

Northwest Native Plants with Known Medicinal Properties

List compiled by Michael Pilarski
Friends of the Trees Society
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This list only contains species native to the Northwest. The authority I am using for this determination is Hitchcock and Cronquist's *Flora of the Pacific Northwest*, 1973. University of Washington Press. The geographical boundaries for this text's definition of the Pacific Northwest is all of the state of Washington, the northern half of Oregon, Idaho north of the Snake River Plains, the mountainous part of Montana, and southern British Columbia.

There are about 3,200 native species
of higher vascular plants in this region.

My source material for determining which native species have known medicinal properties are numerous herbal medicine and ethnobotany books. This list is by no means exhaustive. This edition lists 250 species. Plus, see supplementary lists following. I will undoubtedly be adding to these lists as more information becomes available.

* Further additions to this list are invited.

Abies amabilis (Pacific Silver Fir)
Abies grandis (Grand Fir)
Abies lasiocarpa (Subalpine Fir)
Abies procera (Noble Fir)
Acer glabrum (Rocky Mountain Maple)
Acer macrophyllum (Bigleaf Maple)
Achillea millefolium (Yarrow)
Achlys triphylla (Vanilla Leaf)
Aconitum columbianum (Monkshood)
Actea rubra (Baneberry)
Adiantum pedatum (Maidenhair Fern)
Agastache urticifolia (Horse-mint)
Allium cernuum (Nodding Onion)
Alnus rubra (Red Alder)
Ambrosia ambrosioides (Bursage)
Amelanchier alnifolia (Serviceberry)
Anaphalis margaritacea (Pearly Everlasting)
Anemone occidentalis (Western Pasque Flower)
Anemone multifida (Pacific Anemone)
Angelica arguta (Sharptooth Angelica)
Angelica dawsonii (Dawson's Angelica)
Angelica genueflexa (Kneeling Angelica)
Angelica hendersonii (Henderson's Angelica)
Angelica lucida (Seacoast Angelica)
Antennaria dioica (Pusseytoes)
Antennaria rosea (Pink pusseytoes)
Apocynum androsaemifolium (Dogbane)
Apocynum cannabinum (Black Indian Hemp)
Aquilegia formosa (Western Columbine)
Aralia californica (California Spikenard)
Aralia nudicaulis (Sarsaparilla)
Arbutus menziesii (Madrone)
Arctostaphylos uva-ursi (Kinnikinnik)
Aristolochia californica (California Snakeroot)

Arnica amplexicaulis (Streambank Arnica)
Arnica chamissonis (Leafy Arnica)
Arnica cordifolia (Heart-leaved Arnica)
Arnica fulgens (Meadow Arnica)
Arnica latifolia (Mountain Arnica)
Arnica mollis (Hairy Arnica)
Artemisia ludoviciana (Western Mugwort)
Artemisia suksdorfii (Puget Sound Mugwort)
Artemisia tridentata (Bigbush Sagebrush)
Aruncus dioicus (Goat's beard)
Asarum caudatum (Wild Ginger)
Asclepias speciosa (Showy Milkweed)
Balsamorhiza sagittata (Arrow-ld Balsamroot)
Betula occidentalis (Water Birch)
Betula papyrifera (Paper Birch)
Bidens frondosa (Leafy Beggar-ticks)
Caltha palustris (Marsh Marigold)
Camassia quamash (Camas)
Camassia leichtleini (Great Camas)
Ceanothus sanguineus (Red-stem Ceanothus)
Ceanothus velutinus (Varnishleaf)
Celtis reticulata (Hackberry)
Cercocarpus ledifolius/Curl-leaf Mountain-mahogany
Chaenactis douglasii (Hoary Chaenactis)
Chimaphila umbellata (Pipsissewa)
Cimicifuga elata (Western Black Cohosh)
Chrysothamnus nauseosus (Rabbitbrush)
Clematis columbiana (Columbia Clematis)
Clematis ligusticifolia (Western Clematis)
Conyza canadensis (Horseweed)
Coptis asplenifolia (Spleenwort-ld Goldthread)
Coptis laciniata (Cutleaf Goldthread)
Coptis occidentalis (Western Goldthread)
Coptis trifolia (Three-leaved Goldthread)
Corallorhiza mertensiana (Western Coral-root)
Corallorhiza striata (Striped Coral-root)
Cornus canadensis (Bunchberry)
Cornus nuttali (Pacific Dogwood)
Cornus stolonifera (Red-osier Dogwood)
Crataegus columbiana (Columbia Hawthorn)
Crataegus douglasii (Black Hawthorn)
Cymopterus terebinthinus
Cypripedium montanum (Lady's Slipper)
Dicentra formosa (Bleeding Heart)
Drosera angelica (Sundew)
Drosera rotundifolia (Sundew)
Dryopteris filix-mas (Male Fern)
Empetrum nigrum (Crowberry)
Epilobium angustifolium (Fireweed) (newly classified as Chamaenerion)
Epipactis gigantea (Giant Helleborine)
Equisetum arvense (Horsetail)
Eriogonum heracleoides (Wild Buckwheat)
Eriogonum umbellatum (Sulphur Flower)
Erythronium grandiflorum (Yellow Glacier Lily)
Eschscholtzia californica (California Poppy)
Eupatorium occidentale (Western Eupatorium)
Fragaria chiloensis (Coastal Strawberry)
Fragaria vesca (Wild Strawberry)
Fraxinus latifolia (Oregon Ash)
Fritillaria camschatcensis (Rice-root)
Fritillaria lanceolata (Chocolate Lily)
Gaillardia aristata (Blanket-flower)
Garrya elliptica (Silktassel)
Garrya fremontii
Gaultheria shallon (Salal)
Geranium viscosissimum (Sticky Geranium)
Geum macrophyllum (Large-leaved Avens)
Geum rivale (Purple Avens)
Geum triflorum (Prairie Smoke)
Glycyrrhiza lepidota (Wild Licorice)
Goodyera oblongifolia (Rattlesnake Plantain)
Grindelia integrifolia (Gumweed)
Grindelia squarrosa (Resin Weed)
Gutierrezia sarothrae (Matchbrush)
Heracleum lanatum (Cow-parsnip)
Heuchera cylindrica (Roundleaf Alum Root)
Heuchera glabra (Alpine Alum Root)
Heuchera micrantha (Small-flowered Alum Root)
Hierochloa odorata (Sweetgrass)

Holodiscus discolor (Oceanspray)
Hydrophyllum capitatum (Waterleaf)
Iris missouriensis (Western Blue Flag)
Iris tenax (Oregon Iris)
Juniperus horizontalis (Creeping Juniper)
Juniperus occidentalis (Western Juniper)
Juniperus scopulorum (Rocky Mountain Juniper)
Larix occidentalis (Western Larch)
Ledum glandulosum (Smooth Labrador Tea)
Ledum groenlandicum (Bog Labrador Tea)
Ligusticum apiifolium (Celeryleaf Lovage)
Ligusticum canbyi (Canby's Lovage)
Ligusticum grayi (Gray's Lovage)
Ligusticum porteri (Osha)
Ligusticum scoticum
Ligusticum verticillatum
Linum perenne (Perennial Flax)
Lithospermum ruderae (Puccoon, Gromwell)
Lobaria pulmonaria (Lungwort)
Lomatium dissectum
Lomatium macrocarpum (Bigseed Biscuitroot)
Lomatium nudicaule (Barestem Biscuitroot)
Lonicera ciliosa (Orange Honeysuckle Vine)
Lonicera involucrata (Twinberry)
Lycopodium clavatum (Stag's Horn Clubmoss)
Lysichiton americanum (Skunk Cabbage)
Mahonia aquifolium (Tall Oregon Grape)
Mahonia nervosa (Low Oregon Grape)
Mahonia repens (Creeping Oregon Grape)
Maianthemum dilatatum (False Lily of the Valley)
Maianthemum racemosum (Solomon's Plume)
Maianthemum stellata (Star-flowered False Solomon's Seal)
Malus fusca (Oregon Crabapple)
Marah oreganus (Manroot)
Mentha arvensis (Field Mint)
Mentha pulegioides (Pennyroyal)
Mentzelia laevicaulis (Smooth-stem Blazing Star)
Menyanthes trifoliata (Buckbean)
Monarda fistulosa (Wild Bergamont)
Monarda odoratissima (Coyote Mint)
Myrica californica (Pacific Wax-myrtle)
Myrica gale (Sweet Gale)
Nuphar polysepalum (Yellow Pond Lily)
Oplopanax horridum (Devil's Club)
Opuntia fragilis (Brittle Prickly-pear Cactus)
Orobanche uniflora (Broomrape)
Osmorhiza chilensis (Mountain Sweet Cicely)
Osmorhiza occidentalis (Western Sweetroot)
Paeonia brownii (Brown's Peony)
Pedicularis bracteosa (Betony)
Pedicularis groenlandica (Elephant's Head)
Penstemon confertus (Yellow Penstemon)
Penstemon fruticosus (Scouler's Penstemon)
Petasites frigidus palmatus (Western Butterbur)
Petasites sagittatus (Arrowleaf Coltsfoot)
Picea engelmannii (Englemann Spruce)
Picea sitchensis (Sitka Spruce)
Pinus contorta (Lodgepole Pine)
Pinus ponderosa (Ponderosa Pine)
Polygonum bistorta (Bistort)
Polygonum viviparum (Alpine Bistort)
Polypodium glycyrrhiza (Licorice Fern)
Populus tremuloides (Aspen)
Populus trichocarpa (Black Cottonwood)
Potentilla anserina (Silverweed)
Prunella vulgaris (Self-heal)
Prunus virginiana (Chokecherry)
Pseudotsuga menziesii (Douglas-fir)
Purshia tridentata (Bitterbrush)
Pyrola asarifolia (Liverleaf Wintergreen)
Pyrola elliptica (Waxflower Shinleaf)
Pyrola picta (White-vein Pyrola)
Quercus garryana (Garry oak, Oregon oak)
Rhamnus purshiana (Cascara Sagrada)
Rhinanthus crista-galli (Yellow Rattle)
Rhus glabra (Smooth Sumac)
Rorippa nasturtium-aquaticum (Watercress)
Rosa nutkana (Nootka Rose)
Rosa woodsii (Woods Rose)

Rubus leucodermis (Blackcap Raspberry)
 Rubus parviflorus (Thimbleberry)
 Rubus spectabilis (Salmonberry)
 Rubus ursinus (Trailing Blackberry)
 Rudbeckia laciniata (Green-headed Coneflower)
 Rudbeckia occidentalis (Black Head)
 Salix spp (Willow)
 Sambucus carulea (Blue Elderberry)
 Sambucus racemosa (Red Elderberry)
 Satureja douglasii (Yerba Buena)
 Scrophularia californica (Californica Figwort)
 Scrophularia lanceolata (Lance-leaf Figwort)
 Scutellaria angustifolia (Narrow-ldv Skullcap)
 Scutellaria galericulata (Marsh Skullcap)
 Scutellaria lateriflora (Mad-dog Skullcap)
 Shepherdia argentea (Silver Buffaloberry)
 Shepherdia canadensis (Russet Buffaloberry)
 Solidago canadensis (Goldenrod)
 Sorbus sitchensis (Sitka Mountain-ash)
 Sorbus scopulina (Cascade Mountain-ash)
 Sphaeralcea coccinea (Red Globe-mallow)
 Sphaeralcea grossulariifolia (Gooseberry-leaved Globe-mallow)
 Sphaeralcea munroana (White-stm Globe-mallow)
 Spiraea betulifolia (Birch-leaved Spiraea)
 Stachys cooleyae (Cooley's Hedge-nettle)
 Stachys palustris (Swamp Hedge-nettle)
 Stachys rigida (Rigid Hedge-nettle)
 Streptopus amplexifolius (Clasped Twisted-stalk)
 Streptopus roseus (Rosy Twisted-stalk)
 Taxus brevifolia (Pacific Yew)
 Thuja plicata (Western Red Cedar)
 Trichostema lanceolatum (Vinegar Weed)
 Trichostema oblongum (Blue-curls)
 Trillium ovatum (Pacific Trillium)
 Tsuga heterophylla (Western Hemlock)
 Typha latifolia (Cattail)
 Umbellularia californica (Oregon Myrtle)
 Urtica dioica (Nettle)
 Usnea longissima
 Usnea wirthii
 Vaccinium macrocarpon (Cranberry)
 Vaccinium myrtillus (Bilberry)
 Vaccinium ovatum (Evergreen Huckleberry)
 Vaccinium oxycoccus (Wild Cranberry)
 Vaccinium parviflorus (Red Huckleberry)
 Vaccinium membranaceum (Big Huckleberry)
 Vaccinium scoparium (Grouse Whortleberry)
 Valeriana dioica (Northern Valerian)
 Valeriana sitchensis (Sitka Valerian)
 Vancouveria hexandra (Inside-out Flower)
 Verbena hastata (Blue Vervain)
 Verbena stricta (Hoary Vervain)
 Veronica beccabunga (Speedwell)
 Viburnum edule (Highbush Cranberry)
 Viburnum opulus trilobum (Highbush Cranberry)
 Viola species (Violet)

Arctostaphylos x media
 Arctostaphylos patula
 Arctostaphylos pungens
 Artemisia, 20 species
 Asclepias cryptoceras (Pallid Milkweed)
 Asclepias fascicularis (Mexican Milkweed)
 Bacopa rotundifolia (Water-hyssop)
 Betula glandulosa (Bog Birch)
 Bupleurum americanum (American Thorough-wax)
 Castilleja, 43 Northwest species.
 Centaurium exaltum (Western Centaury)
 Centaurium muhlenbergii (Monterey Centaury)
 Cimicifuga laciniata (Cut-leaved Bugbane)
 Eriogonum, 29 species
 Euphrasia arctica (Northern Eyebright)
 Filipendula occidentalis (Queen of the Forest)
 Frasera albicaulis
 Geranium bicknellii (Bicknell's Geranium)
 Geranium oreganum (Western Geranium)
 Geranium richardsonii (White Geranium)
 Grindelia columbiana (Columbia River Gumweed)
 Grindelia howellii (Howell's Gumweed)
 Grindelia nana (Low Gumweed)
 Heuchera chlorantha (Meadow Alum Root)
 Lomatium, 40 native species.
 Lycopus asper (Rough Bugleweed)
 Lycopus americanus (Cut-leaf Water Horehound)
 Lycopus uniflorus (Northern bugleweed)
 Mentha rotundifolia (Round-leaved Mint)
 Mimulus (Monkey-flower) 19 species.
 Oenothera, 20 species
 Opuntia polyacantha (Starvation Cactus)
 Orobanchae, 7 species
 Polypodium hesperium
 Polypodium scolieri (Scouler's Polypodium)
 Potentilla - 27 species
 Psoralea physodes
 Pyrola spp. 8 species.
 Rumex, 14 species
 Salvia dorrii (Blue-ball Sage)
 Scutellaria angustifolia (Narrow-ldv Skullcap)
 Scutellaria antirrhinoides (Snapdragon Skullcap)
 Scutellaria nana (Dwarf Skullcap)
 Spiraea densiflora (Subalpine Spiraea)
 Spiraea douglasii (Douglas' Spiraea)
 Spiraea pyramidata (Pyramid Spiraea)
 Stachys mexicana (Great Betony)
 Trillium chloropetalum (Giant Trillium)
 Trillium petiolatum (Purple Trillium)
 Usnea spp.
 Valeriana acutiloba (Downy-fruited Valerian)
 Valeriana columbiana (Wenatchee Valerian)
 Valeriana edulis (Edible Valerian)
 Valeriana occidentalis (Western Valerian)
 Valeriana scouleri (Scouler's Valerian)
 Viburnum ellipticum (Oval-leaved Viburnum)

Following are the species I selected out of Forest Service Region 6 Sensitive Species Plant List: 62 out of 420 this ed.
 Note that some of these species are found in greater abundance in areas outside Region 6. However, most are restricted to this region.
 Allium campanulatum
 Allium dictyon
 Allium geyeri var. geyeri
 Anemone oregana var. felix.
 Arctostaphylos hispidula
 Arnica viscosa
 Artemisia campestris ssp. borealis. var. wormskoldii
 Artemisia ludoviciana ssp. estesii
 Camassia howellii
 Cimicifuga elata
 Coptis asplenifolia
 Coptis trifolia
 Dicentra pauciflora
 Erythronium elegans
 Erythronium howellii
 Eschscholzia caespitosa
 Filipendula occidentalis
 Frasera umpquaensis
 Fritillaria camschaticensis
 Fritillaria glauca
 Fritillaria purdyi
 Galium kamschaticum
 Galium serpicum var. warnerense
 Gaultheria hispidula
 Gentiana douglasiana
 Gentiana glauca
 Gentiana newberryi var. newberryi
 Gentiana setifera
 Gentianella tenella
 Geum rossii var. depressum
 Geum triflorum var. campanulatum
 Heuchera grossulariifolia var. tenuifolia
 Hypericum majus
 Lobelia portmannia
 Lobelia kaimii
 Lomatium cookii
 Lomatium cusickii
 Lomatium engelmannii
 Lomatium erythrocarpum
 Lomatium greenmanii
 Lomatium laevigatum
 Lomatium ochocense
 Lomatium ravenii
 Lomatium salmoniflorum
 Lomatium suksdorfii
 Lomatium tracyi
 Lomatium watsonii
 Lycopodium clavatum (Stag's Horn Moss)
 Lycopodium complanatum (Ground-cedar)
 Monardella purpurea
 Pedicularis howellii
 Pedicularis rainierensis
 Potentilla breweri
 Potentilla diversifolia var. perdissecta
 Potentilla nivea
 Potentilla quinquefolia
 Potentilla villosa var. parviflora
 Rhamnus ilicifolia
 Rubus acaulis
 Rubus bartonianus
 Sanguisorba menziesii
 Trillium angustipetalum
 Vaccinium myrtilloides

Total # of species listed is 350 with an additional 200 in 11 selected genera.
 Further additions to these lists invited:

Caution: Some of these plants are poisonous if used incorrectly.

Species to Research

The above list of native Northwest medicinal plants is incomplete; and perhaps may never be able to be completed as we learn more about the medicinal properties of Northwest natives every year. It will take a century of serious research to do proper and thorough checking.

Following is a list of species of interest which I haven't noticed in herbal or ethnobotany books yet but which I know have medicinal species in the same genus. This edition lists 50 species, plus 200 additional in 11 selected genera. Each of these warrant research.

Alnus incana (Mountain Alder)
 Alnus rhombifolia (White Alder)
 Alnus sinuata (Sitka Alder)
 Anemone, 10 species.
 Arctostaphylos alpina
 Arctostaphylos nevadensis
 Arctostaphylos columbiana

Northwest Sensitive Species

Region 6 of the U.S. Forest Service has put together a list of sensitive plant species found in their region (Or. and Wa.). I have just gone through their March 1999 revision which consists of about 420 species. Of these, I note that 4 are on my list of "Northwest Native Plants with Known Medicinal Properties". They are *Cimicifuga elata*, *Coptis asplenifolia*, *Coptis trifolia* and *Fritillaria camschaticensis*. At least another 60 species on the USFS Sensitive list are members of genera containing species of known medicinal value. It would make good sense to screen each of these species for possible medicinal actions.

It would be a good thing for individuals to grow these sensitive species to keep the gene pool alive, provide material for restoration and to meet medicinal, conservation, propagation or ornamental demands. You could have a Noah's Ark of regional endangered and sensitive plants.