



## Wildflower Walk, Noble Woods 4/8/95

### A. WHITE FLOWERS

1. WESTERN TRILLIUM (WAKE-ROBIN) - Trillium ovatum; white flower becomes rose-purple with age; amount of time for trillium to recover from being picked depends on how much food has been stored in its rhizome (could take 7 years but is variable), this herb is found in upper conifer woods and on hillside
2. SESSILE TRILLIUM - Trillium sessile; shorter trillium which has mottled leaves and a white to yellow flower which comes out directly from leaves, on trail to creek by fawn lilies
3. OSOBERY (INDIAN PLUM) - Osmaronia (Oemleria) cerasiformis; white blossoms hang in bunches, most of the ones by the creek are blooming, squashed leaves smell like watermelon, blooms Jan.-March, this shrub usually has several trunks
4. BITTER CHERRY - Prunus emarginata; white flowers bloom in April on twigs that have just leafed out, black to red fruits look tasty but aren't, tree is opposite first house
5. FALSE HELLEBORE (CORN LILY) - Veratrum californicum or caudatum; greenish-white blooms in June, in moist meadows and woods, tall leafy plant somewhat resembles skunk cabbage in early growth, poisonous
6. FAWN LILY (AVALANCHE LILY, TROUT LILY) - Erythronium oregonum; white flower petals have orange at base, leaves are spotted with brown, blooms in late March-April in open woods of low valleys or beside streams, on trail to creek
7. PACIFIC WATERLEAF - Hydrophyllum tenuipes; hairy perennial with large deeply divided leaves, small flowers on stalk are greenish white with blue stamens, leaves often look water-spotted, they bloom April-June
8. DEERFOOT VANILLA LEAF - Achlys triphylla; three fan-shaped leaflets parallel to ground, scalloped edges, long spike of small white flowers in April-July, leaves have a vanilla odor when dried, they are common on the forest floor
9. MEADOWRUE - Thalictrum occidentale; big lacy-looking plant that blooms in April, found in moist areas by the creek, male flower on one plant, female on another, has no petals just white sepals that look like petals

### B. YELLOW FLOWERS

1. CASCADE OREGON GRAPE - Berberis nervosa; blooms March-May, cup-like flowers in tight clusters in center of plant, berries purplish-blue in late summer, they are edible but not tasty (except in jams), state flower of Oregon, in conifer woods and on hillside, the Tall Oregon Grape (B. aquifolium) grows in the sunnier meadow
2. YELLOW VIOLET - Viola glabella; solitary yellow flowers with 5 petals, leaves are heart-shaped, all the plant is edible and can be used in salads, blooms from March to May, found mostly along the stream but a few on the eastern trail up from meadow.

3. CREEPING BUTTERCUP - Ranunculus repens; won't be blooming until May-Aug. but can see leaves and creeping stems in the moist low areas, dark green blotchy deeply divided leaves, these are poisonous

#### C. RED/PINK/PURPLE FLOWERS

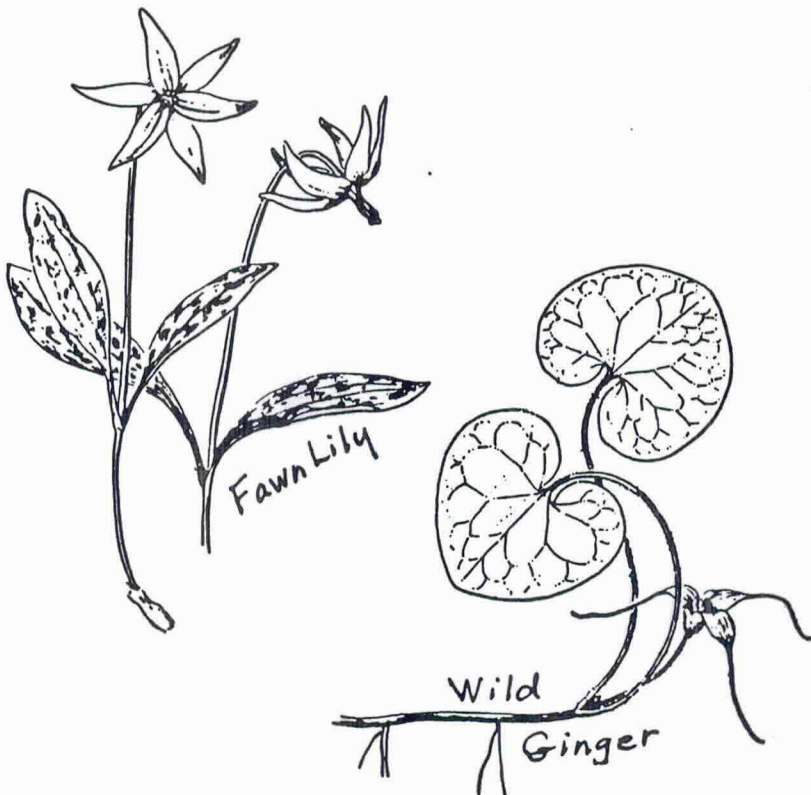
1. RED FLOWERING CURRANT - Ribes sanguineum; a shrub with pinkish red trumpet-shaped flowers in clusters, favorite of hummingbirds, blooms April-June
2. RED DEAD NETTLE (RED HENBIT) - Lamium purpureum; square stems and opposite leaves, purple flowers grow from the leaf origins, resembles true nettles but much smaller and does not sting, blooms March and April
3. SLENDER TOOTHWORT - Cardamine pulcherrima; rose-purple flowers, has edible roots, stems and leaves, blooms March-May, sometimes called "spring beauty"

#### D. BROWN FLOWERS

1. WILD GINGER - Asarum caudatum; heart-shaped sturdy leaves, flower is usually hidden under the forest floor litter, flower occurs singly from the origins of the leaf stem, it has no petals but has three dark reddish-brown sepals that look like petals, ginger-like flavor, blooms April-June, found just east of overlook

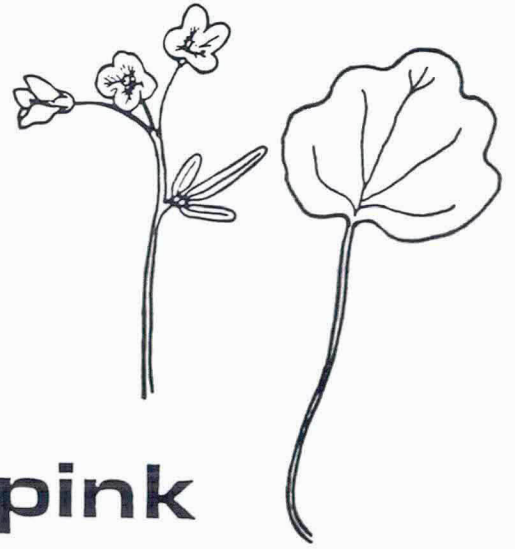
#### E. BLUE FLOWERS

1. OREGON ANEMONE - Anemone oregana; three stem leaves are divided into 3-5 leaflets rounded teeth on the edges, blooms are purplish blue or white during March-June, found just east of overlook on the trail



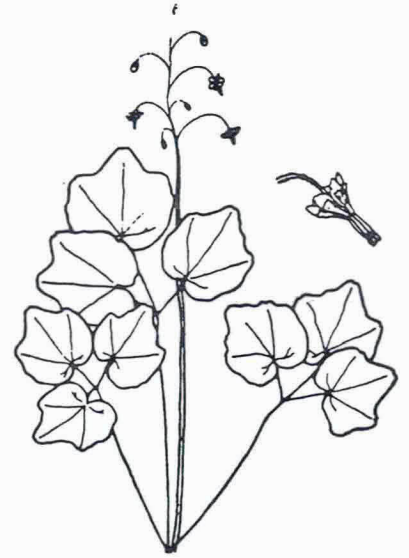


## **SLENDER TOOTHWORT** **[Cardamine pulcherrima]**



**This small plant has rosy-pink striped flowers and is a real "spring beauty". The top leaves are small, long and oval, but the bottom leaves are rounded and lobed. It is totally edible, but don't nibble!**

**INSIDE-OUT FLOWER  
[DUCKS-FOOT]  
[Vancouveria hexandra]**

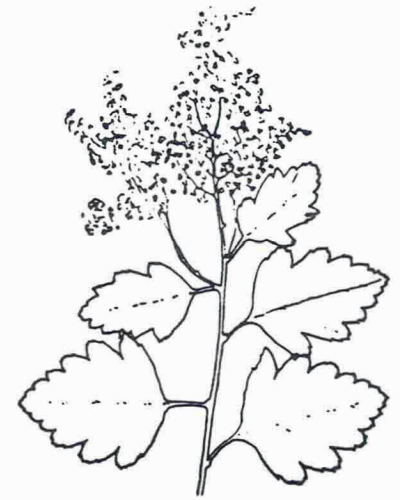


**Leaf shape is like a duck's foot  
and the white flowers turn  
inside out! Leaves are delicate  
and in groups of three. Bloom  
May-June**



# **OCEAN SPRAY**

## **[Holodiscus discolor]**



**Name refers to dense clusters of small white foamy-looking flower spires which remain on the plant through the summer. Blooms June-July. Also called ironwood or arrowwood because the stem is strong and was used for digging sticks and arrows.**

# **MEADOWRUE**

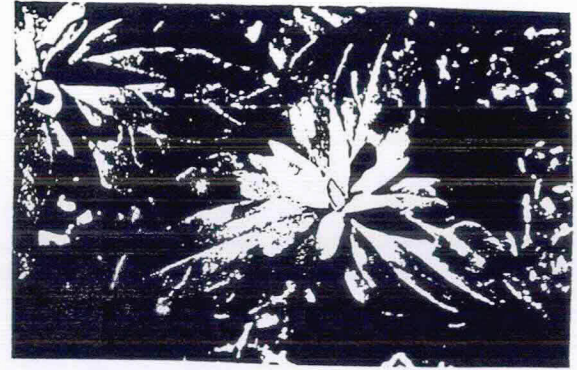
## **[Thalictrum occidentale]**



**Very lacy-looking plant has small plain flowers without petals or odor so it is probably wind-pollinated. Male and female flowers are on different plants. Some natives used the roots for shampoo and the seeds for perfume.**

# **SESSILE TRILLIUM**

## **[Trillium sessile]**



**This short, compact trillium has spotted leaves and the flower is not on a stalk like the Western Trillium up in the woods. Still has 3 leaves and flower parts in 3's so that's why it's Tri-llium. May take a long time to recover after being picked.**



**Bracken Fern**  
**(*Pteridium aquifolium*)**

**This fern is one of the few types of plants found on all continents in the world. Young fronds collected in the spring may be eaten raw or cooked. Rootstocks were used by Indians in making baskets.**

## **Fawn Lily (*Erthronium oreganum*)**

**Also known as glacier lily, this flower has two mottled leaves. Flowers may be yellow or creamy white. Indians ate the leaves raw, cooked the seedpods (which taste like string beans), and ate or dried the small bulbs.**

## **Deerfoot Vanilla Leaf (*Achlys triphylla*)**

**Deerfoot Vanilla leaf is a common understory perennial. Note the middle leaf is a different shape than the other two. When dried, the leaves have a sweet vanilla-like odor. It flowers in April with an elongated spike of small white flowers.**



## **False Solomon's Seal (*Smilacena racemosa*)**

**A member of the lily family, this abundant understory plant has a cluster of star shaped flowers at the end of the stem in April - May. Indians used the roots for healing wounds. Berries are edible raw or cooked.**

# **Yellow Violet**

**(*Viola glabella*)**

**Found in moist sites in woodland or woodland edge. Blooms in early spring.**

## **False Hellebore (*Veratrum californicum*)**

**Found in moist lowland forests and meadows, this highly toxic plant may be identified by the large pleated leaves and dense cluster of white flowers on the end of the leafy stalk. It grows 3'- 6 tall'. Regarded as poisonous to both animals and humans, the plant contains alkaloids that slow the heartbeat and reduce blood pressure.**



## Douglas Fir

(*pseudotsuga mensiesii*)

The Douglas Fir at Noble Woods are all second growth timber. The large fir trees you see are second growth, about 80 years old. They were too small in the 30's when selective logging occurred to have any value and so were spared.

## Poison Oak

The large vines creeping up these trees are poison oak. The leaves are gold-yellow in the fall, glossy green in the spring/summer.

## **Swordfern**

**(polustichum Munitum)**

**This large common fern is named for the sword and hilt shape of the leaflets on its fronds.**

## **Licorice Fern**

**(Polypodium glycyrrhiza)**

**Licorice fern usually grows on the trunks of trees. The rhizomes have a licorice flavor, and have been used as an old time cough remedy.**

## **Poison Oak**

**The large vines creeping up these trees are poison oak. The leaves are gold-yellow in the fall, glossy green in the spring/summer.**

**"Leaves of three -- let it be."**



## Thimbleberry

Thimbleberry produces tasty red berries, similar to red raspberries. Note the soft fuzzy leaves - - as soft as Charmin!

## Vine Maple (*Acer circinatum*)

This tree may have a single trunk, or be a prostrate vine-like plant that branches freely. Bark is thin, smooth, reddish color. Wood has been used for fuel, tool handles, fishnet bows because it is lightweight and strong.

## Western Red Cedar (*Thuja plicata*)

This is one of the largest trees in Noble Woods. It is estimated to be over 150 years old. It was spared from the selective logging that took place on the site in the 1930's because cedar trees were not marketable timber at the time.

All parts of the tree, including roots, have been used for building, making rope and paper, even clothing. Today, demand for cedar is outstripping supply.

**Pacific Yew Tree**  
**(Taxus Occidentalis)**

**Known for taxol, a cancer cure derived from the bark. Note the reddish bark. Frequently an understory tree, it will grow well in full sun.**

## **Stinging Nettle**

**Beware! This plant has stinging hairs on the leaf edges and stems. Look for the sawtooth edge leaves on opposite pairs. In the spring, the leaves may be picked - carefully - and taste somewhat like asparagus when cooked.**

**Folk remedy for nettle stings: apply slug slime to the affected area. Yuck!**



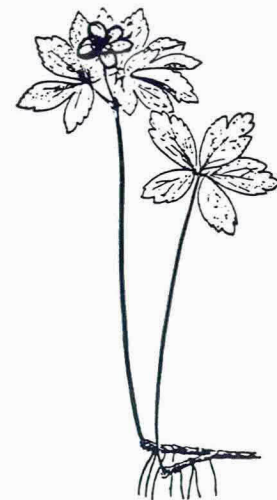
## **Wild Ginger (*Asarum caudatum*)**

**This perennial likes moist shady areas. It flowers later in spring; the brownish-purple flower is often hidden under the leaves. Leaves and roots have ginger fragrance. Heart-shaped leaves.**

# **OREGON ANEMONE**

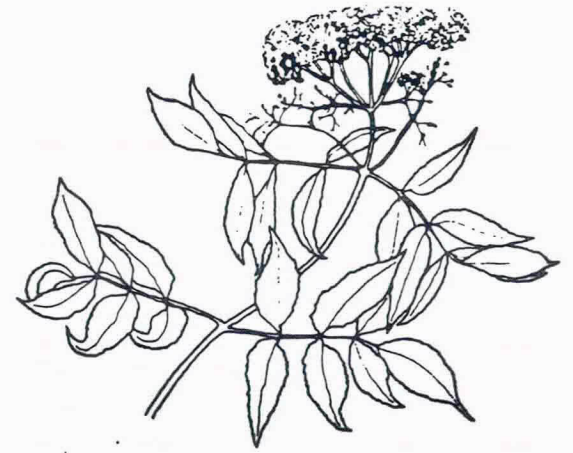
## **[Anemone oregana]**

**Also called "Blue anemone" for the single large blue flower that rises above the 3 leaves which each have 3-5 leaflets. Blooms March-June.**



# **BLUE ELDERBERRY**

## **[Sambucus cerulea]**

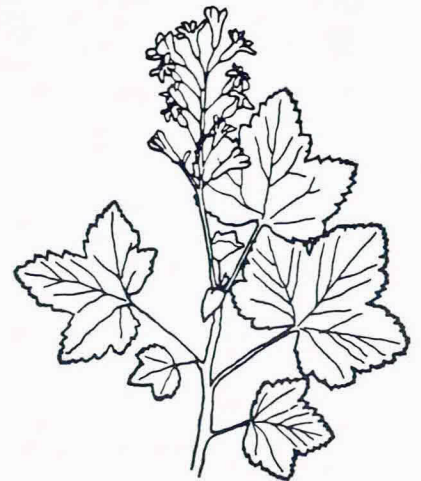


**Leaflets are toothed and much longer than wide. Berries and flowers can be used in cooking. Birds, mammals, and deer all eat different parts. Natives used the stems for arrow shafts and flutes. Bloom all summer long.**

# **RED FLOWERING CURRANT**

## **[Ribes sanguineum]**

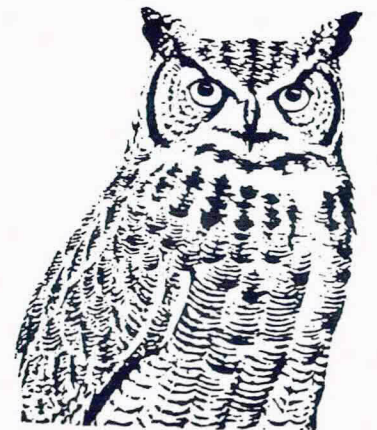
**Beautiful pinkish -red flowers adorn this 4-8 ft. shrub. It grows in moist woodsy areas. Berries are edible but not very tasty except to hummingbirds!**





## OWL ROOST

This tree is a perch for some bird, probably the Great Horned Owl, Bubo virginianus. They swoop down to catch & eat meadow rodents and mammals. Later they cough up pellets with hair and bones. Their call is 4-7 low hoots.



## **Wild Ginger (*Asarum caudatum*)**

**This perennial likes moist shady areas. It flowers later in spring; the brownish-purple flower is often hidden under the leaves. Leaves and roots have ginger fragrance. Heart-shaped leaves.**

## **Rock Creek Overlook**

**Rock Creek flows into the Tualatin River. One park neighbor has identified 13 species of fish in Rock Creek, including trout.**

**The subdivision under construction across the creek will have 42 homesites (Preston Meadows). More than 4 acres of open space along the creek and floodplain will be donated to the City. A 1 acre pond and enhanced wetland will be created and landscaped to attract wildlife.**