

LIST

EARLY SPRING WILDFLOWERS

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[Trillium](#) also known as "Wake-Robin" blooms in early spring around the time that robins return.

SUMMER WILDFLOWERS

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[LIST](#)**TRILLIUM (WAKE-ROBIN)**

(*Trillium ovatum*)

EDIBLE - see below

History: The name Wake-Robin indicates that the flowers bloom in early spring, around the time when robins arrive. The genus name "Trillium" is probably from "tres" or three in reference to the leaves. "Ovatum" means ovate (similar in shape to a hen's egg - broadest below the middle) and refers to the shape of the leaves.

Description: The Trillium is a single-flowered unbranched plant which grows 8 to 16 inches tall. It has 3 broadly ovate, short-stemmed leaves towards the top of the main stem. The flower of 3 petals is 1 to 2 inches across, sitting in an erect stalk that arises from the whorl of leaves. The green sepals are almost as long as the petals but are narrower and alternate with the petals. Six yellow anthers highlight the floral center. The white petals of the Trillium turn pink, then rose-colored with age.



Habitat: It can be found along stream banks and on the floor of open and deep woods.

Edible and medicinal value: This plant may be boiled as greens. The root was used by some western native American groups as a presumed aid to childbirth and was nicknamed the Birthroot.

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[LIST](#)**SAGEBRUSH BUTTERCUP**

(*Ranunculus glaberrimus*)

POISONOUS!

History: The Buttercup gets its name because of the resemblance of the shiny petals to a cup of butter. "Ranunculus" is taken from the word "rana" which is the Latin name for frog and is a reference to the aquatic habitat of some of the Buttercups. The species name "glaberrimus" means very smooth.

Description: This "first sign of spring" has bright, shiny yellow flowers which turn white with age. It has 5 to 8 petals, sometimes more, and numerous stamens and pistils. Stems can have one to several flowers with both entire and divided leaves. It can appear as early as the latter part of March in lower elevations and is flowering in mountain valleys in May.



Habitat: This spring jewel can be found in several habitats ranging from sagebrush flats to moist mountain meadows.

Comments: Buttercups as a group are poisonous. One species contains principles so acrid and poisonous that it will cause stomach pain if even a small portion of a leaf is eaten. It can also cause inflammation and blisters if applied to the skin. They can also be poisonous to livestock. The Sagebrush Buttercup, however, is an important spring food of blue grouse.

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[LIST](#)**FAIRY SLIPPER**

(*Calypso bulbosa*)

EDIBLE - The small bulb of this plant is edible but should not be harvested unless there is a desperate need for survival due to its rarity and dependency on certain growing conditions.

History: The "Calypso" was named for the sea nymph Kalypso of Homer's Odyssey, who detained the willing Odysseus on his return from Troy. The word Kalypso means covered or hidden from view. Like Kalypso, the plant is beautiful and prefers secluded haunts. "Bulbosa" means with bulbs.

Description: The Calypso has a single broad basal leaf, a sheathed stem, and showy drooping flower. The flower consists of 3 sepals and 3 petals, central petal different from the others, being saclike and called the lip. Filaments and style are united to form a central column. The flowering season begins sometime in late April or early May and can be found until late June. A dry spring could shorten this season.

Habitat: This flower seeks a habitat of wet or boggy coniferous woods or on or near decayed stumps and logs. It also has a preference for deep shade.

Comments: All orchids appear to be dependant upon a mycorrhizal (fungal) relationship in the soil. When orchids are taken from their native locations, the spot in the garden most likely does not contain the fungus.



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[LIST](#)**YELLOW SKUNK CABBAGE**

(*Lysichitum americanum*)

CAUTION - see below

History: The common name, skunk Cabbage, refers to the skunklike odor of the sap which draws flies as pollinators. "Lysichitum" combines the Greek words "lysis" meaning loosening, and "chiton" meaning tunic, in reference to the large spathe or large bract enclosing the flower cluster. The species name "americanum" means American.

Description: The spike of the Skunk Cabbage consists of minute flowers surrounded by a large yellow bract open on one side. The spike grows on a stout stalk in a cluster of giant, erect leaves.

Habitat: An early spring flower which inhabits wet woods, stream banks and bogs.

Edible and medicinal value: The Skunk Cabbage is edible but has a concentration of crystals of calcium oxalate which can produce a stinging, burning sensation in the mouth when chewed raw. By roasting and drying the root, native Americans were able to use this plant. The young green leaves can be eaten but must be boiled in several changes of water. Even these repeated boilings may not remove its stinging properties. The Skunk Cabbage is related to taro, the staple food of the Polynesians. It also contains crystals of calcium oxalate. Members of the Arum family have been used throughout the world by many different native peoples. Through trial and error, they have discovered that drying or heating removes the stinging properties of these plants. Skunk Cabbage is also eaten by black bears.



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[LIST](#)**SHOOTING STAR**

(*Dodecatheon pulchellum*)

CAUTION - see below

History: The genus name "Dodecatheon" comes from two Greek words "dodeka" meaning twelve and "theoi" meaning gods, the plants protected by the gods. The species name "pulchellum" is derived from a word meaning handsome or beautiful.

Description: The flowers of the Shooting Star are like deep purplish-pink darts that point in all directions from atop a long stalk. The flowers are 3/4 to 1 inch long. The stamens of the Shooting Star are fused to form a "beak" or "dart" pointing downward. This plant has a cluster of leaves at the base of the stem. At times white petals may be found on the Shooting Star instead of rose-pink petals. Blooming time is the latter part of April through July.



Habitat: The Shooting Star is found in open places such as plains, hills and mountain sides.

Edible and medicinal value: The roots and leaves of another species of Shooting Star may be eaten or boiled. There is no information available on any poisonous species of Dodecatheon, so it is unknown for sure if all are edible. Because this information is unknown, this species should be considered poisonous. In early spring when green forage is scarce, elk and deer will eat the Shooting Star.

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**LIST****DOGTOOTH VIOLET**

(*Erythronium grandiflorum*)

CAUTION - see below

History: This is a flower with many common names such as Fawn Lily, Glacier Lily, Snow Lily, Adders-tongue, and Easter Lily to name a few. "Erythronium" is taken from the Greek word "erythro" meaning red in reference to the pink or red flowers of some species. "Grandiflorum" means large-flowered.

Description: This is the only lily in our area with 2 large, shiny oblong leaves which are located at the base of the stem. The flower has 6 yellow petals that curve back and 6 stamens protruding from the center. There is also a white or cream-colored *Erythronium grandiflorum*, variety *candidum*, which grows south of Coeur d'Alene. The bulbs are crisp and white inside.



Habitat: Found along stream banks, in shaded woods and in subalpine meadows, following the melting snowline from the valleys up to subalpine.

Comments: Although these lilies may be locally abundant they should not be gathered. A wildflower as showy as the Dogtooth Violet should be left to the beauty of woodland and meadow landscapes.

Edible and medicinal value: The Dogtooth Violet is a natural food source for bears, ground squirrels and other wildlife. The bulbs of this lily were only an occasional food source of native Americans. These deep-seated bulbs were difficult to dig and probably contributed to the fact that they were used infrequently. The bulbs can be eaten raw or boiled and the leaves can be eaten as a salad plant. The bulbs and leaves occasionally impart a burning sensation.

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[LIST](#)**FAIRYBELLS**

(*Disporum trachycarpum*)

CAUTION - see below

History: "Disporum" is Greek - "dis" meaning double and "spora" meaning seed. This refers to the seeds which are often 2 per ovary cell. "Trachycarpum" means rough-carpeled in reference to the pistil.

Description: This beautiful woodland plant has stems branched in a forked manner. It has 1 to 2 small creamy-white, narrow, bell-shaped flowers which hang beneath the leaves at the end of the branches. Leaves are ovate to oblong and are 1-3 inches long with hairs that stick straight out on the edges. The fruit of the Fairybells are a roundish, velvet-skinned, orange-yellow berry.



Habitat: Fairybells are found in the rich damp soil of woods and canyons, often near streams.

Comments: Eating the berries of the Fairybells are not recommended since they may resemble similar species whose berries are poisonous.

Edible and medicinal value: The orangish-yellow berries were eaten raw by the Blackfoot Indians. Wildlife such as rodents and grouse also utilize these berries. Eating the berries of the Fairybells, however, is not recommended since they may resemble similar species whose berries are poisonous.

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[LIST](#)**NUTTALL'S LARKSPUR**

(*Delphinium nuttallianum*)

POISONOUS - see Comments below

History: The genus name "Delphinium" is derived from the Latin word "delphinus" meaning dolphin in reference to a dolphin-like flower in some species. The species name "nuttallianum" was probably named for Thomas Nuttall, a self-taught naturalist.

Description: This Larkspur has blue or blue-violet flowers about 1 inch wide. sepals and petals are both colored and the upper sepal is prolonged into a slender, tubular spur that protrudes from the flower. The leaves are mostly basal and are round in outline but greatly dissected.

Habitat: Found in valleys, foothills, dry ridges, and sagebrush flats.

Comments: While the Larkspur is beautiful with its spikes of purple, that beauty is deceiving in that they are poisonous to cattle. This plant is responsible for the greatest cattle loss on natural forest range land. Larkspur, however, is non-toxic to domestic sheep and they are sometimes used to help eradicate this plant on cattle range. Elk avoid Larkspurs in the early spring when new leaves are forming, but feed on them in late summer and fall. Apparently the plants lose their toxicity after blooming but should still be considered poisonous at all times.



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[LIST](#)**ARROWLEAF BALSAMROOT**

(*Balsamorhiza sagittata*)

EDIBLE - see below

History: "Balsamorhiza" combines the two Greek words "balsamon" meaning balsam and "rhiza" meaning root. "Sagittata" means arrow-leaved.

Description: The Arrowleaf Balsamroot will often color dry hillsides a golden yellow in the spring. Large 4-5 inch bright yellow flower heads grow at the tip of an almost leafless stalk. The Balsamroot has large silver gray leaves covered with felt-like hairs coming from the base of the clump of stems. The leaf blades are 12 inches long and 6 inches wide with a leaf stalk of the same length.



Habitat: Found on open hillsides and flats in grasslands, sagebrush, or open pine forests. Blooming season is the latter part of April to the first part of July.

Edible and medicinal value: Native Americans would peel and eat raw the tender inner portion of the young immature flower stems. They also ate the large roots and seeds. The roots are tough and woody and taste like balsam. To make them more palatable, the Indians would bake them several days in a fire pit. Medicinally, the Indians used the large coarse Balsamroot leaves as a poultice for burns. The roots were boiled and the solution was applied as a poultice for wounds, cuts and bruises. Indians also drank a tea from the roots for tuberculosis and whooping cough.

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[LIST](#)**YELLOWBELL**

(*Fritillaria pudica*)

EDIBLE - see below

History: "Fritillaria" is taken from the Latin word "fritillus" meaning dice box in reference to the appearance of the fruit capsules. "Pudica" means bashful referring to its nodding head.

Description: The Yellowbell is one of the earliest flowers of spring. It has a single golden-yellow, bell-shaped flower which hangs downward from a bent stalk. As with most lilies, the Yellowbell has 3 petals, 3 sepals, and 6 stamens. The stem of 3 to 8 inches tall has 2 to 8 slender, blunt-tipped leaves and a starchy corm which is almost an inch in diameter. Towards the end of its blooming period, the flower of the Yellowbell will fade to a red or purple.



Habitat: The Yellowbell can be found in grasslands, sagebrush deserts and conifer forests.

Comments: Most of the lilies have edible bulbs but because of their beauty and relative rarity, they should not be harvested except in a great emergency.

Edible and medicinal value: Black and grizzly bears, pocket gophers and ground squirrels dig for the Yellowbell's corms. The corm of this plant contains starch and is edible raw or cooked. Raw it tastes like potatoes and, when cooked, it tastes much like rice. This starchy corm was a minor portion of the native American's vegetable diet. Indian women would gather the corms in early May. They would wash, boil, and many times mix the corms of the Yellowbell with that of the Bitterroot. There is no record of whether the Indians dried and stored the corms for future use as done with other plants. The fruiting pods are also edible. They have been prepared as a fairly tasty meal when boiled and prepared with butter, salt, and pepper.

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[LIST](#)**WESTERN SPRINGBEAUTY***(Claytonia lanceolata)***EDIBLE** - see below

History: As the common name suggests, the Springbeauty is one of the first conspicuous white or pink flowers to appear in the spring, barely waiting for the snow to melt. The "Claytonia" was named for John Clayton, 1685-1773, a botanist who collected mostly in Virginia. "Lanceolata" means lance-shaped.



Description: This small, delicate plant has five pinkish-white petals which are encompassed by two green sepals. The lance-shaped leaves are at midstem and opposite. There may also be 1 or 2 narrow leaves near the base of the stem, but these often wither by time of flowering. The round tuberlike corms of the Claytonia are small - sometimes measuring up to one and a half inches in diameter.

Habitat: The plant is normally found in moist soil, from lower foothills and open mountain slopes to alpine meadows, frequently below snowbanks. At low altitudes it begins flowering in early April.

Edible and medicinal value: The corms, stems, and leaves of the Springbeauty are edible. Raw, they have a radishlike taste. Boiled tubers have the taste and texture of baked potatoes. Flathead and Kutenai Indians called Springbeauties Indian potatoes because the roots reminded them of the larger tuber of the domestic potato introduced by Europeans. After a long and hard winter, Indians welcomed the sight of Springbeauty, the first crop which they dug in early spring. Tubers are also prized by grizzly bears and are eaten by rodents. It is also grazed by deer, elk, and sheep.

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[LIST](#)**GRASS-WIDOWS**

(*Sisyrinchium inflatum*)

CAUTION - see below

History: "Sisyrinchium" is a name used for an Iris-like plant. "Inflatum" means inflated referring to the inflated filament tube at the base of the filaments.

Description: The Grass-Widow is generally very conspicuous because it blooms early and often colors meadows with a sea of purple. It has six purplish, delicate, open-faced petals. This plant may have one to four blossoms each on smooth stems six to ten inches high. A few grass-like leaves surround the stem. The Grass-Widow plants usually grown in tufts. It blooms in April and May and appears soon after the snow leaves.

Habitat: Found in wet soil of meadows, grassy hillsides and open woods.

Comments: No information found on whether this plant has any edible value -- consider poisonous.



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[LIST](#)**HEARTLEAF ARNICA**

(*Arnica cordifolia*)

CAUTION - see below

History: It is uncertain where the genus name "Arnica" originated. The species name "cordifolia" means heart-leaved.

Description: The Arnica is a single-stemmed plant with a yellow flower head about 2 inches across. It grows 8 to 24 inches tall and has basal and lower leaves which are heart-shaped. Blooming time is the latter part of May through July.

Habitat: Common in open woods from foothills to higher elevations.

Medicinal value: This particular Arnica is considered an official drug plant. A drug made from the Arnica given orally or intravenously causes a rise in body temperature. The flowers have the most potency, but all parts of the plant may be used. Externally, it is used in keeping down infections by applying a salve to cuts. Note: This plant should be used for external use only and not taken internally!



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[LIST](#)**WILD HYACINTH**

(*Brodiaea douglasii*)

EDIBLE - see below

History: "Brodiaea" was named for James J. Brodie, a Scotch botanist. "Douglasii" indicates that the species designation of the plant was named for David Douglas.

Description: The Wild Hyacinth has blue, tubular-shaped flowers in a cluster at the top called an umbel. There are 5 to 15 flowers in the umbel with each flower about 1 inch long. This flower cluster sits at the top of a slender leafless stem which has a few basal, grass like leaves that are shorter than the stem. The Wild Hyacinth has a coated bulb. It blooms in late April to early May.



Habitat: Found in open woods of valleys, hills and mountains as well as meadows and rocky areas.

Medicinal value: The bulb of this plant is edible and was a particular favorite of the Nez Perce Indians. It was eaten either raw or cooked and has a sweet, nutlike flavor.

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[LIST](#)**SYRINGA**

(*Philadelphus lewisii* - Hydrangea Family)

POISONOUS - see below

History: The genus name "Philadelphus" pays honor to an Egyptian king, Ptolemy Philadelphus, while the species name "lewisii" pays tribute to the scientist and explorer, Captain Meriwether Lewis. Captain Lewis first discovered this plant in 1806 during the Lewis & Clark exploration of the Louisiana Purchase. It was selected as the state flower of Idaho.



Description: Syringa is a shrub that can reach heights from 3 to 10 feet. It has conspicuous white, waxy-like flowers with many bright yellow stamens. The flowers are 1 to 2 inches in size and give off a fragrance that scents the air and is reminiscent of orange blossoms. Leaves are ovate in outline, are 1 to 3 inches long and appear opposite on the branch. Sometimes hillsides are so densely covered with blossoms of the Syringa that it gives the impression of a snow-covered hillside.

Habitat: Found in medium-dry to moist soil along streams, rocky slopes, hillsides and mountains. Blooms latter part of May through July.

Comments: The straight stems of the Syringa were used by Indians for arrows. Due to lack of information regarding the Syringa's edibility, it should be considered poisonous.

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[LIST](#)**DEATH CAMAS**

(*Zigadenus elegans* - Lily Family)

POISONOUS - see below

History: "Zigadenus" combines the Greek words "zugon" for yoke and "aden" for gland referring to the paired glands of certain flowers. "Elegans" means elegant.

Description: This plant is 1-2 feet tall and has grass-like leaves which are located towards the base of the stem. The flowers are cream or greenish-white, bow-shaped, and are arranged in a branched flower cluster.

Habitat: Found in meadows, stream banks and woods in moist soil. They bloom in June and July.

Comments: This plant contains an alkaloid and the entire plant is poisonous to both man and livestock.

It is difficult to distinguish the bulb and leaves of the Death Camas from that of other edible bulbs such as onions, sego lilies, yellowbells, and the edible Camas used as a staple food by the Indians. Occasionally, Indians would mistake the bulb of these two Camas since they grow together in meadows. A mistake that would result in death. Sometimes when digging those bulbs, the plant above ground would break away from the bulb below. If the Camas plants were growing in close proximity it would be risky to use the unattached bulbs not knowing whether it belonged to the edible or the poisonous Camas.



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[LIST](#)**STICKY GERANIUM**

(*Geranium viscosissimum* - Geranium Family)

MEDICINAL - see below

History: "Geranium" is from the Greek word "geranos" meaning "crane" which refers to the long-beaked fruit of this plant. "Viscosissimum" means sticky.

Description: The Sticky Geranium is one of the most common pink-flowered plants. The flowers are pink to rose-purple and have dark veins. The leaves are palm-shaped, deeply divided into 5 to 7 segments, and have sharp teeth on the ends and edges. The stems, leaves and some flower parts are covered with sticky glandular hairs.

Habitat: Sticky Geraniums are plentiful in medium-dry to moist or wet soil of open woods, roadsides, creek banks and meadows. They flower in May, June and July.

Medicinal value: Wild geraniums were used by Indians for internal hemorrhaging by making a green solution from the powdered roots and water. It was also used for drying up sores. Crushed geranium roots were used as poultices for arthritis, sore feet and ruptures.



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PRINCE'S PINE or PIPSISSEWA

(Chimaphila umbellata - Heath Family)

EDIBLE/MEDICINAL - see below

History: "Chimaphila" is formed from the Greek words, "cheima" for winter and "philos" for loving, because of its evergreen habit. The species name "umbellata" means umbrella-like and refers to the floral arrangement.



Description: Prince's Pine is a low spreading evergreen shrub arising from long, woody underground stems and stands 6-14 inches tall. This plant has flowers that have five waxy pink to rose-colored petals which open widely. It has shiny green leaves which are lance-shaped, leathery, toothed on the margins, and are 1-3 inches in length. These leathery leaves are arranged in one or two whorls below the flowers.

Habitat: The Prince's Pine is a common shrub occurring in coniferous woods. It blooms the latter part of June, July, and first part of August.

Edible and medicinal value: This plant was used by many North American tribes as a medicinal plant. It was passed from their hands to the early European settlers and then was used as a popular folk remedy before adoption by the medical profession. The plant was used as an astringent and tonic. Boiled roots and leaves produced a refreshing drink. The Flathead and Kutenai Indians used it primarily as an eye medicine. Kutenai Indians also used a tea made from this plant for kidney trouble. The plant is also an ingredient in root beer.

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[LIST](#)**HONEYSUCKLE**

(*Lonicera ciliosa* - Honeysuckle Family)

EDIBLE - see below

History: The genus name "Lonicera" was named for Adam Lonitzer, a German herbalist. "Ciliosa" means fringed.

Description: The Honeysuckle is a climbing woody vine with trumpet-shaped flowers at the ends of the branches. It often climbs 5 to 30 feet using trees, shrubs and fences. The orange blossoms are about 1 inch in length and can later turn to bright-red berries. The leaves are opposite and oval with the upper surface being dark green and the underneath appearing whitish and waxy. The bases of the leaves just below the flowers are united around the stem. The vivid orange blossoms have become adapted for pollination chiefly by hummingbirds.



Habitat: Found in moist soil of canyons, hillsides, and woods. Flowers in latter part of May to mid-July.

Edible value: The berries of the Honeysuckle are edible but are not widely sought because of their lack of taste. They are, however, utilized by ruffed grouse and black and grizzly bears.

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[LIST](#)**PUSSYTOES**

(*Antennaria rosea* - Aster Family)

EDIBLE - see below

History: "Antennaria" is so named because of a resemblance of a part of the plant to an insect antennae. "Rosea" means rose-colored referring to rose-colored bracts on some of the flowers.

Description: Pussytoes form mats of woolly vegetation often covering an area of several feet. Stems arise from the mat 2 to 12 inches tall and are capped with clusters of flower heads. The flower of the Pussytoe is very small and is surrounded by pearly-white rose-colored bracts.

Habitat: Inhabits dry to moist soils of prairies, valleys, and mountain sides. Flowering season is the latter part of May to the first part of August.

Edible value: Western Indians prepared a gum from stalks of this plant.



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[LIST](#)**SEGO LILY**

(*Calochortus nuttallii* - Lily Family)

EDIBLE - see below

History: "Calochortus" comes from "kalo" meaning beautiful and "chortos" for grass. The species name "nuttallii" was named for Thomas Nuttall, a self-taught naturalist. The Sego Lily is the state flower of Utah.



Description: The flower of the Sego Lily is white and somewhat tulip-like with a triangular cup-shaped appearance. It has 3 sepals, 3 petals, and 6 stamens, which is a characteristic composition for members of the Lily family. The base of the petals are yellow and are marked with a crescent-shaped purple band or spot. Its stems can be 8 to 20 inches high, have a few grass like leaves, and a thin-coated bulb. It blooms in late spring and early summer.

Habitat: This species is found in dry, open forests.

Edible value: The bulbous root of the Sego Lily was used by the Indians who frequently ground it making a bread from the starchy meal. The bulb is sweet and nutritious and is the size of a walnut. It can be eaten raw or cooked as an emergency food. It tastes like a potato when boiled. The Mormon pioneers made much use of this plant as a source of food. Bears and rodents also consume the bulbs.

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[LIST](#)**TWINFLOWER**

(*Linnaea borealis* - Honeysuckle Family)

History: The genus name "Linnaea" is named for Carl Linnaeus, the father of modern botanical taxonomy, who is responsible for the binomial system of naming plants and animals. This system assigns a generic and specific name to a plant and these two words constitute the official name of a plant or animal. "Borealis" means northern.

Description: Twinflower is so named because the blossoms are paired. It is a mat-forming evergreen with branches that divide at the top, each bearing a dainty bell-shaped pink or white flower. The petals form a corolla with five round lobes. The Twinflower has 4 stamens, 2 of which are longer than the others. Leaves are oval or round and are about a half inch long. It has tiny dry fruits that are sticky because of hooked bristles that are readily attached to animals and birds. This little plant scents the air with a pleasing fragrance.



Habitat: The Twinflower is usually found in shaded places and in wet soil along streams, ponds, springs and in boggy areas. Flowers in June, July and first part of August.

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[LIST](#)**HAREBELL**

(*Campanula rotundifolia* - Bluebell Family)

POISONOUS - see below

History: "Campanula" is taken from the Latin term "campana" meaning "little bell" in reference to the flower shape. "Rotundifolia" means round-leaved.

Description: The violet-blue, bell-shaped flowers of the Harebell hang down from slender stems of 8 to 20 inches tall. These stems are usually clustered together with basal leaves which are roundish to heart-shaped. These basal leaves wither early and the narrow, pointed stem leaves remain.

Habitat: Harebells are found in dry to moist soil of open hillsides, prairies and valleys. Flowering season is the latter part of June, July and August.

Comments: The name Harebell is believed to have an association with witches who could transform themselves into hares. When a person crossed its path, it was considered bad luck. Due to lack of information regarding this plant's edibility, it should be considered poisonous.



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[LIST](#)**LUPINE**

(*Lupinus sericeus* - Pea Family)

POISONOUS - see below

History: The common name "Lupine" and generic name "Lupinus" comes from "lupis" meaning wolf. It was once believed that they were wolf-like by devouring soil nutrients. The fact is they "prefer" poor soil, which they do not further deplete and, like other members of the Pea Family, actually enrich the soil in nitrogen. "Sericeus" means silky.

Description: The flowers of the Lupine are mostly blue and arranged in a dense flower cluster. Stems vary from 1 to 2 feet in height and are clumped together. Leaves are palm-shaped.

Habitat: Inhabits valleys and mountains up to 7,000 feet in dry to moist soil. Blooms from June to the first part of August.

Comments: Due to insufficient information on the edibility of the Lupine, it should be considered poisonous.



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[LIST](#)**LONG-PLUMED AVENS**

(*Geum triflorum* - Rose Family)

EDIBLE/MEDICINAL - see below

History: The Long-plumed Avens is also called Old man's Whiskers or Prairie Smoke. The genus name "Geum" is the Old Latin name for one of the species. "Triflorum" means 3-flowered referring to the floral arrangement.

Description: The pink to rose-colored flowers of the Long-plumed Avens hang downward. After fertilization, the flowers turn upright. Later the flowers turn into a feathery seed plume. Its leaves are greatly dissected and are fern like in appearance and appear mainly at the base of the plant. The whole plant has soft hairs. The leaves of the Avens are one of the first green things to appear when the snow recedes.



Habitat: Found on plains, hillsides, and ridges in medium-dry soil. They flower throughout May until the first part of July.

Edible and medicinal value: The Indians would make a beverage from boiled roots which tasted like weak sassafras tea. The Blackfeet Indians are reported to have used the root of the Long-plumed Avens as an eye wash.

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[LIST](#)**QUEEN'S CUP**

(Clintonia uniflora - Lily Family)

POISONOUS - see below

History: "Clintonia" was named for DeWitt Clinton a naturalist and governor of New York. "Uniflora" means one flower.

Description: The flower of the Queen's cup is white, is about 1 inch across, and sits at the top of a slender stalk that is 3-8 inches tall. The basal leaves are longer than the flower stalk and are lance-shaped. This plant can have from 2 to 5 bright green leaves. In late summer a roundish blue berry develops.

Habitat: Usually found in forest shade of conifers, but may be found among shrubs and along streams. Flowers from the latter part of May to July.

Comments: The berries of the Queen's cup are a favorite food of Ruffed Grouse. This blue berry is not edible to humans, however, and should be considered poisonous.



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[LIST](#)**PINK PYROLA**

(*Pyrola asarifolia* - Wintergreen Family)

POISONOUS - see below

History: The genus name "Pyrola" is taken from the Latin term "pirus" or "pyrus" meaning "the pear" in reference to the leaves of some species being pear-shaped. "Asarifolia" means leaves like asarum leaves.

Description: The ½ inch broad flowers of this Pyrola are pink to purplish. They are waxy and hang down in an elongated flower cluster on a leafless stalk which is 8-16 inches tall. The basal leaves of the Pink Pyrola are evergreen, leathery, and almost round in diameter.



Habitat: Found mostly in shady areas and along wet soil bogs, streams, and around springs. Flowering season is the latter part of June, July and first part of August.

Comments: Due to lack of information regarding this plant's edibility, it should be considered poisonous.

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SYRINGA FLOWER



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HONEYSUCKLE LEAVES AND FLOWER



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