
<i>Caltha biflora</i>	Marsh Marigold	Cooked
<i>Castilleja sp.</i>	Paintbrush	
<i>Chrysanthemum leucanthemum</i>	Ox Eye Daisy	
<i>Cirsium sp.</i>	Thistle	
<i>Cornus canadensis</i>	Bunchberry	
<i>Dodecatheon jeffreyi</i>	Shooting Star	
<i>Epilobium angustifolium</i>	Fireweed	
<i>Gallium sp.</i>	Bedstraw, Cleavers	
<i>Habenaria sp.</i>	Green Rein Orchid	No Pick
<i>Habenaria sp.</i>	White Rein Orchid	No Pick
<i>Ligusticum grayi</i>	Oshala	
<i>Lilium columbianum</i>	Tiger Lily	No Pick
<i>Mimulus guttatus</i>	Yellow Monkeyflower	
<i>Mimulus moschatus</i>	Musk Monkeyflower	
<i>Montia sibirica</i>	Candyflower	
<i>Orthocarpus sp.</i>	Owls Clover	
<i>Osmorhiza chilensis</i>	Sweet Cicely	
<i>Phacelia sp.</i>	Phacelia	
<i>Plantago major</i>	Plantain	
<i>Rosa sp.</i>	Wild Rose	
<i>Stachys cooleyae</i>	Hedge Nettle	
<i>Trifolium repens</i>	White Clover	
<i>Trifolium sp.</i>	Native Clover	
<i>Trillium ovatum</i>	Trillium	No Pick
<i>Viola glabella</i>	Woods Violet	
<i>Viola orbiculata</i>	Dark Woods Violet	
<i>Xerophyllum tenax</i>	Beargrass	

Food: Fruits

<i>Amelanchier alnifolia</i>	Serviceberry	
<i>Chimaphila umbellata</i>	Pipsissewa	Unripe
<i>Cornus canadensis</i>	Bunchberry	
<i>Dodecatheon jeffreyi</i>	Shooting Star	
<i>Epilobium angustifolium</i>	Fireweed	
<i>Fragaria sp.</i>	Wild Strawberry	
<i>Lilium columbianum</i>	Tiger Lily	No Pick
<i>Lonicera involucrata</i>	Twinberry	
<i>Nuphar polysepalum</i>	Water lily	
<i>Pyrola secunda</i>	One-sided Pyrola	
<i>Ribes lacustre</i>	Swamp Currant	
<i>Ribes sp.</i>	Currant, Gooseberry	
<i>Ribes viscosissimum</i>	Sticky Currant	
<i>Rosa sp.</i>	Wild Rose	
<i>Rubus lasiococcus</i>	Dwarf Bramble	
<i>Rubus parviflorus</i>	Thimbleberry	
<i>Rubus sp.(2)</i>	Blackberry	
<i>Rubus spectabilis</i>	Salmonberry	
<i>Smilacina racemosa</i>	Large False Solomon's Seal	
<i>Smilacina stellata</i>	Small False Solomon's Seal	
<i>Sorbus sp.</i>	Mountain Ash	
<i>Trillium ovatum</i>	Trillium	No Pick
<i>Vaccinium sp.</i>	Huckleberry	
<i>Xerophyllum tenax</i>	Beargrass	

Food: Spices/Teas

<i>Achlys triphylla</i>	Vanilla Leaf	
<i>Angelica arguta</i>	Angelica	
<i>Angelica genuflexa</i>	Angelica	
<i>Fragaria sp.</i>	Wild Strawberry	
<i>Heracleum lanatum</i>	Cow Parsnip	Strong
<i>Ligusticum grayi</i>	Oshala	
<i>Osmorhiza chilensis</i>	Sweet Cicely	
<i>Rosa sp.</i>	Wild Rose	
<i>Rubus lasiococcus</i>	Dwarf Bramble	
<i>Rubus parviflorus</i>	Thimbleberry	
<i>Rubus sp.(2)</i>	Blackberry	
<i>Rubus spectabilis</i>	Salmonberry	
<i>Trifolium repens</i>	White Clover	
<i>Trifolium sp.</i>	Native Clover	

Alteratives incl. Diaphoretics and Diuretics

<i>Angelica arguta</i>	Angelica	Alterative
<i>Angelica genuflexa</i>	Angelica	Alterative
<i>Ceanothus sanguineus</i>	Red Root	Alterative
<i>Chimaphila umbellata</i>	Pipsissewa	Diuretic
<i>Gallium sp.</i>	Bedstraw	Diuretic
<i>Ligusticum grayi</i>	Oshala	Anti-viral
<i>Pyrola secunda</i>	One-sided Pyrola	Diuretic
<i>Rudbeckia sp.</i>	Coneflower	Diuretic
<i>Sambucus racemosa</i>	Red Elder	Diaphoretic
<i>Vaccinium sp.</i>	Huckleberry	Diuretic

Aromatic/Bitters

<i>Angelica arguta</i>	Angelica	
<i>Angelica genuflexa</i>	Angelica	
<i>Heracleum lanatum</i>	Cow Parsnip	Strong
<i>Ligusticum grayi</i>	Oshala	
<i>Osmorhiza chilensis</i>	Sweet Cicely	
<i>Pedicularis bracteosa</i>	Cobrahead	Bitter
<i>Pedicularis groenlandica</i>	Elephant's Head	Bitter
<i>Pedicularis racemosa</i>	Parrot's Beak	Bitter

Astringents

<i>Amelanchier alnifolia</i>	Serviceberry
<i>Anaphalis margaritacea</i>	Pearly Everlasting
<i>Ceanothus sanguineus</i>	Red Root
<i>Chimaphila umbellata</i>	Pipsissewa
<i>Cornus canadensis</i>	Bunchberry
<i>Fragaria sp.</i>	Wild Strawberry
<i>Geum macrophyllum</i>	Geum
<i>Polygonum bistortoides</i>	Mountain Bistort
<i>Populus trichocarpa</i>	Cottonwood Buds
<i>Potentilla sp.</i>	Potentilla
<i>Pyrola secunda</i>	One-sided Pyrola
<i>Ribes lacustre</i>	Swamp Currant
<i>Ribes viscosissimum</i>	Sticky Currant
<i>Rosa sp.</i>	Wild Rose
<i>Rubus lasiococcus</i>	Dwarf Bramble
<i>Rubus parviflorus</i>	Thimbleberry
<i>Rubus sp.(2)</i>	Blackberry
<i>Rubus spectabilis</i>	Salmonberry
<i>Salix sp.</i>	Willow
<i>Sambucus racemosa</i>	Red Elder
<i>Sorbus sp.</i>	Mountain Ash
<i>Spirea sp.</i>	Spirea
<i>Stachys cooleyae</i>	Hedge Nettle
<i>Vaccinium sp.</i>	Huckleberry

Calming Herbs, Nervines

<i>Corallorhiza sp.</i>	Coral Root	No Pick
<i>Hypericum formosum</i>	St. John's Wort	
<i>Hypericum perforatum</i>	St. John's Wort	
<i>Pedicularis bracteosa</i>	Cobrahead	
<i>Pedicularis groenlandica</i>	Elephant's Head	
<i>Pedicularis racemosa</i>	Parrot's Beak	
<i>Stachys cooleyae</i>	Hedge Nettle	
<i>Valeriana sitchensis</i>	Valerian	

Pain (see Tranquilizers/Muscle Relaxants)

<i>Heracleum lanatum</i>	Cow Parsnip	Nerve Pain
<i>Populus trichocarpa</i>	Cottonwood Buds	
<i>Salix sp.</i>	Willow	
<i>Spirea sp.</i>	Spirea	

Demulcents, Emollients

<i>Goodyera oblongifolia</i>	Rattlesnake Plantain	No Pick
<i>Mertensia paniculata</i>	Oregon Bluebells	External (PA's)
<i>Penstemon sp.</i>	Penstemon	Emollient
<i>Smilacina racemosa</i>	Large False Solomon's Seal	
<i>Smilacina stellata</i>	Small False Solomon's Seal	

Misc.

<i>Anaphalis margaritacea</i>	Pearly Everlasting	Pretty
<i>Ceanothus sanguineus</i>	Red Root	Soap
<i>Chimaphila umbellata</i>	Pipsissewa	Root Beer
<i>Chrysanthemum leucanthemum</i>	Ox Eye Daisy	Allergies
<i>Gallium sp.</i>	Bedstraw	Burns
<i>Pedicularis bracteosa</i>	Cobrahead	Smoke
<i>Pedicularis groenlandica</i>	Elephant's Head	Smoke
<i>Pedicularis racemosa</i>	Parrot's Beak	Smoke
<i>Plantago major</i>	Plantain	Drawing Poultice
<i>Trillium ovatum</i>	Trillium	No Pick, Uterine
<i>Vaccinium sp.</i>	Huckleberry	Astringent
<i>Xerophyllum tenax</i>	Beargrass	Blood sugar
		Fiber

Topics of Botanical Interest

<i>Aconitum columbianum</i>	Monkshood	Very Poison
<i>Actaea rubra</i>	Baneberry	
<i>Boykinia major</i>	Boykinia	Possible Valerian Indicator
<i>Lysichiton americanum</i>	Skunk Cabbage	Very Big (3-4' leaves)
<i>Senecio triangularis</i>	Arrow Leafed Grounset	PA's
<i>Veratrum viride</i>	Veratrum	Very Poison