

FLOWERS & BERRIES

Viewing & Eating Guide



Cow Parsnip

Heracleum lanatum

Habitat: Moist fields, woodlands, and alpine meadows.

Bloom season: July to mid-August.

Description:

Tall plant, 5' to 8', hollow stems and very large, divided leaves.

CAUTION: Hairs on leaves and stems can cause severe dermatitis, especially after exposure to sun, resulting in slow-healing blisters.



Fireweed

Epilobium angustifolium

Habitat: Meadows and woods.

Bloom season: July to August.

Description: Tall plant 2 1/2' to 5', leaves alternate on the stem.

Brilliant pink flowers, lower flowers mature first, bloom of top flowers forewarns the end of summer. Common name is derived

from the plant's ability to regenerate quickly in burned areas.



Photo by Mark Kromrey

Lindsey Kromrey helps with the harvest of low bush cranberries.

Salmonberry

Rubus spectabilis

Habitat: Moist woods, lower mountainous regions, roadsides.

Harvest season: Mid-summer.

Description: Dense thicket shrub, up to 7', leaflets arranged in groups of three, bright reddish-purple flowers, berries are thumb-sized and red or orange at maturity.



Lupine

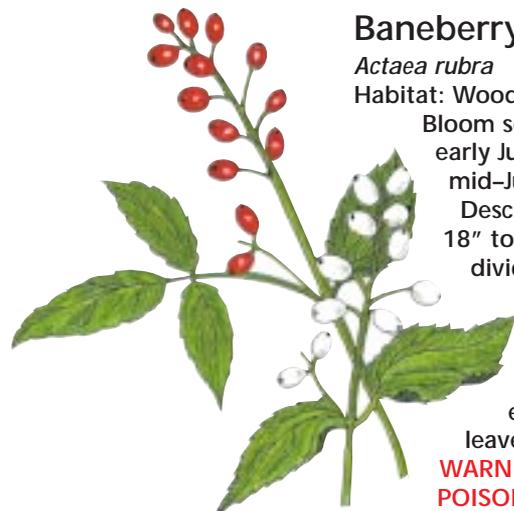
Lupinus species

Habitat: Dry slopes, fields, and roadsides.

Bloom season: June to early July.

Description: Tall perennial, 1' to 2', leaves radiate from a central point. Pea-like flowers vary from blue and purple to yellow and white. Seed pods are pea-shaped and covered with fine hairs.

CAUTION: DO NOT EAT, VERY POISONOUS, ESPECIALLY THE SEEDS.



Baneberry

Actaea rubra

Habitat: Woodlands.

Bloom season: Late May to early June, berries in mid-July to August.

Description: Erect plant, 18" to 30" with fairly large, divided, toothed leaves. Clusters of delicate, small, white flowers. Red or white berries with black dot at end are high above leaves on long stems.

WARNING: EXTREMELY POISONOUS! MAY CAUSE DEATH IF EATEN.



Monkshood

Aconitum delphinifolium

Habitat: Meadows and woodlands.

Bloom season: July to August.

Description: Tall slender plant, 2' to 4', leaves with 5 deeply divided lobes.

Flowers shaped like a hood, light blue to violet.

DO NOT EAT, VERY POISONOUS!



Blueberry (Huckleberry)

Vaccinium species

Habitat: Bogs, woodlands, tundra, and alpine slopes.

Harvest season: Early to late summer.

Description: Shrub species vary from dwarf bog to 5' shrubs with small, oval leaves. Small, pink, bell-shaped flowers produce dark blue, soft, tart berries.



Lingonberry (Low Bush Cranberry)

Vaccinium vitis-idaea

Habitat: Acidic soil, bogs, woods and alpine slopes.

Harvest season: Fall to early winter.

Description: Low, creeping shrubs, to 6". Glossy leaves dark green above, pale with brownish spots underneath, leaf edges rolled. Clustered, red berries are tart, cranberry in taste.



Devil's Club

Echinopanax horridum

Habitat: Moist woods.

Bloom season: June.

Description: Dense shrub with woody stems, 6' to 8', sharp prickles on stems and undersides of plate-sized, lobed leaves. Clusters of small, white flowers mature into brilliant red fruits in autumn. Plant has ginseng-like qualities, berries not edible.



Highbush Cranberry

Viburnum edule

Habitat: Woods, riverbanks and alpine areas.

Harvest season: Late summer to early fall.

Description: Upright shrub, up to 8'. Toothed, maple-like, dark green leaves turn red in late summer. Soft, translucent, red to orange berries are sour but delicious in recipes.