These species pages has been valuable and loved for over a decade by WNPS members and the PNW plant community. Untouched since 2007, these pages have been archived for your reference. They contain valuable identifiable traits, landscaping information, and ethnobotanical uses. Species names and data will not be updated.

To view updated taxonomical information, visit the UW Burke Herbarium Image Collection website at http://biology.burke.washington.edu/herbarium/imagecollection.php. For other useful plant information, visit the Native Plants Directory at www.wnps.org.

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About Ann Lennartz


Resources developed by Starflower Foundation included an array of educational materials, plant ID cards, project case studies, and this image herbarium. All resources contain Western Washington native plant information and images for use in education, restoration and landscaping projects. As mutually agreed upon with Starflower Foundation, Washington Native Plant Society has made Starflower's learning and education materials available on our website.
**Penstemon serrulatus**

**Coast Penstemon**

At a Glance: Perennial, sprawling sub-shrub from a woody stem base, with large purple tubular flowers at stem tips.

- Height: 8-28 inches (20-70 cm).
- Growth Form: Herb.
- Stems: Several leafy and hairless to hairy stems, branching, woody base.
- Leaves: Leaves opposite, hairless and stalkless, saw toothed; lower leaves are reduced and often stalked; shape: lance to oblong egg-shaped;
- Size: 3-8 cm (1-3 in).
- Flowers: Hairless, deep blue to dark purple tubular flowers on short stalks in 1 to several compact clusters at stem tips; 4 fertile stamens;
- Size: 17-25 mm long.
- Flowering Period: May, June, July.
- Fruits: Dry capsules 5-8 mm long.

**Wildlife Value**

✓Nectar for hummingbirds
✓Nectar for butterflies
Insects: Bumblebees, night-flying moths, and butterflies (swallowtails, common wood nymphs, and Lorquins admirals) are attracted to the flowers of penstemons

**Ethnobotanical Uses and Other Facts**

Name Info: *Penstemon* is from Latin (pente = 5 and stemon = stamens). The flowers have 4 fertile stamens and 1 sterile. Interesting Facts: *Penstemons* also called beard-tongues because of their hairy throats and lower lips of the flowers. Some species also have hairy stamens or anthers.

**Sun/Shade Tolerance**

✓full sun > 80% ✓mostly sunny 60%-80%
✓partial sun and shade 40%-60%

**Hydrology**

✓moist ✓dry

**Elevation Range**

✓low elevation ✓mid elevation ✓sub-alpine

**Habitat Preferences**

**Shorelines and Riparian:**
✓Stream or river banks

**Rocky or Gravelly Areas:**
✓Rocky slopes
✓Gullies

**Sub-alpine and Alpine:**
✓Tundra
✓Avalanche tracks
**Petasites palma**

**Palmate Coltsfoot**

At a Glance: Many-stemmed perennial with umbrella-like leaves from creeping rhizomes.

- Height: Up to 30 inches (80 cm).
- Growth Form: Herb.
- Stems: The flowering stems precede the leaves.
- Leaves: All basal on long stalks; deeply divided heart or kidney shape, almost palmate, with 5-7 toothed lobes; green and hairless above, white-woolly below. Stem leaves reduced to alternate bracts.
- Flowers: Ray flowers creamy white; disk flowers whitish to pinkish; involucres 7-16 mm high, the bracts lance-shaped, with hairs at the base; heads several to many, on glandular and often white-woolly stalks.
- Flowering Period: February, March.
- Fruits: Hairless achenes, 5-10 ribbed; pappus hairs numerous, white.

**Habitat Preferences**

**Aquatic and Wetland:**
- Marshes or swamps
- Forested wetlands

**Shorelines and Riparian:**
- Streams or rivers
- Riparian corridors

**Forests and Thickets:**
- Forests and woods
- Forest edges, openings, or clearings
- Thickets

**Disturbed Areas:**
- Roadsides

**Hydrology**
- Wet
- Moist

**Ethnobotanical Uses and Other Facts**

Material Uses: The Quinault used the leaves to cover berries in steam-pits.

Medicinal Uses: A decoction of roots were used to treat tuberculosis symptoms or as an emetic. Leaves were warmed and applied to areas afflicted with rheumatism.

Food Uses: Young leaves and stems were eaten, ashes from burned leaves was a salt substitute. The roots were eaten as a cough medicine, boiled or raw.

Name Info: “Palmate” implies veins spread like fingers on the leaves.

**Sun/Shade Tolerance**
- Mostly sunny 60%-80%
- Partial sun and shade 40%-60%
- Mostly shady 60%-80%

**Elevation Range**
- Low elevation
- Mid elevation
**Phlox diffusa**

**Spreading Phlox**

At a Glance: Mat forming perennial with showy white to pink flowers.

- Height: Up to 4 inches (10 cm).
- Growth Form: Herb.
- Leaves: Opposite, linear, entire, fused at base in pairs, green and hairless except for hairy lower edges, 5-20 mm long.
- Flowers: Showy; 5 sepals fused into whitened, long-hairy tube with sharp lobes; petals fused into tube 9-17 mm long, spreading flat into 5-9 mm long lobes, solitary and stalkless at ends of stems and branches; primary color: pink to lavender or whitish; Size: 1.3 cm across.
- Flowering Period: May, June, July, August.
- Fruits: Capsules, 3-chambered; seeds usually 1 per chamber, not mucilaginous when moistened.

**Sun/Shade Tolerance**
- 🌞 full sun > 80%
- ☀️ mostly sunny 60%-80%

**Hydrology**
- ☔️ moist
- ☃️ dry

**Elevation Range**
- 🏔️ mid elevation
- 🏔️ sub-alpine
- 🏔️ high elevation

**Soil Preferences**
- 🌱 gravelly soils

**Wildlife Value**
Insects: The nectar attracts a variety of insects.

**Ethnobotanical Uses and Other Facts**
Name Info: "Phlox" is Greek for flame, the name given to this group with its bright flowers. "Diffusa" means spreading, referring to the plants tendency to form low mats.
Platanthera dilatata

White Rein-Orchid, Bog Candle

At a Glance: Perennial orchid with spikes of white flowers from tuber-like roots.

- Height: Up to 28 inches (70 cm).
- Growth Form: Herb.
- Stems: Stout, leafy.
- Leaves: Alternate, oblong to broadly lance-shaped, sheathing, gradually getting smaller up the stem.
- Flowers: White to greenish tinge, waxy, small but very fragrant, spur slender, cylindrical, curved longer than lip, 5-30 flowers in loose to densely packed terminal spikes.
- Flowering Period: June, July, August.
- Fruits: Elliptic capsules.

Sun/Shade Tolerance
✓ full sun > 80%
✓ mostly sunny 60%-80%

Habitat Preferences
Aquatic and Wetland:
✓ Swales or wet ditches
✓ Marshes or swamps
✓ Bogs, fens
✓ Seeps, springs

Shorelines and Riparian:
✓ Lake shores
✓ Bog margins
✓ Stream or river banks

Hydrology
✓ wet
✓ moist

Water Indicator Status:
FACW (facultative wetland)

Elevation Range
✓ mid elevation
✓ sub-alpine
✓ high elevation

Soil Preferences
✓ muddy soils

Ethnobotanical Uses and Other Facts
Material Uses: The Shuswap used extracts as a poison on coyote and grizzly bait.
Food Uses: Tuber-like roots reportedly edible.
Toxicity: Some aboriginal groups consider it poisonous, exact poisonous nature not known.
Name Info: Rein orchid comes from the Latin habenas meaning strap or rein and refers to the thong-like shape of the lip and spur.
Interesting Facts: Very fragrant, often smelled before being seen.
**Plectritis congesta**

**Sea Blush**

At a Glance: Delicate annual herb with large dense clusters of small pink flowers.

- Height: Up to 2 feet (60 cm).
- Growth Form: Herb.
- Stems: Angled.
- Leaves: Opposite, hairless, oblone-elliptic, stalkless, lowermost leaves spoon or egg shaped, short-stalked; margins smooth or obscurely; Size: 0.5-5 cm (to 2 in) long.
- Flowers: Pink or rarely white, small (2-8 mm long), petals 5, fused in two lips, with a thick spur; several to many in head-like or spike-like, terminal clusters.
- Flowering Period: April, May.
- Fruits: Dry, falling without opening, sharply winged, hairy or hairless, 1-seeded, convex side keeled, not grooved.

**Soil Preferences**
- sandy soils
- gravelly soils

**Habitat Preferences**

**Saltwater Areas:**
- Coastal bluffs
- Cliffs
- Rocky slopes
- Outcrops

**Rocky or Gravelly Areas:**
- Coastal bluffs
- Cliffs
- Rocky slopes
- Outcrops

**Meadows and Fields:**
- Meadows or grassy areas
- Mossy areas

**Sun/Shade Tolerance**
- full sun > 80%
- mostly sunny 60%-80%

**Hydrology**
- moist
- dry

**Wetland Indicator Status:**
- FACU (facultative upland)

**Elevation Range**
- low elevation

**Ethnobotanical Uses and Other Facts**

Name Info: *Plectritis* is from the Greek *plectros* meaning plaited, *congesta* means congested or crowded, referring to inflorescence.
**Polemonium pulcherrimum**

**Showy Jacob's-ladder**

At a Glance: Taprooted perennial with mostly basal leaves and blue bell-shaped flowers.

- **Height:** Up to 14 inches (35 cm).
- **Growth Form:** Herb.
- **Leaves:** Mostly basal, often tufted, pinnately compound (ladder-like), leaflets 11-25, opposite or offset, egg-shaped to circular, often glandular-hairy, at least when young.
- **Flowers:** Blue with yellow centers, showy, bell-shaped, 7-13 mm long and as wide; petals rounded at tip; in crowded clusters at top of stems.
- **Flowering Period:** May, June.
- **Fruits:** Capsules, 3 chambered; seeds several per chamber, mucilaginous when moistened.

**Sun/Shade Tolerance**
- ✔️ mostly sunny 60%-80%
- ✔️ partial sun and shade 40%-60%

**Hydrology**
- ✔️ dry

**Wetland Indicator Status:**
- UPL (obligate upland)

**Soil Preferences**
- ✔️ sandy soils
- ✔️ gravelly soils

**Habitat Preferences**
- **Rocky or Gravelly Areas:**
  - ✔️ Rocky slopes
  - ✔️ Forest edges, openings, or clearings
- **Forests and Thickets:**
  - ✔️ Open forests
- **Meadows and Fields:**
  - ✔️ Meadows or grassy areas

**Elevation Range**
- ✔️ mid elevation
- ✔️ sub-alpine
- ✔️ high elevation

Interesting Facts: Unpleasant scent when bruised.
Potentilla anserina ssp. pacifica

Silverweed

At a Glance: Low growing hairy herb with runners and solitary yellow flowers.

- Height: Up to 16 inches (40 cm).
- Growth Form: Herb.
- Stems: Reddish runners.
- Leaves: Basal, to 40 cm (16 inches) long, erect, pinnately compound with a mix of large and small leaflets that are woolly beneath.
- Flowers: Petals yellow, oval, to 1.3 cm long; flowers single on leafless stalks to 20 cm (8 in) tall.
- Flowering Period: May, June, July.
- Fruits: Flattened oval achenes to 2 mm long.

Ethnobotanical Uses and Other Facts

Material Uses: The Blackfoot of Alberta used the runners as ties for leggings and blankets.

Medicinal Uses: The roots were collected and boiled by the Haida, who drank the tea as a purgative. The roots mixed with other herbs were used for medicinal preparations. The Kwakwakawakw boiled the roots, mixed them with fish oil and applied them as a poultice. They also pressed the roots and applied the juice to inflamed eyes.

Food Uses: The roots were used as food by almost all of the coastal groups. Silverweed has two types of roots, short, curly roots near the surface, and long, fleshy taproots. These were dug and steamed to remove their bitter flavor. When cooked, they taste like sweet potatoes, but retain a slightly bitter flavor. Among the Nuu-chah-nulth, silverweed roots were second only to bracken rhizomes as a root vegetable. In Kwakwakawakw tradition, the men cooked silverweed roots at feasts. Layers of curly and long roots were steamed over hot rocks. The chiefs and high-ranking persons ate the long roots and the commoners ate the curly roots. Leftovers were taken home to the wives.

Name Info: The name silverweed refers to the silvery-gray appearance of the plant.

Interesting Facts: Silverweed patches were often owned by certain chiefs, especially among the Nuu-chah-nulth, Kwakwakawakw, and Haida.

Sun/Shade Tolerance

- Full sun > 80%
- Mostly sunny 60%-80%

Elevation Range

- Low elevation
- Mid elevation

Habitat Preferences

Aquatic and Wetland:
- Marshes or swamps
- Bogs, fens

Shorelines and Riparian:
- Bog margins
- Stream or river banks

Saltwater Areas:
- Saltmarshes
- Coastal dunes or beaches

Soil Preferences

- Sandy soils
- Muddy soils

Hydrology

- Wet
- Moist
**Potentilla gracilis**

**Graceful Cinquefoil**

At a Glance: Light green herb with toothed palmate leaves and diffuse panicles of yellow, saucer-shaped flowers.

- Height: Up to 32 inches (80 cm).
- Growth Form: Herb.
- Stems: Each plant has several erect stems that branch extensively in upper sections.
- Leaves: Basal leaves on stalks; palmate with 5-9 highly dissected leaflets 3-8 cm (1-3 in) long; stem leaves 1-3, stalkless, divided into 3 spreading leaflets that have deep triangular teeth around the edges.
- Flowers: Clusters of attractive, saucer-shaped yellow flowers atop stems, 5 petals, many stamens;
- Size: 1.3 cm across.
- Flowering Period: May, June.

**Sun/Shade Tolerance**

- Full sun > 80%
- Mostly sunny 60%-80%

**Hydrology**

- Wet
- Moist

**Habitat Preferences**

**Shorelines and Riparian:**
- Stream or river banks

**Saltwater Areas:**
- Brackish water

**Forests and Thickets:**
- Open forests
- Forest edges, openings, or clearings

**Meadows and Fields:**
- Pastures or fields
- Meadows or grassy areas

**Ethnobotanical Uses and Other Facts**

Medicinal Uses: A Chehalis woman can drink a tea made from the flowers, if she drinks the yellow flower, he child will be a girl; if she drinks white flowers in tea, the baby will be a boy.

Name Info: This highly variable plant has been classified into at least seven different varieties.
**Potentilla palustris**

**Marsh Cinquefoil**

At a Glance: Perennial from long, creeping, often floating, somewhat woody rhizomes, with small maroon flowers.

- **Height:** Ip to 3 feet (1 meter).
- **Growth Form:** Herb.
- **Stems:** Stems prostrate to ascending.
  - Leaves: Alternate, mainly on flowering stems; lower leaves pinnately divided into 5-7 leaflets that are oblong, coarsely toothed, pale-green above, glaucous to finely hairy below; upper leaves smaller.
- **Flowers:** Strikingly reddish-purple, bowl-shaped, about 2 cm across; sepals and petals 5; stamens and ovaries numerous; few to several in loose terminal clusters.
- **Flowering Period:** June, July, August.
- **Fruits:** Numerous achenes, plump, egg-shaped, brownish-purple, buoyant;
- **Size:** 1.5 mm long.

**Habitat Preferences**

**Aquatic and Wetland:**
- Ponds or lakes
- Shallow pools
- Marshes or swamps
- Forested wetlands
- Bogs, fens

**Shorelines and Riparian:**
- Lake shores
- Bog margins
- Stream or river banks

**Wildlife Value** - Nectar attracts carrion flies, and other flies and bees.

**Ethnobotanical Uses and Other Facts**

**Medicinal Uses:** The Haida used the stem in a medicinal preparation for tuberculosis.

The name cinquefoil literally means 5 leaves, many *Potentilla* species have leaves divided into 5 leaflets.

**Interesting Facts:** Flower emits fetid odor.

**Sun/Shade Tolerance**
- full sun > 80%
- mostly sunny 60%-80%

**Hydrology**
- wet

**Elevation Range**
- low elevation
- mid elevation

**Soil Preferences**
- muddy soils
**Prunella vulgaris ssp. lanceolata**

**Self Heal**

At a Glance: Fibrous-rooted perennial from short rhizome or stem-base with small purple flowers.

- Height: Up to 20 inches (50 cm).
- Growth Form: Herb.
- Stems: Stems square.
- Leaves: Opposite, relatively few, lance-egg-shaped to oblong or elliptic, minutely hairy to hairless, stalked; margins smooth or obscurely toothed.
- Flowers: 1 cm long; sepals in 2-lipped, spine-tipped tube; petals a 2-lipped tube, upper lip hooded, bonnet-like, lower lip 3 lobed, center lobe fringed, 4 stamens; primary color: Purplish to pink, occasionally white; shape: snapdragon-like, in cluster.
- Flowering Period: May, June, July.
- Fruits: 4 nutlets.

**Elevation Range**
- Low elevation
- Mid elevation

**Habitat Preferences**
- **Forests and Thickets:**
  - Forest edges, openings, or clearings
- **Meadows and Fields:**
  - Meadows or grassy areas
- **Disturbed Areas:**
  - Roadsides
  - Trailsides

**Ethnobotanical Uses and Other Facts**

**Medicinal Uses:** The Nuxalk boiled the entire plant to make tea for the heart. The Quinault and Quileute put the juice on boils. The leaves were placed on cuts, bruises and skin inflammations, and the plants were crushed and mixed with grease as an ointment.

**Name Info:** The medicinal uses of the plant explain the common names.

**Interesting Facts:** An old French proverb claims, "No one wants a surgeon who keeps Prunelle." This is because a good surgeon should not leave his patients bleeding. Older common names such as hook-heal and carpenters herb refer to the plants use in healing wounds caused by sharp-edged tools.
**Pyrola asarifolia**

**Pink Wintergreen**

![Pink Flowers](image1)

At a Glance: A small woodland herb with a basal clump of glossy green leaves and slender spikes of pink flowers.

- **Growth Form:** Herb.
- **Flowering Period:** May, June, July.

**Sun/Shade Tolerance**
- mostly shady 60%-80%
- full shade > 80%

**Hydrology**
- moist

**Elevation Range**
- low elevation
- mid elevation

**Habitat Preferences**

**Forests and Thickets:**
- Forests and woods
- Coniferous forests
- Old growth forests

Photo © Ben Legler
Photo © 2006, Ben Legler
**Ranunculus occidentalis**

**Western Buttercup**

At a Glance: Slender perennial herb with fibrous roots and yellow flowers.

- Height: Up to 2 feet (60 cm).
- Growth Form: Herb.
- Stems: Hollow, hairy.
- Leaves: Basal leaves long stalked, variously lobed but normally with 3 wedge-shaped, coarsely lobed and toothed divisions; stem leaves alternate, short stalked, deeply divided, smaller and narrower up stem.
- Flowers: Yellow, 10-25 mm wide; sepals and petals normally 5 to 8; sepals hairy, bent downwards and falling off early; several at the ends of long stalks; primary color: bright yellow; shape: saucer shaped.
- Flowering Period: April, May.
- Fruits: Smooth, usually hairless achenes, with minutely hooked beaks; 5-20 in a spherical head; shape: barbed sphere;
- Size: 6-10 mm diameter; color: green.

**Soil Preferences**

- Nutrient rich soils

**Habitat Preferences**

**Rocky or Gravelly Areas:**

- Coastal bluffs

**Forests and Thickets:**

- Open forests
- Forest edges, openings, or clearings

**Meadows and Fields:**

- Pastures or fields
- Meadows or grassy areas

**Ethnobotanical Uses and Other Facts**

Medicinal Uses: Possible use as a tea for tuberculosis in small quantities.

**Sun/Shade Tolerance**

- Full sun > 80%
- Mostly sunny 60%-80%

**Hydrology**

- Moist

**Elevation Range**

- Low elevation
- Mid elevation
**Ranunculus sceleratus**

**Cursed Buttercup**

At a Glance: A much-branched herb of wet areas, with tiny yellow flowers.
- Growth Form: Herb.
- Flowering Period: May, June, July, August.

**Sun/Shade Tolerance**
- ☑ full sun > 80%
- ☑ mostly sunny 60%-80%

**Hydrology**
- ☑ wet

**Elevation Range**
- ☑ low elevation

**Habitat Preferences**

**Aquatic and Wetland:**
- ☑ Shallow pools
- ☑ Swales or wet ditches
- ☑ Seasonally inundated areas
- ☑ Seeps, springs
**Rorippa curvisiliqua**

**Curvepod Yellowcress**

<table>
<thead>
<tr>
<th>Yellow Flowers</th>
<th>Full Sun</th>
<th>Mostly Moist</th>
<th>Sunny Soil</th>
</tr>
</thead>
</table>

At a Glance:
- Growth Form: Herb.

**Sun/Shade Tolerance**
- full sun > 80%
- mostly sunny 60%-80%

**Hydrology**
- moist

**Elevation Range**
- low elevation
- mid elevation

**Habitat Preferences**
- **Aquatic and Wetland:**
  - Swales or wet ditches
  - Seasonally inundated areas

- **Meadows and Fields:**
  - Meadows or grassy areas

- **Disturbed Areas:**
  - Disturbed sites
**Rorippa palustris**

**Bog Yellowcress**

![Yellow Flowers Full Sun Mostly Wet Soil](image1)

At a Glance:

- Growth Form: Herb.

**Sun/Shade Tolerance**

- Full sun > 80%
- Mostly sunny 60%-80%

**Hydrology**

- Wet

**Elevation Range**

- Low elevation
- Mid elevation

**Habitat Preferences**

**Aquatic and Wetland:**

- Swales or wet ditches
- Seasonally inundated areas
- Marshes or swamps
- Seeps, springs

**Shorelines and Riparian:**

- Lake shores
- River bars
References

**Penstemon serrulatus** Suggested References


**Petasites palmatus** Suggested References


**Phlox diffusa** Suggested References


**Platanthera dilatata** Suggested References


**Plectritis congesta** Suggested References


**Polemonium pulcherrimum** Suggested References

Potentilla anserina Suggested References


Potentilla gracilis Suggested References


Potentilla palustris Suggested References


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