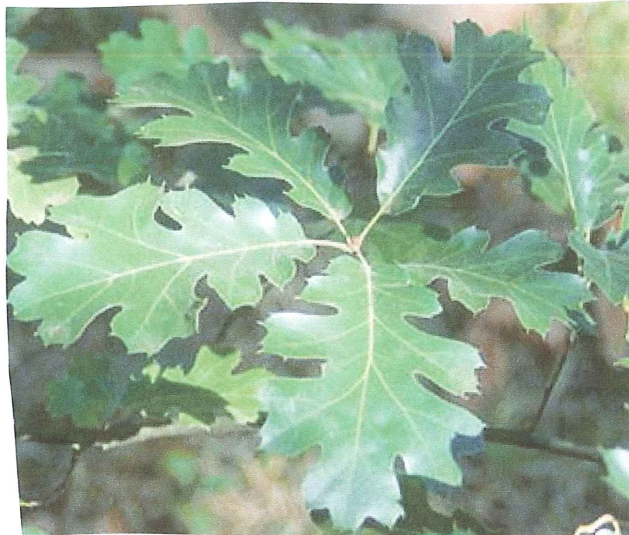


16 Common Name: CALIFORNIA BLACK OAK

Scientific Name: *Quercus kelloggii*  
(*Quercus* is the Latin name for oak.)

Also Called: Kellogg's oak

Glenn Otto Park



**CAUTION:** When the Indians prepared its acorns for eating, the acorns were ground into meal and leached of their poisonous tannin by pouring boiling water over the meal in a sand pit. Acorns are reported to provide 37% fat, 8% protein, traces of calcium, magnesium, phosphorous, potassium and sulphur. The Indian had an excellent food source going for him.

Height: Up to 80 feet.

A broad, round-topped deciduous tree.

Site: Found in the foothills and lower mountains.

Its leaves are over 4 inches long.

The acorns are deep-set in the cup and mature in one year, furnishing food in autumn.

Range: California Coast Ranges and as far north as Lane County, Oregon, but it does not occur near the ocean. In northern California the California black oak can cover thousands of acres and be the dominant tree in whole forests.

## 17 Common Name: CANADIAN THISTLE

Beaver Creek Trail

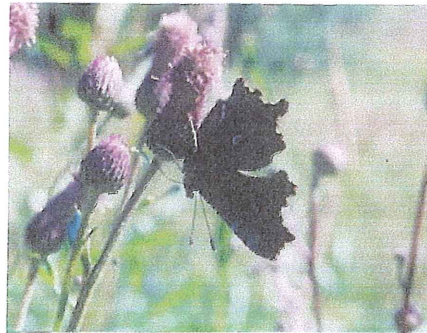
Scientific Name: *Cirsium arvense*,  
variety *horridum*  
(From Greek *kirsos*, a swollen  
vein, for which thistles,  
called *kirsion*, were a reputed  
remedy).

Also Called:       Creeping thistle  
                  Canada thistle



The Canadian thistle has  
deep-seated creeping roots  
called rhizomes.

It is a cosmopolitan noxious  
weed from Eurasia.  
It is classified as a noxious  
weed in several Blue  
Mountain counties of Oregon



Canadian thistle is an invader into disturbed areas such as logging, roading, and overgrazing. If you look around you will see that this area has been disturbed.

The flowers are bluish.

In Morocco, a delicious tagine  
dish is made from meat and the  
base of the thistle. This base  
is similar to that of the  
artichoke. It takes the ladies  
of the household all day to  
pick and prepare these tiny  
morsels.





The roots may be eaten raw or cooked. Peeled stems can be cooked as greens.

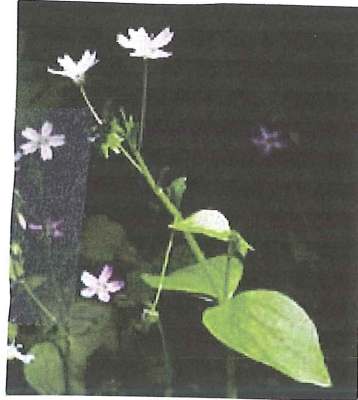
18 Common Name: CANDYFLOWER

Scientific Name: *Claytonia sibirica*

Also Called: Montia

Western springbeauty  
Siberian candy flower  
Siberian montia  
Siberian miners lettuce

Beaver Creek Trail  
Helen Althaus Park



This annual or short-lived perennial has fleshy leaves.

The petals of the flowers are peppermint-striped. If you pick the flowers, they will wilt quickly.

Site: Moist shaded places, lowland to mid mountain.

Range: Alaska to California both sides of the Cascades, east to Montana and Utah. In the Columbia Gorge, it may be found from the western approaches to the gorge to as far east as the White Salmon River at elevations from 100-4,000 feet.

Candyflower can be used as a lettuce or spinach in salads. The leaves, stems and flowers may all be eaten and are high in Vitamin A & C.

The juices can be rubbed into the hair for use as a styling gel.

They say early miners let ants walk over the leaves to help give it a tangy, vinegar-like flavor.

19 Common Name: CASCARA

The word "cascara" means  
"bark" in Spanish.

Scientific Name: *Rhamnus*  
*purshiana*

Also Called: Chittim

Cascara buckthorn

Cascara sagrada (Means  
sacred bark)

Bearberry

Bearwood

Pursh's buckthorn

Wahoo

Coffeeberry

Coffeetree

Bitterbark



Glenn Otto Park 45 32.152 N  
122 22.710 W

A deciduous shrub or low tree.

Height: Up to 49 feet

The main leaf veins turn inward from the leaf margin.

The flowers are greenish.

Its purple-black berries are poisonous to humans, having a sickly, sweetish taste, although they are eaten by Band-tailed pigeons, Grouse, and Raccoons. The hard seed inside is not digested and therefore is scattered beside roads and fields and along fence rows by these animals and birds which can tolerate it.

Cascara sprouts vigorously when cut. Bark peelers, therefore, will perpetuate their business by cutting down the tree about a foot above the ground before stripping it,

so that the stump is not peeled.

The bark of the Cascara has a bitter taste and is widely collected for its medicinal value (it is a cathartic with response like milk of magnesia). It is the source of the drug "Cascara Sagrada." The Indians introduced this tree to the Spanish and Mexican explorers. A tree 6 inches in diameter at breast height will produce 12 to 15 pounds of bark, dry weight - enough to furnish one dose each to more than 2,000 people.

Cascara was discovered by the Lewis and Clark Expedition in Montana in 1805-06 and was collected at Kamiah, Idaho the next year.

Site: Found at low elevations up to 3,000 feet in well-drained and moderately moist soils.

Range: British Columbia to California, mostly west of the Cascades, but it is found eastward to Idaho and western Montana. The Cascara is native to North America.

## 20 Common Name: CAT-TAILS

Scientific Name: Typhaceae  
latifolia (From ancient  
Greek, typhē)

Also Called: Common Cat-tail  
Bulrush  
Reedmace

Sunrise Park

The Cat-tail, often  
erroneously called tule, is  
an important refuge for many  
animals, especially waterfowl.



Grows in shallow, standing, or slow moving water  
or in wet meadows.



Range: From Alaska to Mexico, east to most of southern Canada and throughout the U.S. Eurasia, and North Africa.

The Cat-tail is low in palatability.

The roots are edible having a core of nearly pure starch. They can be boiled, roasted, dried and ground into flour.

The young shoots, when they are 4-8 inches tall are good raw or cooked.

Bread can be made from the pollen.

Cat-tail down has been used in pillows, padding, and dressing wounds.

The leaves can be woven for mats and baskets.

21 Common Name: CEDAR OF LEBANON

Scientific Name: *Cedrus libani*

Helen Althaus Park 45 32.098 N  
122 23.858 W

Height: To 80 feet



The four-sided needles, which grow in tufts of 30-40, look like those of the Larch, but they are evergreen.

The flowers, or catkins, are two inches long and reddish in color.

The cones, 4-5 inches long, stand straight up on the branch. Although the cones ripen from August to October, the seeds are not shed until spring.

The largest self-regenerating stand is in Jabal elBarouk, Lebanon. That stand supports some wolves and wild boar.

Site: From 4, 464 feet to 6,000 feet. They require lots of light and 40 inches of rain per year.

Range: In the Jebel Alaonite Mountains of Syria and Lebanon and The Taurus Mountains of Syria and southern Turkey.

22 Common Name: CHESTNUT

Scientific Name: *Castanea dentata*

Also Called: American chestnut

Helen Althaus Park 45 32.246 N  
122 23.387 W

Height Formerly to 90 feet

The long, pointed leaves have coarse teeth.



In this species there are two kinds of flowers on the same tree.

The fruit is a prickly burr containing 2 to 3 nuts which are shiny, brown, sweet, and edible.

The wood is light and soft, weak and coarse-grained, but is very resistant to decay in contact with the soil. It is used for posts, poles, crossties and light building construction. The wood is rich in tannin which has been extracted for tanning hides.

Between the 1930's and the 1950's, the Chestnut blight fungus (*Cryphonectria parasitica*), which affects the bark, was killing the Chestnut in much of Northeastern US where the stump sprouts rarely live long enough to produce nuts. Full-sized Chestnut trees can now be found as ornamentals in northwestern US.

Site: In gently rolling hills with sandy loam or rocky hillsides

23 Common Name: COASTAL  
REDWOOD

Scientific Name: *Sequoia sempervirens*  
(evergreen)

Sequoia was a Cherokee man who  
invented a system for writing down the  
Cherokee language.

Glenn Otto Park 45 32.219  
122 22.731



Also Called: Wellingtonia

This is the tallest tree and also the tallest living thing on earth reaching to over 360 feet high. It is not the biggest tree because the Giant Redwood has a thicker trunk and more mass.

The bark is thick and red.

The burls at the base of the tree can bring on new growth when the old tree dies.

Some have lived for 2,000 years.



24 Common Name: COCKLEBUR

Scientific Name: *Xanthium strumarium*

Also Called: Clodbur

Common cocklebur

Large cocklebur

Rough cocklebur

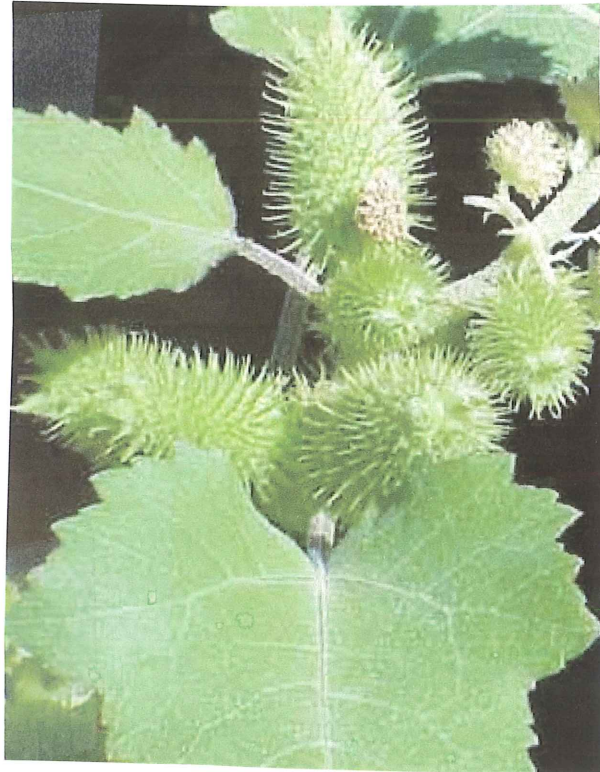
Velcro weed

Glenn Otto Park 45 32.201 N  
122 22.670 W

Helen Althaus Park

This is a coarse, herbaceous, annual plant.

It is a flowering type and belongs to the daisy family.



The seeds are hard, spiny, football-shaped burs. These seeds stick to fur and clothing and are hard to get off. Because of its stiff, hooked spines it has been carried widely by unsuspecting travelers.

Requiring long nights, the plant may not bloom during the long days of summer or near a streetlight. Because of this light limitation, the Cocklebur can bloom in the tropics.

This is a noxious weed on a worldwide scale.

Cocklebur can be poisonous to livestock, especially pigs which may get sick and die. The seeds and seedlings are the most toxic parts of this plant.

Cocklebur has been used for making yellow dye.

The seeds could be used as darts in a dart game or, with sixteen of them, glued

together to form a perfect poodle dog.

25 Common Name: COW PARSNIP

Scientific Name: *Heracleum lanatum*  
(*Heracleum* comes from the name of the Greek god, Heracles and the Roman god Hercules considered to be a mortal of great size and strength.) (*Lanatum* means woolly referring to the hairs on the plant.)

Also Called Hogweed

Beaver Creek Trail  
Helen Althaus Park 45 32.269 N  
122 23.387 W



This is a tall, perennial forb.

It has broad leaves and an unpleasant odor.

The flowers, blooming from June to August, are white, in large groups.

The oblong fruit may smell like sunflower seeds, which are fed on by birds in the fall.

The stems are hollow and have a pith.

Range: From Labrador to Alaska and southward to Georgia and Arizona and are found up to an elevation of 3,000 meters in the mountains.

This is valuable forage for livestock, deer, elk, moose and bear.

Cow parsnip damaged by feeding insects grow a new set of leaves.

The juice and hairs of the outer skin will cause blisters if left in contact with your skin.

The Cree Indians roasted Cow parsnip on hot coals and then ate the pith. They ate the young roots as a cooked vegetable.

Medically, the roots were dried, grated and applied to swollen legs to relieve swelling. Arms, legs, and heads were treated with it for pain.

26     Common Name: CURLY DOCK

Scientific Name: *Rumex crispus*

Glenn Otto Park





The flowers have no scent.

The fruit and stems of Curly Dock become dark brown with maturity. The plant spreads by reseeding. The seeds are viable for up to 50 years.

The root system consists of a stout taproot that has a pale yellow interior.

Site: Full sun and moist to dry conditions.

This is a native of Eurasia and was first observed in the US in the 1700's.

Habitat: Seeps, glades, weedy meadows, pastures, vacant lots, roadside banks and gravelly areas along railroads, edges of yards and gardens, and waste areas.

The seeds are eaten by various upland gamebirds and granivorous songbirds particularly during the winter.

27 Common Name: DANDELION

Scientific Name: *Taraxacum officinale*. *Taraxacum* in Arabic and Persian means bitter herb.

Also Called: Dent-de-lion (lion's tooth in Old French)

Glenn Otto Park

The flower head can change into the familiar white, globular seed head overnight.

The thick taproot grows up to ten inches long

There are no poisonous look-alikes.

Range: Introduced into the Midwest from Europe to provide food for the imported honeybees, in early spring they are well-adapted to disturbed habitats and are now found virtually worldwide.

