

Its flowers, blooming from June to September, are greenish or greenish-white.

Site: Wet to swampy areas, usually in the open but shady places, up to 5,500 feet in wet meadows but more common on low woodland seeps. It can be found on deep soils.

Range: Alaska to California and western Montana. Also found in Europe

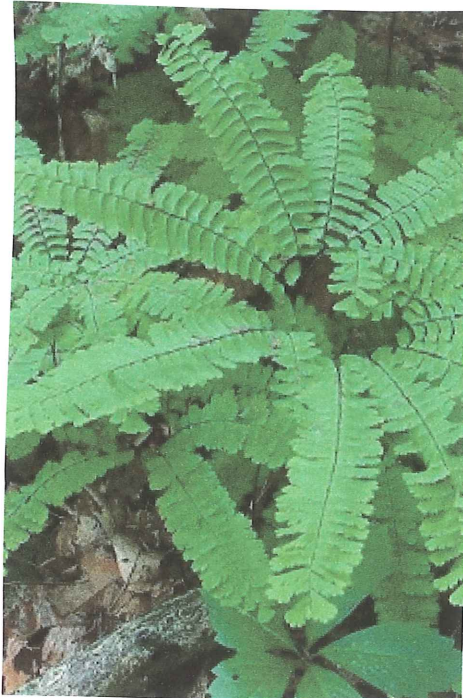
Nettles have been used in Europe for medicine for over 2,000 years. Tea, made from the leaves was used to stop bleeding.

56 Common Name: MAIDENHAIR FERN

Scientific Name: *Adiantum pedatum*

Also Called: Northern maidenhair fern

Beaver Creek Trail



This fern is much-branched.

The spore-bearing structures are located near the lobed tips of the leaflets. These sporangia are arranged together in a narrow band.

The root system is fibrous and has rhizomes. The rhizomes often produce small colonies of plants.

Site: It prefers light shade and moist conditions and loose fertile soil with an abundance of humus. This fern likes high humidity and a shaded area that is protected from the wind.

Habitat: Rich deciduous woodlands, rocky wooded slopes, and shaded ravines. It is normally not found in degraded woodlands where the original ground flora has been largely destroyed.

There are reports that White-tailed Deer don't browse on its fronds, which may be an indication of their toxicity.

57 Common Name: MAN IN THE GROUND

Beaver Creek Trail

Glenn Otto Park 45 32 143 N
122 22 642 W

It's like a cucumber plant.

58 Common Name: MINER'S LETTUCE

Scientific Name: *Claytonia perfoliata*
(perfoliata the stem which perforates
or pierces the leaf)

Glenn Otto Park

Miner's lettuce is a member of the
Purslane family.



Height to 12 inches.

It's white flowers bloom from February to June.

Site: Usually found in shady places from here to California.

Miners used to eat this plant for salad greens. My grandmother used to gather it to put in our salads.

This North American plant was established in Belfast, Ireland and now turns up as a garden or casual weed in Ireland.

59 Common Name: MONEY
PLANT

Scientific Name: *Lunaria annua*

Also Called Silver dollars
Honesty

Both blue and white varieties are
found in Glenn Otto Park.

This is a biennial which lives for
two years and then dies.

The plant slowly forms seed pods
which then flake away revealing
shiny silver disks.

The plant seeds very well. You can
just throw the seeds on the ground
and they'll grow. Plant seeds two
years in a row and eventually you'll
have plants blooming every year.



60 Common Name: MOSS

Scientific Name: Lycopodium

Beaver Creek Trail

Glenn Otto Park

Helen Althaus Park 45 32.212 N
122 23.455 W

Mosses are small plants.
Most of them have stems and
leaves.

They all collect energy
from the sun.

Mosses have an ability to
withstand both hot and cold
temperatures. Some mosses
can hold 15-20 times their own weight in water.

They can provide the first faint green of early spring.

The evergreen forests of our West Coast, from Santa Cruz, California to Dutch Harbor, Alaska have more and bigger mosses than any other part of the North American Continent. These soft and spongy mosses are good for packing crockery.

Mosses provide an elegant touch to the landscape. On some rich estates, mosses are cultivated and cared for because of their artistic value.

Remember "the murmuring pines and hemlocks, bearded with moss?" That one's not a moss, but a lichen.

In ancient and medieval medicine, mosses had a place. They were believed to be good for the liver and so were called liverworts, a name we still use although we now consider liverworts to not be a moss but only closely related to moss. According to modern standards, no moss is credited with any medical virtue.



Peat moss is still used for fuel in Ireland, Scotland, and Northern Europe. When biological supply houses wish to ship frogs, peat moss provides an ideal moist medium for the frog while in transit.

Site: Mosses are found from moist woods to timberline. They prefer shade, moisture and poor acid soils. You may even find moss growing on the ground.

61 Common Name: MULLEN

Scientific Name: *Verbascum thapsus*

Also Called: Bullocks lungwort, used to treat cattle for coughs and pneumonia.

Sunrise Park

Mullen is a member of the snapdragon family.

This is considered to be a weed.

This is a biennial with a bushel-basket sized rosette.

The flower spike can grow to five feet high.

The seeds may remain in a state of suspended animation for more than a century.

Mullen was probably introduced during colonial times from Eurasia as a medicinal herb to keep products from spoiling.

