

Vascular Plant List
Heliotrope Trail

Heliotrope Trail, Whatcom County, WA. List covers plants found along the Heliotrope Ridge Trail from the trailhead to the point where the trail leaves the timber, northwest of Mt. Baker, including plants found in the parking area.. The trailhead is along Glacier Creek Road (FR 39) about 8 miles south of its junction with SR 542, which is one mile east of the Glacier Public Service Center. List by Jim Duemmel , July/August, 2010. 123 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
Achillea millefolium	Yarrow	Asteraceae
Actaea rubra	Baneberry	Ranunculaceae
Adiantum pedatum	Maidenhair fern	Polypodiaceae
Alnus sinuata	Sitka alder	Betulaceae
Anaphalis margaritacea	Pearly everlasting	Asteraceae
Arnica amplexicaulis	Streambank arnica	Asteraceae
Arnica latifolia	Mountain arnica	Asteraceae
Arnica mollis	Hairy arnica	Asteraceae
Aruncus sylvestris	Goatsbeard	Rosaceae
Asarum caudatum	Wild ginger	Aristolochiaceae
Aster foliaceus	Leafy aster	Asteraceae
Athyrium distentifolium	Alpine lady fern	Polypodiaceae
Blechnum spicant	Deer fern	Polypodiaceae
Caltha biflora	White marshmarigold	Ranunculaceae
Caltha leptosepala	Elk slip	Ranunculaceae
Carex mertensii	Merten's sedge	Cyperaceae
Castilleja hispida	Harsh paintbrush	Scrophulariaceae
Castilleja miniata	Scarlet paintbrush	Scrophulariaceae
Cerastium vulgatum*	Mouse-ear chickweed	Caryophyllaceae
Chrysanthemum leucanthemum*	Ox-eye daisy	Asteraceae
Cirsium edule	Horse thistle	Asteraceae
Clintonia uniflora	Queen's cup	Liliaceae
Corallorhiza mertensiana	Western coral-root	Orchidaceae
Cornus canadensis	Bunchberry	Cornaceae
Cystopteris fragilis	Fragile fern	Polypodiaceae
Dicentra formosa	Bleeding heart	Fumariaceae
Disporum hookeri	Hooker fairy-bell	Liliaceae
Epilobium alpinum	Alpine willow-herb	Onagraceae
Epilobium angustifolium	Fireweed	Onagraceae
Epilobium glandulosum	Common willow-herb	Onagraceae
Epilobium latifolium	Dwarf fireweed	Onagraceae
Epilobium luteum	Yellow willow-herb	Onagraceae
Equisetum arvense	Common horsetail	Equisetaceae
Erigeron peregrinus	Subalpine daisy	Asteraceae

Galium aparine	Cleavers	Rubiaceae
Galium triflorum	Fragrant bedstraw	Rubiaceae
Geum macrophyllum	Large-leaved avens	Rosaceae
Gymnocarpium dryopteris	Oak fern	Polypodiaceae
Habenaria saccata	Slender bog-orchid	Orchidaceae
Heracleum lanatum	Cow parsnip	Apiaceae
Heuchera micrantha	Small-flowered alumroot	Saxifragaceae
Hypericum perforatum*	Klamath weed	Hypericaceae
Hypopitys monotropa	Pinesap	Ericaceae
Juncus ensifolius	Daggerleaf rush	Juncaceae
Lactuca muralis*	Wall lettuce	Asteraceae
Leontodon autumnalis*	Fall dandelion	Asteraceae
Leptarrhena pyrolifolia	Leatherleaf saxifrage	Saxifragaceae
Listera caurina	Northwestern twayblade	Orchidaceae
Listera cordata	Heart-leaved twayblade	Orchidaceae
Luetkea pectinata	Partridge foot	Rosaceae
Lupinus latifolius	Broad-leaf lupine	Fabaceae
Luzula parviflora	Small-flowered woodrush	Juncaceae
Menziesia ferruginea	Fool's huckleberry	Ericaceae
Mimulus lewisii	Lewis's monkey-flower	Scrophulariaceae
Mimulus moschatus	Musk-flower	Scrophulariaceae
Mimulus tilingii	Mountain monkey-flower	Scrophulariaceae
Mitella breweri	Brewer's mitrewort	Saxifragaceae
Mitella caulescens	Leafy mitrewort	Saxifragaceae
Mitella pentandra	Alpine mitrewort	Saxifragaceae
Montia parvifolia	Streambank spring beauty	Portulacaceae
Montia sibirica	Candyflower	Portulacaceae
Oplopanax horridum	Devil's club	Araliaceae
Osmorhiza chilensis	Mountain sweet-cicely	Apiaceae
Oxyria digyna	Mountain sorrel	Polygonaceae
Parnassia fimbriata	Fringed grass-of-Parnassus	Saxifragaceae
Pedicularis bracteosa	Bracted lousewort	Scrophulariaceae
Petasites frigidus	Sweet coltsfoot	Asteraceae
Phleum pratense*	Timothy	Poaceae
Phyllodoce empetrififormis	Red mountain heather	Ericaceae
Plantago major*	Common plantain	Plantaginaceae
Polystichum munitum	Western sword fern	Polypodiaceae
Prunella vulgaris	Self-heal	Lamiaceae
Pyrola asarifolia	Pink wintergreen	Ericaceae
Pyrola secunda	One-sided wintergreen	Ericaceae
Ranunculus acris*	Meadow buttercup	Ranunculaceae
Ranunculus eschscholtzii	Snow buttercup	Ranunculaceae
Ranunculus repens*	Creeping buttercup	Ranunculaceae
Ranunculus uncinatus	Little buttercup	Ranunculaceae
Rhododendron albiflorum	White rhododendron	Ericaceae
Ribes howellii	Maple-leaf currant	Grossulariaceae
Ribes lacustre	Prickly currant	Grossulariaceae
Romanzoffia sitchensis	Sitka mistmaiden	Hydrophyllaceae
Rubus lasiococcus	Dwarf bramble	Rosaceae
Rubus pedatus	Strawberry bramble	Rosaceae

Rubus spectabilis	Salmonberry	Rosaceae
Rumex sp.	Dock	Polygonaceae
Sagina procumbens*	Arctic pearlwort	Caryophyllaceae
Salix scouleriana	Scouler willow	Salicaceae
Salix sitchensis	Sitka willow	Salicaceae
Sambucus racemosa	Red elderberry	Caprifoliaceae
Saxifraga arguta	Brook saxifrage	Saxifragaceae
Saxifraga ferruginea	Rusty saxifrage	Saxifragaceae
Saxifraga lyallii	Red-stem saxifrage	Saxifragaceae
Saxifraga mertensiana	Merten's saxifrage	Saxifragaceae
Saxifraga punctata	Dotted saxifrage	Saxifragaceae
Senecio triangularis	Arrowleaf groundsel	Asteraceae
Smilacina stellata	Star-flowered Solomon's seal	Liliaceae
Sorbus sitchensis	Sitka mountain-ash	Rosaceae
Stellaria calycantha	Northern starwort	Caryophyllaceae
Streptopus amplexifolius	Clasping-leaved twisted-stalk	Liliaceae
Streptopus roseus	Rosy twisted-stalk	Liliaceae
Taraxacum laevigatum*	Red-seeded dandelion	Asteraceae
Taraxacum officinale*	Common dandelion	Asteraceae
Tiarella trifoliata	Foamflower	Saxifragaceae
Tolmiea menziesii	Youth-on-age	Saxifragaceae
Trifolium hybridum*	Alsike clover	Fabaceae
Trifolium repens*	White clover	Fabaceae
Trillium ovatum	White trillium	Liliaceae
Tsuga heterophylla	Western hemlock	Pinaceae
Tsuga mertensiana	Mountain hemlock	Pinaceae
Vaccinium alaskense	Alaska blueberry	Ericaceae
Vaccinium deliciosum	Cascade huckleberry	Ericaceae
Vaccinium membranaceum	Mountain huckleberry	Ericaceae
Vaccinium ovalifolium	Oval-leafed huckleberry	Ericaceae
Valeriana sitchensis	Sitka valerian	Valerianaceae
Veratrum viride	Green false hellebore	Liliaceae
Veronica americana	American brooklime	Scrophulariaceae
Veronica officinalis*	Common speedwell	Scrophulariaceae
Veronica serpyllifolia	Thyme-leaf speedwell	Scrophulariaceae
Veronica wormskjoldii	Alpine speedwell	Scrophulariaceae
Viola glabella	Stream violet	Violaceae
Viola orbiculata	Round-leaved violet	Violaceae