

Vascular Plant List
Iron Goat Trail

Iron Goat Trail, King County, WA. List covers plants found along the Iron Goat Trail, near Stevens Pass. WNPS field trip list, 1994, combined with list by unknown author, 2000, list by Laura Potash, 2002, and additions by group hike, August 2007, Janet Wall, leader. 320 spp.

These lists represent the work of different WNPS members over the years. Their accuracy has not been verified by the Washington Native Plant Society. We offer these lists to individuals as a tool to enhance the enjoyment and study of native plants.

* - Introduced

<u>Scientific Name</u>	<u>Common Name</u>	<u>Family Name</u>
Abies amabilis	Pacific silver fir	Pinaceae
Abies lasiocarpa	Sub-alpine fir	Pinaceae
Abies procera	Noble fir	Pinaceae
Acer circinatum	Vine maple	Aceraceae
Acer glabrum	Douglas maple	Aceraceae
Acer macrophyllum	Big-leaf maple	Aceraceae
Achillea millifolium	Yarrow	Asteraceae
Achlys triphylla	Vanilla leaf	Berberidaceae
Aconitum columbianum	Monkshood	Ranunculaceae
Actaea rubra	Baneberry	Ranunculaceae
Adenocaulon bicolor	Pathfinder	Asteraceae
Adiantum pedatum	Maidenhair fern	Polypodiaceae
Agrostis alba*	Red top	Poaceae
Alnus rubra	Red alder	Betulaceae
Alnus sinuata	Sitka alder	Betulaceae
Amelanchier alnifolia	Serviceberry	Rosaceae
Anaphalis margaritacea	Pearly everlasting	Asteraceae
Anemone occidentalis	Mountain pasqueflower	Ranunculaceae
Angelica arguta	Sharp-tooth angelica	Apiaceae
Angelica genuflexa	Kneeling angelica	Apiaceae
Antennaria microphylla	Rosy pussy-toes	Asteraceae
Aquilegia formosa	Red columbine	Ranunculaceae
Arabis hirsuta	Hairy rockcress	Brassicaceae
Arabis lyallii	Lyall's rockcress	Brassicaceae
Arctium minus*	Common burdock	Asteraceae
Arctostaphylos uva-ursi	Bearberry	Ericaceae
Arenaria macrophylla	Big-leaf sandwort	Caryophyllaceae
Arnica latifolia	Mountain arnica	Asteraceae
Arnica mollis	Hairy arnica	Asteraceae
Artemisia suksdorfii	Suksdorf's sagewort	Asteraceae
Aruncus sylvestris	Goatsbeard	Rosaceae
Asarum caudatum	Wild ginger	Aristolochiaceae
Asplenium trichomanes	Maidenhair spleenwort	Polypodiaceae
Aster alpigenus	Alpine aster	Asteraceae
Aster foliaceus	Leafy aster	Asteraceae
Aster modestus	Great northern aster	Asteraceae
Aster occidentalis	Western aster	Asteraceae

Athyrium filix-femina	Lady fern	Polypodiaceae
Barbarea orthoceras	American wintercress	Brassicaceae
Berberis nervosa	Cascade Oregongrape	Berberidaceae
Blechnum spicant	Deer fern	Polypodiaceae
Botrychium lanceolatum	Triangle moonwort	Ophioglossaceae
Botrychium lunaria	Common moonwort	Ophioglossaceae
Botrychium minganense	Mingan moonwort	Ophioglossaceae
Botrychium montanum	Moonwort	Ophioglossaceae
Botrychium multifidum	Leathery grape-fern	Ophioglossaceae
Botrychium pinnatum	Mountain moonwort	Ophioglossaceae
Botrychium virginianum	Virginia grape-fern	Ophioglossaceae
Boykinia elata	Coast boykinia	Saxifragaceae
Bromus sitchensis	Alaska brome	Poaceae
Bromus tectorum*	Cheat grass	Poaceae
Bromus vulgaris	Narrow-leaf brome	Poaceae
Calamagrostis canadensis	Bluejoint	Poaceae
Caltha biflora	White marshmarigold	Ranunculaceae
Caltha leptosepala	Elkslip	Ranunculaceae
Calypso bulbosa	Fairy slipper	Orchidaceae
Campanula rotundifolia	Common harebell	Campanulaceae
Carex aperta	Columbia sedge	Cyperaceae
Carex aquatilis	Water sedge	Cyperaceae
Carex californica	California sedge	Cyperaceae
Carex deweyana	Dewey's sedge	Cyperaceae
Carex geyeri	Geyer's sedge	Cyperaceae
Carex interior	Inland sedge	Cyperaceae
Carex lenticularis	Lenticular sedge	Cyperaceae
Carex luzulina	Woodrush sedge	Cyperaceae
Carex mertensii	Merten's sedge	Cyperaceae
Carex pachystachya	Pachystachy sedge	Cyperaceae
Carex rossii	Ross' sedge	Cyperaceae
Carex saxatilis	Russet sedge	Cyperaceae
Carex sitchensis	Sitka sedge	Cyperaceae
Carex spectabilis	Showy sedge	Cyperaceae
Cassiope mertensiana	White mountain heather	Ericaceae
Castilleja hispida	Harsh paintbrush	Scrophulariaceae
Castilleja miniata	Scarlet paintbrush	Scrophulariaceae
Chamaecyparis nookatensis	Alaska cedar	Cupressaceae
Chimaphila menziesii	Little pipsissewa	Ericaceae
Chimaphila umbellata	Pipsissewa	Ericaceae
Chrysanthemum leucanthemum*	Ox-eye daisy	Asteraceae
Circaea alpina	Enchanter's nightshade	Onagraceae
Cirsium arvense*	Canada thistle	Asteraceae
Cirsium edule	Horse thistle	Asteraceae
Cirsium vulgare*	Bull thistle	Asteraceae
Cladostamnus pyroliflorus	Copperbush	Ericaceae
Clintonia uniflora	Queen's cup	Liliaceae
Collomia linearis	Narrow-leaf collomia	Polemoniaceae
Corallorrhiza maculata	Spotted coral-root	Orchidaceae
Corallorrhiza mertensiana	Western coral-root	Orchidaceae

<i>Cornus canadensis</i>	Bunchberry	Cornaceae
<i>Cryptantha torreyana</i>	Torrey's cryptantha	Boraginaceae
<i>Cryptogramma crispa</i>	Parsley fern	Polypodiaceae
<i>Cystopteris fragilis</i>	Fragile fern	Polypodiaceae
<i>Dactylis glomerata*</i>	Orchard grass	Poaceae
<i>Deschampsia elongata</i>	Slender hairgrass	Poaceae
<i>Dicentra formosa</i>	Bleeding heart	Fumariaceae
<i>Digitalis purpurea*</i>	Foxglove	Scrophulariaceae
<i>Disporum hookeri</i>	Hooker fairy-bell	Liliaceae
<i>Dodecatheon jeffreyi</i>	Jeffrey's shooting star	Primulaceae
<i>Draba aureola</i>	Alpine draba	Brassicaceae
<i>Drosera rotundifolia</i>	Round-leaf sundew	Droseraceae
<i>Dryopteris expansa</i>	Spreading wood-fern	Polypodiaceae
<i>Eleocharis palustris</i>	Common spike-rush	Cyperaceae
<i>Eleocharis pauciflora</i>	Few-flowered spike-rush	Cyperaceae
<i>Elymus glaucus</i>	Western ryegrass	Poaceae
<i>Epilobium alpinum</i>	Alpine willow-herb	Onagraceae
<i>Epilobium angustifolium</i>	Fireweed	Onagraceae
<i>Epilobium luteum</i>	Yellow willow-herb	Onagraceae
<i>Epilobium minutum</i>	Small-flowered willow-herb	Onagraceae
<i>Epilobium watsonii</i>	Watson's willow-herb	Onagraceae
<i>Equisetum arvense</i>	Common horsetail	Equisetaceae
<i>Equisetum fluviatile</i>	Swamp horsetail	Equisetaceae
<i>Erigeron acris</i>	Bitter fleabane	Asteraceae
<i>Erigeron peregrinus</i>	Subalpine daisy	Asteraceae
<i>Eriophorum polystachion</i>	Narrow-leaved cottongrass	Cyperaceae
<i>Erythronium grandiflorum</i>	Glacier lily	Liliaceae
<i>Festuca arundinacea*</i>	Tall fescue	Poaceae
<i>Festuca subulata</i>	Bearded fescue	Poaceae
<i>Fragaria vesca</i>	Wild strawberry	Rosaceae
<i>Fragaria virginiana</i>	Woods strawberry	Rosaceae
<i>Fritillaria lanceolata</i>	Chocolate lily	Liliaceae
<i>Galium aparine</i>	Cleavers	Rubiaceae
<i>Galium kamtschaticum</i>	Boreal bedstraw	Rubiaceae
<i>Galium triflorum</i>	Fragrant bedstraw	Rubiaceae
<i>Gaultheria hispidula</i>	Creeping snowberry	Ericaceae
<i>Gaultheria ovatifolia</i>	Slender wintergreen	Ericaceae
<i>Gaultheria shallon</i>	Salal	Ericaceae
<i>Gayophytum diffusum</i>	Spreading groundsmoke	Onagraceae
<i>Gentiana calycosa</i>	Mountain bog gentian	Gentianaceae
<i>Geum macrophyllum</i>	Large-leaved avens	Rosaceae
<i>Glyceria elata</i>	Tall mannagrass	Poaceae
<i>Goodyera oblongifolia</i>	Rattlesnake-plantain	Orchidaceae
<i>Gymnocarpium dryopteris</i>	Oak fern	Polypodiaceae
<i>Habenaria saccata</i>	Slender bog-orchid	Orchidaceae
<i>Habenaria unalascensis</i>	Alaska rein-orchid	Orchidaceae
<i>Heracleum lanatum</i>	Cow parsnip	Apiaceae
<i>Heuchera glabra</i>	Smooth alumroot	Saxifragaceae
<i>Heuchera micrantha</i>	Small-flowered alumroot	Saxifragaceae
<i>Hieracium albiflorum</i>	White-flowered hawkweed	Asteraceae

Hippuris montana	Mountain mare's-tail	Hippuridaceae
Holodiscus discolor	Ocean spray	Rosaceae
Hydrophyllum capitatum	Woolly breeces	Hydrophyllaceae
Hydrophyllum fendleri	Fendler's waterleaf	Hydrophyllaceae
Hypericum anagalloides	Bog St. John's-wort	Hypericaceae
Hypericum perforatum*	Klamath weed	Hypericaceae
Hypochaeris radicata*	Hairy cat's-ear	Asteraceae
Hypopites monotropa	Pinesap	Ericaceae
Juncus ensifolius	Daggerleaf rush	Juncaceae
Juncus parryi	Parry's rush	Juncaceae
Juniperus communis	Mountain juniper	Cupressaceae
Kalmia microphylla	Alpine laurel	Ericaceae
Kalmia occidentalis	Western swamp laurel	Ericaceae
Lactuca biennis	Tall blue lettuce	Asteraceae
Lactuca muralis*	Wall lettuce	Asteraceae
Leptarrhena pyrolifolia	Leatherleaf saxifrage	Saxifragaceae
Ligusticum grayi	Gray's lovage	Apiaceae
Lilium columbianum	Tiger lily	Liliaceae
Linnaea borealis	Twinflower	Caprifoliaceae
Listera caurina	Northwestern twayblade	Orchidaceae
Listera convallarioides	Broad-lipped twayblade	Orchidaceae
Listera cordata	Heart-leaved twayblade	Orchidaceae
Lonicera involucrata	Black twinberry	Caprifoliaceae
Ludwigia palustris	False loosestrife	Onagraceae
Luetkea pectinata	Partridge foot	Rosaceae
Luina hypoleuca	Silverback luina	Asteraceae
Lupinus latifolius	Broad-leaf lupine	Fabaceae
Luzula campestris	Field woodrush	Juncaceae
Luzula hitchcockii	Smooth woodrush	Juncaceae
Luzula parviflora	Small-flowered woodrush	Juncaceae
Lycopodium clavatum	Running clubmoss	Lycopodiaceae
Lycopodium complanatum	Ground cedar	Lycopodiaceae
Lycopodium selago	Fir clubmoss	Lycopodiaceae
Lycopodium sitchense	Alaska clubmoss	Lycopodiaceae
Lysichiton americanus	Skunk cabbage	Araceae
Maianthemum dilatatum	False lily-of-the-valley	Liliaceae
Mentha arvensis	Field mint	Lamiaceae
Menyanthes trifoliata	Buckbean	Menyanthaceae
Menziesia ferruginea	Fool's huckleberry	Ericaceae
Mertensia ciliata	Broad-leaf bluebells	Boraginaceae
Mertensia paniculata	Tall bluebells	Boraginaceae
Microsteris gracilis	Pink microsteris	Polemoniaceae
Mimulus guttatus	Common monkey-flower	Scrophulariaceae
Mimulus lewisii	Lewis's monkey-flower	Scrophulariaceae
Mimulus moschatus	Musk-flower	Scrophulariaceae
Mitella breweri	Brewer's mitrewort	Saxifragaceae
Mitella pentandra	Alpine mitrewort	Saxifragaceae
Monotropa uniflora	Single-flowered indian pipe	Ericaceae
Montia cordifolia	Broad-leafed montia	Portulacaceae
Montia parvifolia	Streambank spring beauty	Portulacaceae

Montia sibirica	Candyflower	Portulacaceae
Nothochelone nemorosa	Woodland beard-tongue	Scrophulariaceae
Nuphar polysepala	Pond lily	Nymphaeaceae
Oplopanax horridum	Devil's club	Araliaceae
Osmorhiza chilensis	Mountain sweet-cicely	Apiaceae
Osmorhiza occidentalis	Western sweet-cicely	Apiaceae
Pachistima myrsinites	Mountain box	Celastraceae
Parnassia fimbriata	Fringed grass-of-parnassus	Saxifragaceae
Pedicularis bracteosa	Bracted lousewort	Scrophulariaceae
Pedicularis groenlandica	Elephant's head	Scrophulariaceae
Pedicularis racemosa	Sickle-top lousewort	Scrophulariaceae
Pellaea breweri	Brewer's cliff-brake	Polypodiaceae
Penstemon serrulatus	Cascade penstemon	Scrophulariaceae
Petasites frigidus	Alpine sweet coltsfoot	Asteraceae
Phleum alpinum	Alpine timothy	Poaceae
Phleum pratense*	Timothy	Poaceae
Phlox diffusa	Spreading phlox	Polemoniaceae
Phyllodoce empetriformis	Red mountain heather	Ericaceae
Physocarpus capitatus	Pacific ninebark	Rosaceae
Pinus monticola	Western white pine	Pinaceae
Plantago lanceolata*	English plantain	Plantaginaceae
Plantago major*	Common plantain	Plantaginaceae
Poa pratensis*	Kentucky bluegrass	Poaceae
Polemonium sp.	Jacob's ladder	Polemoniaceae
Polygonum douglasii	Douglas' knotweed	Polygonaceae
Polygonum sp.	Smartweed	Polygonaceae
Polypodium glycyrrhiza	Licorice fern	Polypodiaceae
Polystichum lonchitis	Holly fern	Polypodiaceae
Polystichum munitum	Sword fern	Polypodiaceae
Populus tremuloides	Quaking aspen	Salicaceae
Populus trichocarpa	Black cottonwood	Salicaceae
Potentilla flabellifolia	Fan-leaf cinquefoil	Rosaceae
Potentilla fruticosa	Shrubby cinquefoil	Rosaceae
Potentilla glandulosa	Sticky cinquefoil	Rosaceae
Potentilla norvegica*	Norwegian cinquefoil	Rosaceae
Prenanthes alata	Western rattlesnake-root	Asteraceae
Prunella vulgaris	Self-heal	Lamiaceae
Prunus emarginata	Bitter cherry	Rosaceae
Pseudotsuga menziesii	Douglas fir	Pinaceae
Pteridium aquilinum	Bracken	Polypodiaceae
Pterospora andromedea	Pinedrops	Ericaceae
Pyrola asarifolia	Pink wintergreen	Ericaceae
Pyrola picta	White-veined wintergreen	Ericaceae
Pyrola secunda	One-sided wintergreen	Ericaceae
Pyrus malus*	Apple	Rosaceae
Ranunculus uncinatus	Little buttercup	Ranunculaceae
Rhamnus purshiana	Cascara	Rhamnaceae
Rhododendron albiflorum	White rhododendron	Ericaceae
Ribes bracteosum	Stink currant	Grossulariaceae
Ribes lacustre	Prickly currant	Grossulariaceae

<i>Ribes sanguineum</i>	Red-flowered currant	Grossulariaceae
<i>Rorippa</i> sp.	Yellowcress	Brassicaceae
<i>Rosa gymnocarpa</i>	Baldhip rose	Rosaceae
<i>Rubus idaeus</i>	Red raspberry	Rosaceae
<i>Rubus laciniatus*</i>	Evergreen blackberry	Rosaceae
<i>Rubus lasiococcus</i>	Dwarf bramble	Rosaceae
<i>Rubus leucodermis</i>	Blackcap	Rosaceae
<i>Rubus nivalis</i>	Snow bramble	Rosaceae
<i>Rubus parviflorus</i>	Thimbleberry	Rosaceae
<i>Rubus pedatus</i>	Strawberry bramble	Rosaceae
<i>Rubus spectabilis</i>	Salmonberry	Rosaceae
<i>Rubus ursinus</i>	Wild blackberry	Rosaceae
<i>Rumex acetosella*</i>	Sheep sorrel	Polygonaceae
<i>Rumex obtusifolius*</i>	Broad-leaved dock	Polygonaceae
<i>Salix barclayi</i>	Barclay's willow	Salicaceae
<i>Salix scouleriana</i>	Scouler willow	Salicaceae
<i>Salix sitchensis</i>	Sitka willow	Salicaceae
<i>Sambucus racemosa</i>	Red elderberry	Caprifoliaceae
<i>Sanguisorba sitchensis</i>	Sitka burnet	Rosaceae
<i>Sanicula graveolens</i>	Sierra sanicle	Apiaceae
<i>Saussurea americana</i>	American sawwort	Asteraceae
<i>Saxifraga arguta</i>	Brook saxifrage	Saxifragaceae
<i>Saxifraga ferruginea</i>	Rusty saxifrage	Saxifragaceae
<i>Saxifraga mertensiana</i>	Merten's saxifrage	Saxifragaceae
<i>Saxifraga punctata</i>	Dotted saxifrage	Saxifragaceae
<i>Scirpus microcarpus</i>	Small-flowered bulrush	Cyperaceae
<i>Sedum oreganum</i>	Oregon stonecrop	Crassulaceae
<i>Senecio cymbalarioides</i>	Few-leaved groundsel	Asteraceae
<i>Senecio integerrimus</i>	Western groundsel	Asteraceae
<i>Senecio jacobaea*</i>	Tansy ragwort	Asteraceae
<i>Senecio triangularis</i>	Arrowleaf groundsel	Asteraceae
<i>Smilacina racemosa</i>	False Solomon's seal	Liliaceae
<i>Smilacina stellata</i>	Star-flowered Solomon's seal	Liliaceae
<i>Solidago canadensis</i>	Meadow goldenrod	Asteraceae
<i>Sorbus sitchensis</i>	Sitka mountain-ash	Rosaceae
<i>Spergularia rubra*</i>	Red sandspurry	Caryophyllaceae
<i>Spiraea betulifolia</i>	Birch-leaved spirea	Rosaceae
<i>Spiraea douglasii</i>	Hardhack	Rosaceae
<i>Spiranthes romanzoffiana</i>	Hooded ladies-tresses	Orchidaceae
<i>Stachys cooleyae</i>	Cooley's hedge-nettle	Lamiaceae
<i>Stellaria calycantha</i>	Northern starwort	Caryophyllaceae
<i>Stenanthium occidentale</i>	Bronze bells	Liliaceae
<i>Streptopus amplexifolius</i>	Clasping-leaved twisted-stalk	Liliaceae
<i>Streptopus roseus</i>	Rosy twisted-stalk	Liliaceae
<i>Symphoricarpos albus</i>	Common snowberry	Caprifoliaceae
<i>Tanacetum vulgare*</i>	Common tansy	Asteraceae
<i>Taraxacum officinale*</i>	Dandelion	Asteraceae
<i>Taxus brevifolia</i>	Western yew	Taxaceae
<i>Tellima grandiflora</i>	Fringecup	Saxifragaceae
<i>Thalictrum occidentale</i>	Western meadowrue	Ranunculaceae

<i>Thuja plicata</i>	Western red cedar	Cupressaceae
<i>Tiarella trifoliata</i>	Foamflower	Saxifragaceae
<i>Tofieldia glutinosa</i>	Bog lily	Liliaceae
<i>Tolmiea menziesii</i>	Youth-on-age	Saxifragaceae
<i>Trientalis arctica</i>	Northern star-flower	Primulaceae
<i>Trientalis latifolia</i>	Broadleaved starflower	Primulaceae
<i>Trifolium hybridum*</i>	Alsike clover	Fabaceae
<i>Trifolium pratense*</i>	Red clover	Fabaceae
<i>Trifolium repens*</i>	White clover	Fabaceae
<i>Trillium ovatum</i>	White trillium	Liliaceae
<i>Trisetum spicatum</i>	Downy oat-grass	Poaceae
<i>Trollius laxus</i>	Globeflower	Ranunculaceae
<i>Tsuga heterophylla</i>	Western hemlock	Pinaceae
<i>Tsuga mertensiana</i>	Mountain hemlock	Pinaceae
<i>Urtica dioica</i>	Stinging nettle	Urticaceae
<i>Vaccinium alaskense</i>	Alaska blueberry	Ericaceae
<i>Vaccinium deliciosum</i>	Cascade huckleberry	Ericaceae
<i>Vaccinium membranaceum</i>	Mountain huckleberry	Ericaceae
<i>Vaccinium ovalifolium</i>	Oval-leaved huckleberry	Ericaceae
<i>Vaccinium parvifolium</i>	Red huckleberry	Ericaceae
<i>Valeriana sitchensis</i>	Sitka valerian	Valerianaceae
<i>Veratrum viride</i>	Green false hellebore	Liliaceae
<i>Verbascum thapsus*</i>	Common mullein	Scrophulariaceae
<i>Veronica americana</i>	American brooklime	Scrophulariaceae
<i>Veronica arvensis*</i>	Field veronica	Scrophulariaceae
<i>Veronica officinalis*</i>	Common speedwell	Scrophulariaceae
<i>Veronica serpyllifolia</i>	Thyme-leaf speedwell	Scrophulariaceae
<i>Veronica wormskjoldii</i>	Alpine speedwell	Scrophulariaceae
<i>Viola glabella</i>	Stream violet	Violaceae
<i>Viola orbiculata</i>	Round-leaved violet	Violaceae
<i>Viola palustris</i>	Marsh violet	Violaceae
<i>Viola sempervirens</i>	Evergreen violet	Violaceae
<i>Woodsia oregana</i>	Oregon woodsia	Polypodiaceae