

Veg Species Inventory Totals

Family	Common	Latin	Notes	Edible	Medicinal	Page
Alliaceae(Onion)	Wild/ Geysers Onion	<i>Allium geyeri</i>	flowers at top smell like onion	edible wild onion/chive		p. 264, W. 36
Alsiniaceae(Chickweed fam)	Mouse-Ear Chickweed/Field Mouse Ear	<i>Cerastium strictum</i>	looks like chickweed			p. 100(132) W. 38-9
Apiaceae/Umbelliferae (Parsley/celery fam.)	Sweet Cicely	<i>Osmorhiza</i>	umbellifer	young seed pods = licorice		W. 49
Apiaceae/Umbelliferae (Parsley/celery fam.)	Osha (Lovage?)	<i>Ligusticum porteri (celery - clasping petiole)</i>	looks like fern, but no spots, white umbellifer.penate leaves, grows in woods above 9,000 ft, flowers smell like corn tortillas	edible,bears dig roots and roll in, but beware of poison hemlock below 9000'	root - pain killer antiseptic, astringent,	p. 98, W. 48
Apiaceae/Umbelliferae (Parsley/celery fam.)	Water Hemlock/Poison Hemlock	<i>Cicuta douglasii</i>	purple redish spots on stem, grows in disturbed and wet soil less than 9,000ft		POISONOUS	W. 47
Apiaceae/Umbelliferae (Parsley/celery fam.)	Cowbane	<i>Oxypolis fendleri</i>	compound white umbel flower, pinnate leaves delicious	leaves and tender root		p. 95, W. 50
Apiaceae/Umbelliferae (Parsley/celery fam.)	Giant Angelica	<i>Angelica ampla</i>	parsnip, crushed leaves have distinct smell		women's tonic	p. 97, W. 46
Apiaceae/Umbelliferae (Parsley/celery fam.)	Cow Parsnip	<i>Heracleum sphondylium montanum</i>	cow=big, umbelliferous white flowers smell of corn tortillas	young leaves edible	sedative, root stops spread of nerve damage	p. 96, W. 45
Apiaceae/Umbelliferae (Parsley/celery fam.)	Wild Parsley/ Yellow Mountain Parsley	<i>Pseudocymopterus montanus</i>	flowers tiny in bright yellow clusters, leaves pinnately divided, drk gm	Edible root and leaves		p. 204, W. 50
Asteraceae	Subalpine daisy	<i>Erigeron peregrinus</i>	looks like purple aster			p. 310 W. 77
Asteraceae	Nodding sunflower	<i>Helianthella quincuenervis</i>				p. 193 W. 82
Asteraceae		<i>Ligularia bigelovii</i>	nodding closed aster			W. 86
Asteraceae	Orange Sneez Weed	<i>Dugaldia hoopesii</i>		poisonous, causes livestock to get sick		p. 183, W. 76
Asteraceae	Arrowleaf Senecio	<i>Senecio triangularis</i>	yellow flowers, arrowhead leaf			p. 188, W. 94
Asteraceae	Yarrow	<i>Achillea lanulosa</i>	leaves have camphor smell		slow bleeding, antiviral. Crushed leaves applied	p. 88/9, W. 64
Family	Common	Latin	Notes	Edible	Medicinal	Page
Asteraceae	Subalpine Arnica	<i>Arnica mollis</i>	yellow composite flower, leaves opposite, soft, hairy...Heart-Leaved Arnica also v. common here		Whole plant used as ointment for bruises, strains, sores.	p. 161, W. 67
Asteraceae	Thistles (American and Colorado?)	<i>Cirsium centaureae/coloradense</i>	yellow thistles native to area, no invasives in BV Basin.	stem and flower = edible. Cook & peel stem, tastes like artichoke		p. 85-87, W. 73-75
Asteraceae	Tall Fleabane	<i>Erigeron elatior</i>				
Asteraceae	Dandelion	<i>Taraxcum officinale</i>				
Asteraceae	Coulter's Daisy	<i>Erigeron coulteri</i>				
Asteraceae	Heart Leaved Arnica	<i>Arnica cordifolia</i>				
Boraginaceae	Chiming Bells	<i>Mertensia ciliata</i>	buds=pink, flower=blue	leaves and flowers		p. 285, W. 105/6
Brassicaceae(Mustard)/ Crucifae	Mountain Candytuft	<i>Noccaea montana (thlaspi montana)</i>	white flowers, round pods, cruciferae, 4 petaled white and yellow flowers in cross-shape (need pods to identify), immature seeds at top	no poisonous mustards exist, that we know of		p. 124, W. 125
Brassicaceae(Mustard)/ Crucifae	Draba Tuff (Golden Draba)	<i>Draba aurea</i>	like candy, but yellow flowers and elongated pods			p. 218, W. 121
Brassicaceae(Mustard)/ Crucifae	Bitter Cress	<i>Cardamine cordifolia</i>	white four petaled flowers, in or near water	leaves = very nutritious, mustardy		p. 122, W. 115
Brassicaceae(Mustard)/ Crucifae	Showy Draba	<i>Draba spectabilis</i>				
Caprifoliaceae (honeysuckle)	Twin Berry/Bush honeysuckle	<i>Distegia involucrata</i>	shrub,two red/purple berries, edible, bad taste, blue dye from boiled crushed berries, breaks "rule of thumb" for berries"	edible? but gross		p. 244, W. 134
Crassulaceae(Stonecrop)	Kings Crown	<i>Rhodiola (Tolmachivia) integrifolia</i>	burandy flower			p. 280, W. 148
Crassulaceae(Stonecrop)	Rose Crown	<i>Clemensia rhodantha</i>	pink flower			p. 281, W. 148
Crassulaceae(Stonecrop)	Yellow Stonecrop	<i>Amerosedum lanceolatum</i>	related to kings crown, rocks in high country, yellow flowers	leaves and stem		p. 237, W. 148
Family	Common	Latin	Notes	Edible	Medicinal	Page
Ericaceae(Heath fam)	Wild (Mtn) Blueberry	<i>Vaccinium myrtillus oreophilum</i>	low growing, pink urn shaped flowers, seldom find mature blueberries here			p. 64, W. 170
Fabaceae(Pea fam)	Mountain/Parry Clover	<i>Trifolium parryi</i>	Pink, red, purplish flower			p. 270, W. 188
Gentianaceae	Green Gentian	<i>Frasera speciosa</i>	many lovely wht flowers clustering huge purple blue flower stock, bloom all in same year (takes 10-40 years to send up a flower stock)		root = stomach tonic	p. 111, W. 193
Geraniaceae	White Geranium (Richardson's Ger., Storksbill)	<i>Geranium richardsonii</i>	smiler and bushier, 5 cups hold the seed that pop it out		astringent, stops bleeding, closes wounds	p. 112, W. 195

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Geraniaceae	Wild Geranium (Cranesbill)	<i>Erodium cicutarium</i>	tiny bright pink flowers, low growing by streets, not native, corkscrew seed, 1st flowering, even in Jan on sunny hills			
Helleboraceae	Monkshood	<i>Aconitum columbianum</i>	purple sepals (2 petals in sepals) story from Charlotte, purple buds, blue flowers, opens bottom up	poisonous	nerve probs, homeopathic tincture for sore muscles	p. 326, W. 198
Helleboraceae	Colorado Columbine	<i>Aquilegia coerulea</i>	5 spurs flowers = blue/white (red/yellow other species)	delicious, but protected as Colorado's State Flower		p. 293, W. 198
Helleboraceae/ Ranunculaceae (Buttercup)	Larkspur	<i>Delphinium barbeyi</i>	buttercup family, 1 spur	poisonous	gets rid of skin vermin	p. 314, W. 199
Liliaceae/ Melanthaceae(False Hellebore Fam.)	Cornhusk lily (False Hellebore)	<i>Veratrum tenuipetalum</i>	biennial, toilet paper, no stem (clasping petiole)	poisonous		p. 118, W. 222
Liliaceae/ Melanthaceae(False Hellebore Fam.)	Lily		3 petals (3 sepals) looks like 6 petals			
Liliaceae/Melanthiaceae	Death Cama	<i>Anticlea elegans/Toxicoscordian</i>	looks like onion, but flowers along top of stem, no leaf on stem	deadly		p. 117, W. 222/3
Onograceae (Evening Primrose fam)	Fireweed	<i>Chamerion subdentatum</i>	edge, outer vein parallela perimeter of leaf, one of first plants to return after fire.	brand new leaves edible		p. 252, W. 229
Onograceae (Evening Primrose fam)	Milky-Flowered Willow Herb	<i>Epilobium lactiflorum</i>				p. 106, W. 230
Polemoniaceae(Phlox)	Jacobs Ladder	<i>Polemonium pulcherrimum delicatum</i>	skunk smell, purple flower, yellow center, leaves alternately and pinnately divided like a ladder			p. 297, W. 277
Polygonaceae (Knotweed/buckwheat)	Bistort	<i>Bistorta bistortoides</i>	cotton tuft, root and leaf = edible	root (cook) and leaf	astringent	p.114, W. 279
Primulaceae(Primrose)	Fairy Candelabra/ Northern Rockjasmine	<i>Androsace septentrionalis</i>	flowers tiny, to 1/4"			p. 137, W. 290
Ranunculaceae (Buttercup fam)/Helleboraceae(W)	Globeflower	<i>Trollius albiflores</i>	creamy or white flowers, leaves dissected into 5/7 lobes w lrg teeth. Common to wet areas.			p. 91, W. 199
Ranunculaceae (Buttercup fam)/Helleboraceae(W)	Marsh Marigold	<i>Psychrophila leptosepala</i>	white flowers, yellow centers, leaves basal & heart shaped, grow in marshy wet areas			p. 92, W. 199
Ranunculaceae (Buttercup fam)/Helleboraceae(W)	Hook Seeded Buttercup	<i>Ranunculus uncinatus</i>				
Ranunculaceae (Buttercup fam)/Helleboraceae(W)	Homely Buttercup	<i>Ranunculus inamoenus</i>				
Rosaceae	Sibbaldia	<i>Sibbaldia procumbens</i>	low to ground, leaves sim. to strawberry plant, nondescript sm. 5 petal flowers			p. 231, W. 309
Rosaceae	Cinquefoil	<i>Potentilla (diversifolia/subiuga?)</i>	yellow flowers, arrowhead leaf, sim. To buttercups but petals not shiny.			p. 223-6, W. 305-8
Rosaceae	Wild Strawberry	<i>Fragaria virginiana</i>				
Salicaceae(Willow fam)	Short-Fruited Willow	<i>Salix brachycarpa</i>	pale bluish green leaves, pubescent beneath			p. 34, W. 315
Saxifragaceae	Mitrewort	<i>Mitella pentandra(?)</i>	tiny flowers all on one side, close to stem			W. 318
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Saxifragaceae	Spotted Saxifrage	<i>Ciliaria austromontana</i>				p. 146, W. 317
Saxifragaceae	Brook Saxifrage	<i>Micranthes odontoloma</i>				
Scrophulariaceae (Figwort)	Kittentails	<i>Besseya</i>	yellow/creamish flowers			W. 321
Scrophulariaceae (Figwort)	Rosy Paintbrush	<i>Castilleja rexifolia</i>	modified sepals and leaves	red parts (sepals and leaves) edible in sm. Amount		p. 255, W. 323
Scrophulariaceae (Figwort)	Tall penstemon/ Tall Beardtongue	<i>Penstemon unilateralis</i>	purple flower			p. 290.
Scrophulariaceae (Figwort)	Whipple Penstemon/Dusky Beartongue	<i>Penstemon whippleanus</i>	5 petals. 4 fertile stamens. 1 infertile stamen, opp. Leaves, mostly flowers on one side of plant. Bee-pollinated, stripes inside to guide bees			p. 316, W. 329
Scrophulariaceae (Figwort)	Elephants Head	<i>Pedicularis groenlandica</i>	purple flowers which replicate elephants' heads			p. 254, W. 326
Scrophulariaceae (Figwort)	Bracted Lousewort	<i>Pedicularis bracteosa pavsoniana</i>	yellow pinnate, leaves stalked and fern-like.			p. 206, W. 326
Scrophulariaceae (Figwort)	Parrots Beak/Curly Lousewort/Sicketop Lousewort	<i>Pedicularis racemosa alba</i>	white curly flowers, note: leaves alternating, narrow, long; easily confused w Parry Lousewort.			p. 108, W. 325
Scrophulariaceae (Figwort)	Alpine Speedwell	<i>Veronica nutans</i>				
Thalictraceae (Meadowrue fam)	Meadowrue	<i>Thalictrum ...</i>	Flowers drooping, small, yellow, unspectacular. Common in subalpine			W. 336
Uvulariaceae(Bellwort fam)	Twistedstalk	<i>Streptopus fassetti/amplexifolius</i>	tall lily-like plant, likes deeply shaded moist forest areas			W. 339
Valarianaceae	Edible Valarium	<i>Valeriana edulis</i>	white edged leaves, smells like dirty socks, lancelet leaves	root more edible near surface, tea = "morbidity fascinating"	calming, sedative, not good for everyone	p. 148, W. 339
Valarianaceae	Medicinal Valarium	<i>Valeriana (occidentalis OR capitata* check w expert)</i>	lower to ground, pinate leaves, flowers=white		dry root	p. 149, W. 339
Violaceae	Mountain Blue Violet	<i>Viola adunca</i>				p. 330, W. 340-2
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