

48 Common Name: LADY FERN

Scientific Name: *Athyrium filix-femina*
(From Greek *athyros*, doorless, from
Latin *felix*, fern + *femina* female)

Also Called: Common lady fern
Northeastern lady fern
Northern lady fern
Western lady fern

Helen Althaus Park 45 32.240 N
 122 23.360 W



This is a perennial plant, a hardy, shade-loving fern.

The lowest leaves are very short, they are widest in the middle and taper toward the top. The fronds usually die back in the winter, but there are new fronds all summer.

The fronds get 120 centimeters high by 30 centimeters wide.

Site: Meadow, thickets, woodland and swamps, growing in moist soil where there is shade.

Range: North, Central & South America, Europe and Asia

49 Common Name: LICORICE FERN

Scientific Name: *Polypodium glycyrrhiza*

Beaver Creek Trail
Helen Althaus Park 45 32,213 N
122 23.461 W

This is a deciduous plant, so part of the year you may have a hard time finding it.

The fronds develop in late summer and persist until spring when they drop from their place.

The roots taste like licorice.



Site: Found on moist cliffs, ledges and rock crevices, on logs and mossy trees, Bigleaf maple, logged off stumps, moss-encrusted rocks and roadside banks.

Elevation from low level to far up in the mountains.

Range: Mainly in the Cascades and western Cascades

50 Common Name: LILAC

Scientific Name: *Syringa vulgaris*

Glenn Otto Park 45 32/169 N
122 22.714 W



This deciduous shrub may reach 20 feet.

It can produce suckers which can be left for a hedge form or be cut off with a portion of the root for transplanting.

This lilac originated in southeastern Europe.

Lilacs are noted for their fragrance.

These plants grow best in the sun on well-drained soil.

Lilacs are often used in landscape arrangements.

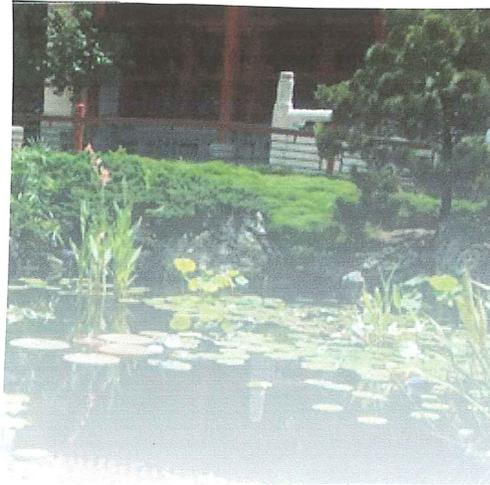
51 Common Name: LILY PADS

Scientific Name; Nymphaeaceae spp.

Also Called: Water Lilies

Sunrise Park

These are aquatic perennials with floating leaves (pads) and lovely, fragrant blooms. They come in a variety of colors, shapes, and sizes.



The leaves are flat, which enables them to float atop the water's surface. These broad leaves are usually medium green when young and turn to a darker green once they have matured. They may also contain several different colors.

The stalks which connect the pads and flowers can grow up to six feet long. Lily pads generally live for only three to four weeks.

These plants require around three feet of still, fresh water.

Another necessity is sunlight. Lily pads typically do best with at least six or more hours of full sun.

Lily pads have creeping roots that spread quickly.

52 Common Name: LITTLE WOOD ROSE

Scientific Name: *Rosa gymnocarpa*

Also Called: Baldhip rose
Little wild rose
Wood rose

Beaver Creek Trail
Glenn Otto Park 45 32 201 N
122 22 670 W

Sunrise Park

Height: To 3 meters



The prickles are slender so it is not pleasant to touch, but its red flowers are beautiful and its aroma fragrant. Rose petals which are pink are used in salads.

Rose hips can be eaten raw or cooked. They are commercially dried to flavor wine.

Site: Moist to dry woods, from near sea level to mid-mountain. This wild rose grows in dry spots. This is made possible by its widely-spreading root system.

Range: Southern British Columbia, south, in, and west of the Cascades to California, also in northwest Montana, western Idaho and northeast Oregon.

Indians used the straight rose wood for arrows.

53 Common Name: LODGEPOLE PINE

Scientific Name: *Pinus contorta*

Also Called: Shore pine
Scrub pine
Sand pine
Beach pine



Glenn Otto Park
Helen Althaus Park 45 32.212 N
 122 23.432 W

Height: Up to 100 feet.

Lodgepole pine is identified easily because it is a two-needle pine. The needles are often twisted and may stay on the tree for 8 years.

Its bark is deeply fissured into small, scaly plates.

The egg-shaped cones are seldom longer than an inch or two. They may hang on the trees unopened for many years.

Found from coastal dunes and bogs to dry mountain slopes.

Where occurring in timberland, Lodgepole pine is often in pure stands in areas long since burned over. These are often "dog hair" thickets where growth stagnates.

Range: Alaska and Yukon Territory to Baja California, east to Alberta, Saskatchewan, and the Dakotas, and through the Rocky Mountain states to Colorado.

Introduced into cultivation in 1855

The Rocky Mountain Indians made two trips to solve their housing problem: first, to the plains to kill buffalo for hides, then to the pine country for the poles to raise their lodges or tepees. Thus the name lodgepole originated. In the early days, famished Indians stripped the inner bark of pines to be mashed and eaten. Resulting scars have shown up in sawed logs.

Common uses today are lumber, poles, fiber products, fencing material and mine timbers. Lodgepole pine is one of the easiest of American woods to season.

It is attacked by the Lodgepole sawfly and the Lodgepole needle-tier which together have killed trees over a large area of young Lodgepole pine near West Yellowstone, Montana.

The Mountain pine beetle is another serious enemy of this tree.

Indians chewed its buds for sore throat.

54 Common Name: LONDON PLANE

Scientific Name: *Platanus acerifolia*

Glenn Otto Park 45 32 183 N

122 22.724 W

Helen Althaus Park 45 23.238 N

122 23.440 W



This is a hybrid tree developed before 1700. It is probably a cross between the US native Sycamore and the Oriental Planetree.

The scientific name, *acerifolia*, refers to the maple-like appearance of the leaves.

Brown, green and gray patches mark the smooth bark of this tree. Also, the bark peels away in large flakes.

Site: Moist soils of humid temperature.

It is used widely as an ornamental.



This tree can also be pruned to form hedges, screens and arbors such as the hedge on the ground of the Schonbrunn Palace in Vienna Austria.

55 Common Name: LYALL NETTLE

Scientific Name: *Urtica dioica* var *lyallii*

Also Called: California nettle

Common nettle

Great stinging nettle

Nettle

Slender nettle

Stinging nettle

Tall nettle

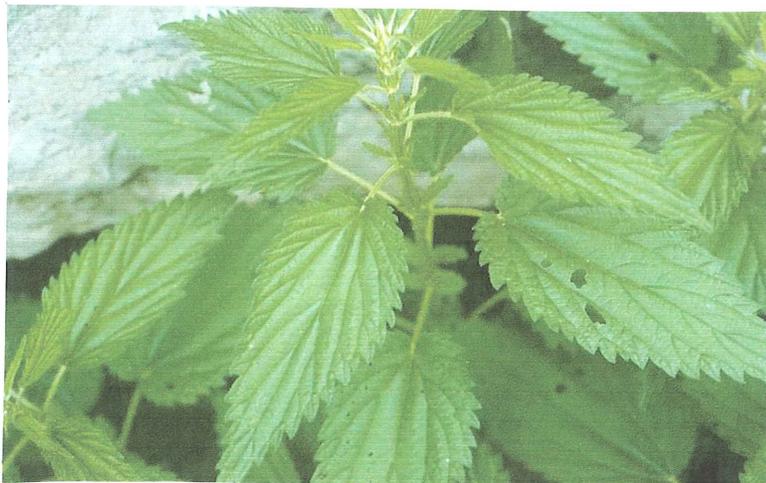
Beaver Creek Trail

Glenn Otto Park 45 32 202 N

122 22 728 W

Helen Althaus Park 45 32.238 N

122 23.440 W



CAUTION: Be careful! The Lyall nettle has stinging hairs which can be very dangerous. The sting you get if you touch the leaf feels like a bee sting and it might need treatment with anesthetic cream. This sting is caused by formic acid on the hairs of the plant. The leaves lose their stinging quality when they are dried.

Height: To 4 feet

On this perennial plant the stems are four-sided.

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

