

**Macwood Plants - identified since 1993, includes new species planted**

**15-Mar-24**

Scientific Name	Common Name	Native	Introduced	Invasive/ Remove	Flower Month	Fruits	Indigenous Food/Med.
<i>Abies grandis</i>	Fir - Grand	X			-	-	-
<i>Abies lasiocarpa</i>	Balsam fir		X				
<i>Acer macrophyllum</i>	Big Leaf Maple or Broadleaf Maple	X			April	-	Food
<i>Adenocaulon bicolor</i>	Pathfinder	X			May-Jun	-	
<i>Alnus rubra</i>	Alder - Red	X			Feb-Mar	-	Food
<i>Amelanchier alnifolia</i>	Saskatoon berry, Service berry				-	July	
<i>Anemone lyallii</i>	Anemone - Lyle's	X			-	achene	-
<i>Arbutus menziesii</i>	Arbutus		X				
<i>Arctostaphylos uva-ursi</i>	Kinnikinnick or Bearberry	X					Food
<i>Artemisia absinthium</i>	Wormwood			X	-	-	F - E,N +M
<i>Aster subspicatus</i>	Aster - Douglas	X			-	-	-
<i>Atriplex patula</i>	Orache	X			-	-	
<i>Barbarea vulgaris</i>	wintercress		X				
<i>Cakile edentula</i>	Searocket, American		X		-	-	
<i>Campanula scouleri</i>	Harebell - Scouler's	X			June	-	Med.
<i>Cardamine hirsuta</i>	Bittercress - Hairy or Shot Weed		X	annual	-	-	Food
<i>Cardamine nuttallii</i>	Nuttall's toothwort or Slender Toothwort	X			Mar-Apr	-	
<i>Carex lyngbyei</i>	Sedge - Lyngby's	X			-	-	
<i>Carex obnupta</i>	Sedge - Slough	X			-	-	
<i>Carex sitchensis</i>	Sedge - Sitka	X			-	-	F - E,N,T,(T)
<i>Cerastium fontanum</i>	Chickweed - Mouse-eared		Exotic		-	-	Food
<i>Cicerbita muralis</i>	Wall lettuce			X	May-Jun		
<i>Circaea canadensis</i>	Enchanter's nightshade	X			May-Jun	-	F - E,N + M
<i>Cirsium arvense</i>	Thistle - Canada			X	-	-	
<i>Claytonia perfoliata</i>	Miner's lettuce	X			-	-	F - E,N
<i>Claytonia sibirica</i>	Siberian Miner's Lettuce	X			Apr-May	-	
<i>Colchium autumnale</i>	Crocus - Fall		Exotic		Aug-Sep	-	F - E
<i>Convolvulus arvensis</i>	Bindweed - Morning Glory			X	-	-	-
<i>Cornus nuttallii</i>	Pacific dogwood	X			-	-	-
<i>Corylus avellana</i>	Hazelnut - common		Exotic		Feb	-	
<i>Cotoneaster horizontalis</i>	Cotoneaster - Rockspray		Exotic		-	-	Food
<i>Crataegus douglasii</i>	Hawthorn - black	X			May	July	-
<i>Crataegus monogyna</i>	Hawthorn - common		Exotic		-	-	F - E,N

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Crocus	Crocus		X		Feb		
Cytisus scoparius	Broom - Scotch			X	-	-	Food
Dactylis glomerata	Orchard grass		X		May-Jun	-	
Daphne laureola	Daphne or Spurge laurel			X	-	-	-
Daucus carota	Queen Anne's Lace (wild carrot)			X	-	-	
Dicentra formosa	Bleeding Heart - Pacific	X			-	-	Food
Digitalis purpurea	Foxglove			X	Apr-May	-	-
Distichlis spicata	Seashore Saltgrass	X			-	-	
Dryopteris expansa	Fern - Spiny Wood	X			-	-	-
Equisetum arvense	Horsetail - Common	X			-	-	
Equisetum hyemale	Rush -Scouring	X			-	-	
Equisetum telmateia	Horsetail - Giant	X			-	-	
Erythronium oreganum	Fawn Lily - White or White Easter Lily	X			Apr-May	-	F - E,N
Erythronium revolutum	Fawn Lily - Pink or Dogtooth Violet or Pink Easter Lily	X			Apr-May	-	F - E
Galanthus nivalis	Snowdrops - common		Exotic		Jan-Feb	-	
Galium aparine	Cleavers, Stickywilly	X			-	-	Food
Galium boreale	Bedstraw - Northern	X			May	-	-
Galium odorata	Sweet woodruff		Exotic		-	-	
Galium triflorum	Bedstraw - Sweet-scented or small	X			-	-	-
Gaultheria shallon	Salal	X			-	July	
Geranium robertianum	Herb Robert			X	-	-	F - E,N M?
Geum macrophyllum	Avens - Large-leaved	X			Apr-May	-	-
Heracleum lanatum	Cow Parsnip	X			May-Jun	-	F - E
Holodiscus discolor	Oceanspray	X			June	-	
Hyacinthoides hispanica	Bluebells - Spanish		Exotic	X	-	-	-
Hypochaeris radicata	Hairy cat's-ear			X	-	-	F - E,N
Ilex aquifolium	Holly - English			X	-	-	
Iris pseudacorus	Iris -Yellow flag			X	-	-	
Juncus arcticus	Arctic rush	X			-	seeds	-
Lactuca muralis	Wall Lettuce		X		-	-	
Lamium galeobdolon	Yellow Archangel			X	-	-	
Lapsana communis	Nipplewort		X	annual	May-Jun	-	
Lathyrus nevadensis	Peavine - Purple	X			May	-	

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Lathyrus latifolius	Perennial pea		X		Jun-July		
Leucanthemum vulgare	Daisy - Ox-eye			X	May-Jun	-	Food
Ligustrum	Privet			X	-	-	
Lonicera ciliosa	Honeysuckle - Orange or Western Trumpet	X			May	-	F - E,T
Lotus corniculatus	Birds foot trefoil		Exotic		May-Jun	-	F - E,N
Lysichiton americanum	Skunk Cabbage	X			Mar-Apr	-	
Lysimachia punctata	Loosestrife - Spotted		X		May-Jun	-	F - E, (T)
Mahonia (Berberis) aquifolium	Oregon-Grape, Tall	X			April	July	
Mahonia (Berberis) nervosa	Oregon-Grape, Dull, Low	X			April	-	
Maianthemum dilatatum	Lily of the valley - wild	X			May	-	F - E
Malus	Apple		X				
Malus fusca	Crabapple - Pacific	X			Apr-May	July	F - E
Malva moschata	Musk mellow		X		May-Jun		
Matthiola longipetala	Night-scented stock		X	annual	May-Jun	-	
Medera helix	Ivy, English			X	-	-	
Melissa officinalis	Lemon balm			X	-	-	Med. T
Mentha	Mint			X			
Muscari botryoides	Grape hyacinth - common			X	-	-	F - E,N
Narcissus	Daffodil		Exotic				
Nemophila parviflora	Small flower nemophia	X			May-Jun	-	
Oemleria cerasiformis	Indian Plum, osoberry	X			-	-	
Oenanthe sarmentosa	Water parsley - Pacific, Wild Celery	X			June	-	
Osmorhiza chilensis	Mountain sweet cicely	X			Apr-May	-	-
Phalaris arundinacea	Reed canary grass			X	May-Jun	-	
Picea sitchensis	Spruce - Sitka	X			-	-	
Polystichum munitum	Fern - Sword	X			-	-	Food
Populus trichocarpa	Cottonwood - Black	X			-	-	toxic
Potentilla anserina	Cinquefoil - Pacific or Silverweed	X			May-Jun	-	Food
Prosartes (Disporum) hookeri	Fairybells -Hooker's or Oregon	X			Apr-May	July	F - E
Prunus	Plum, fruiting and ornamental		X			Aug	
Prunus emarginata	Bitter Cherry, Pin Cherry	X			Apr-May	July	-
Prunus laurocerasus	Laurel - English or Cherry or Portuguese			X	-	-	Med. T
Prunus lusitanica	Portuguese laurel		X				

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<i>Pseudotsuga menziesii</i>	Fir - Douglas	X			-	-	F - E,N
<i>Pteridium aquilinum</i>	Fern - Bracken	X			-	-	
<i>Quercus robur</i>	Oak - English		Exotic		-	-	F -N
<i>Quercus robur</i>	White oak ?		X				
<i>Ranunculus acris</i>	Meadow buttercup		X				
<i>Ranunculus occidentalis</i>	Buttercup - western?	X			-	-	Food
<i>Ranunculus uncinatus</i>	Buttercup - Woodland Buttercup	X			-	-	Food
<i>Rhamnus purshiana</i>	Cascara	X			-	-	Food
<i>Ribes divaricatum</i>	Gooseberry - Wild or Coastal Black	X			-	-	F - N
<i>Ribes sanguineum</i>	Currant - Red-flowering	X			-	July	F - E,N
<i>Rosa gymnocarpa</i>	Rose -Baldhip or Woodland rose or Dwarf wildrose	X			May	July	
<i>Rosa nutkana</i>	Rose -Nootka	X			May	-	
<i>Rubus discolor</i>	Blackberry - Himalayan		X	X	June	-	-
<i>Rubus laciniatus</i>	Blackberry - Cutleaf Evergreen		X	X	-	-	Food
<i>Rubus parviflorus</i>	Thimbleberry	X			May	June	F-I,E
<i>Rubus spectabilis</i>	Salmonberry	X			Mar-Apr	June	
<i>Rubus ursinus</i>	Blackberry, Trailing	X			May	June	-
<i>Rumex obtusifolius</i>	Dock - broad-leafed			X	May-Jun	-	Food
<i>Rumex occidentalis</i>	Dock - Western, "Indian rhubarb"	X			-	-	F - E,N
<i>Salicornia pacifica</i>	Glasswort, American or Beach asparagus	X			-	-	Med.
<i>Salix scouleriana</i>	Willow - Scouler's	X			-	-	
<i>Sambucus racemosa</i>	Elderberry - Red	X			Apr-May	-	-
<i>Scirpus americanus</i>	American Bulrush	X			-	seeds	-
<i>Senecio jacobaea</i>	Tansy ragwort			X	-	-	
<i>Sonchus arvensis</i>	Sow-Thistle, Field or Perennial			X	-	-	
<i>Sorbus aucuparia</i>	Rowan - European mountain-ash			X	-	-	
<i>Spartina patens</i>	Spartina			X	-	-	
<i>Stachys chamissonis</i> var. <i>cooleyae</i>	Nettle - Cooley's hedge	X			June	-	F - E,N,T,(T)
<i>Symphoricarpos albus</i>	Snowberry or Waxberry	X			May-Jun	July	
<i>Symphoricarpos hesperius</i>	Snowberry - trailing	X			-	-	
<i>Tanacetum vulgare</i>	Tansy - common			X	-	-	
<i>Taraxacum officinale</i>	Dandelion			X	Apr-Sep	May-Sep	
<i>Tellima grandiflora</i>	Tall fringecup	X			May	-	

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<i>Thuja plicata</i>	Cedar - Western Red	X			-	-	F - E
<i>Tiarella trifoliata</i>	Foam Flower	X			-	-	F - E
<i>Trautvetteria caroliniensis</i>	False Bugbane	X			-	-	F - E,N
<i>Trientalis latifolia</i>	Starflower - Western, Broadleaver or Indian Potato	X			May	-	
<i>Trifolium pratense</i>	Clover - Red		X		May	-	-
<i>Trifolium repens</i>	Clover -White		X		May-Jun	-	-
<i>Trifolium wormskjoldii</i>	Clover - Springbank	X			-	-	F - E
<i>Triglochin maritimum</i>	Seaside arrow-grass	X			May-Jun	-	
<i>Trillium ovatum</i>	Western trillium	X			April	-	
<i>Tsuga heterophylla</i>	Hemlock - Western	X			-	-	F - E,N
<i>Urtica dioica</i>	Nettle, Stinging or Indian Spinach		X		-	-	
<i>Vaccinium ovatum</i>	Evergreen huckleberry	X	X				
<i>Vaccinium parvifolium</i>	Huckleberry - Red	X			-	June	
<i>Veronica beccabunga</i>	American Brooklime or Speedwell	X			May-Jun	seeds	-
<i>Vicia sativa</i>	Vetch - common		X		May	-	
<i>Vinca minor</i>	Vinca - Periwinkle			X	-	-	
<i>Viola glabella</i>	Violet - Yellow Wood	X			-	-	
	Grasses	X			-	-	
	Rose - hybrid?		X				
	Cherry ?		X				
<b>Plant Food Species from Traditional Plant Foods of Canadian Indigenous Peoples - Nitrotopm, Botany and Uses</b>							
N	nutrient values listed in Chapter 6						
E	ethnic use described in Chapter 4						
T	toxin reported in the plant food						
(T)	toxin reported in look-alike species						
I	an introduced species						
R	rare or endangered plant, or highly vulnerable to overharvesting						