

Plant and bird list from Elk Mountain, Nature Vancouver trips 1992-2010

Compiled by Bill Kinkaid. Based on notes from trips in 2004 and 2007, and from Discovery articles by Beth Whittaker and Terry Taylor, 1992.

Species in **bold** were noted on 1 July 2010 trip. One plant species, *Ranunculus acris*, and two bird species, Black-headed Grosbeak and Hairy Woodpecker, were not previously noted and are underlined>.

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| <i>Abies amabilis</i> | amabilis fir | <i>Crataegus douglasii</i> var suksdorfii | black hawthorn |
| <i>Abies lasiocarpa</i> | subalpine fir | <i>Dicentra formosa</i> | Pacific bleeding-heart |
| <i>Acer circinatum</i> | vine maple | <i>Digitalis purpurea</i> | common foxglove |
| <i>Acer glabrum</i> | Douglas maple | <i>Disporum hookeri</i> | Hooker's fairybells |
| <i>Acer macrophyllum</i> | bigleaf maple | <i>Epilobium angustifolium</i> | common fireweed |
| <i>Achillea millefolium</i> | yarrow | <i>Epilobium ciliatum</i> | purple-leaved willowherb |
| <i>Achlys triphylla</i> | vanilla-leaf | <i>Epilobium alpinum</i> (<i>lactiflorum</i>) | yellow willowherb |
| <i>Actaea rubra</i> | baneberry | = <i>E. luteum</i> ? | |
| <i>Adenocaulon bicolor</i> | pathfinder plant | <i>Epilobium paniculatum</i> | tall willowherb |
| <i>Agoseris aurantica</i> | sharp dandelion | <i>Erigeron annuus</i> | annual fleabane |
| <i>Allium cernuum</i> | nodding onion | <i>Erigeron lonchophyllus</i> | spear-leaved fleabane |
| <i>Alnus crispa</i> ssp <i>sitchensis</i> | Sitka alder | <i>Erigeron peregrinus</i> ssp <i>callianthemus</i> | purple fleabane |
| <i>Alnus rubra</i> | red alder | <i>Erigeron philadelphicus</i> | Philadelphia fleabane |
| <i>Amelanchier alnifolia</i> | saskatoon | <i>Eriophyllum lanatum</i> | wooly sunflower |
| <i>Anaphalis margaritacea</i> | pearly everlasting | <i>Erythronium grandiflorum</i> | glacier lily |
| <i>Anemone lyallii</i> | Lyall's anemone | <i>Fragaria vesca</i> | wood strawberry |
| <i>Angelica arguta</i> | sharp-toothed angelica | <i>Fragaria virginia</i> | blue leaf strawberry |
| <i>Antennaria microphylla</i> | pink pussytoes | <i>Fritillaria lanceolata</i> | chocolate lily |
| <i>Antennaria neglecta</i> | field pussytoes | <i>Galium aparine</i> | cleavers |
| <i>Aquilegia formosa</i> | red columbine | <i>Galium triflorum</i> | bedstraw |
| <i>Arabis hirsuta</i> | hairy rockcress | <i>Gentianella amarella</i> | northern gentian |
| <i>Arctostaphylos uva-ursi</i> | kinnikinnick | <i>Geranium robertianum</i> | herb-robert |
| <i>Arnica latifolia</i> | mountain arnica | <i>Geum macrophyllum</i> | large-leaved avens |
| <i>Arnica mollis</i> | hairy arnica | <i>Gnaphalium uliginosum</i> | low cudweed |
| <i>Arnica parryi</i> | rayless arnica | <i>Goodyera oblongifolia</i> | rattlesnake-orchid |
| <i>Aruncus dioicus</i> | goatsbeard | <i>Heuchera micrantha</i> | small-flowered alumroot |
| <i>Asarum caudatum</i> | wild ginger | <i>Heracleum lanatum</i> | cow-parsnip |
| <i>Aster foliaceus</i> | leafy aster | <i>Hieracium albiflorum</i> | white hawkweed |
| <i>Aster engelmannii</i> | Engelmann's aster | <i>Hieracium gracile</i> | slender hawkweed |
| <i>Berberis (Mahonia) nervosa</i> | dull Oregon-grape | <i>Hieracium umbellatum</i> | field hawkweed |
| <i>Betula papyrifera</i> | paper birch | <i>Holodiscus discolor</i> | mountain spray |
| <i>Campanula rotundifolia</i> | common harebell | <i>Hydrophyllum fendleri</i> | Fendler's waterleaf |
| <i>Castilleja hispida</i> | harsh paintbrush | <i>Hypochaeris radicata</i> | hairy cat's-ear |
| <i>Castilleja miniata</i> | red paintbrush | <i>Juniperis communis</i> | common juniper |
| <i>Cerastium arvense</i> | field chickweed | <i>Lactuca muralis</i> | wall lettuce |
| <i>Chimaphila umbellata</i> | princes-pine | <i>Lathyrus nevadensis</i> | Nevada peavine |
| <i>Chimaphila menziesii</i> | Menzies' pipsissewa | <i>Leucanthemum vulgare</i> (<i>Chrysanthemum leucanthemum</i>) | ox-eye daisy |
| <i>Circaea alpina</i> | enchanter's nightshade | <i>Lilium columbianum</i> | Columbia lily |
| <i>Cirsium arvense</i> | Canada thistle | <i>Linnaea borealis</i> | twinflower |
| <i>Cirsium edule</i> | edible thistle | <i>Listera cordata</i> | heart-leaved twayblade |
| <i>Cirsium vulgare</i> | common thistle | <i>Lomatium martindalei</i> | Martindale's lomatium |
| <i>Claytonia lanceolata</i> | western spring beauty | <i>Lonicera ciliosa</i> | orange honeysuckle |
| <i>Clintonia uniflora</i> | queen's-cup | <i>Lonicera involucrata</i> | bracted honeysuckle |
| <i>Collinsia parviflora</i> | small-flowered blue-eyed mary | <i>Lonicera utahensis</i> | Utah honeysuckle |
| <i>Corallorhiza maculata</i> | spotted coralroot | <i>Luetkea pectinata</i> | partridge-foot |
| <i>Corallorhiza striata</i> | striped coralroot | <i>Lupinus arcticus</i> | arctic lupine |
| <i>Cornus canadensis</i> | dwarf dogwood | <i>Matricaria matricarioides</i> | pineapple weed |

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| <i>Menziesia ferruginea</i> | false azalea | <i>Sibbaldia procumbens</i> | creeping Sibbaldia |
| <i>Mitella breweri</i> | Brewer's mitrewort | <i>Silene douglasii</i> | Douglas's campion |
| <i>Mitella caulescens</i> | star-shaped mitrewort | <i>Silene vulgaris</i> | bladder campion |
| <i>Mitella trifida</i> | three-toothed mitrewort | <i>Smilacina racemosa</i> | false Solomon's-seal |
| <i>Moehringia (Arenaria) macrophylla</i> | large-leaved sandwort | <i>Smilacina stellata</i> | star-flowered Solomon's-seal |
| <i>Montia (Claytonia) sibirica</i> | Siberian miners-lettuce | <i>Solidago canadensis</i> | Canada goldenrod |
| <i>Montia parviflora</i> | small-leaved montia | <i>Solidago multiradiata</i> | mountain goldenrod |
| <i>Myosotis discolor</i> | changing forget-me-not | <i>Sorbus aucuparia</i> | rowan |
| <i>Oplopanax horridum</i> | devil's club | <i>Sorbus sitchensis</i> | Sitka mountain-ash |
| <i>Orthilia (Pyrola) secunda</i> | one-sided wintergreen | <i>Spergularia rubra</i> | red sand spurry |
| <i>Osmorhiza chilensis</i> | mountain sweet cicely | <i>Spirea betulifolia</i> | birch-leaved spirea |
| <i>Pachistima myrsinites</i> | false-box | <i>Stachys colleyae</i> | Cooley's hedge-nettle |
| <i>Pedicularis bracteosa</i> | bracted lousewort | <i>Stellaria crispa</i> | crisped starwort |
| <i>Pedicularis racemosa</i> | sickle-top lousewort | <i>Streptopus amplexifolius</i> | clasping twisted-stalk |
| <i>Penstemon davidsonii</i> var <i>menziesii</i> | Davidson's penstemon | <i>Streptopus roseus</i> | rosy twisted-stalk |
| <i>Penstemon procerus</i> | small-flowered penstemon | <i>Streptopus streptoides</i> | small twisted-stalk |
| <i>Penstemon serrulatus</i> | coast penstemon | <i>Taraxacum officinale</i> | common dandelion |
| <i>Phlox diffusa</i> | spreading phlox | <i>Tellima grandiflora</i> | tall fringe cup |
| <i>Plantago major</i> | common plantain | <i>Thalictrum occidentale</i> | western meadow-rue |
| <i>Platanthera unalascensis</i> | Alaska rein-orchid | <i>Thuja plicata</i> | western red-cedar |
| <i>Polygonum minimum</i> | dwarf knotweed | <i>Tiarella trifoliata</i> var <i>unifoliata</i> | foamflower |
| <i>balsamifera</i> ssp <i>trichocarpa</i> | black cottonwood | <i>Tiarella trifoliata</i> var <i>trifoliata</i> | foamflower |
| <i>Populus tremuloides</i> | trembling aspen | <i>Tiarella trifoliata</i> var <i>laciniata</i> | foamflower |
| <i>Prenanthes alata</i> | rattlesnake root | <i>Tolmiea menziesii</i> | youth-on-age |
| <i>Prunella vulgaris</i> | selfheal | <i>Torientalis latifolia</i> | Pacific starflower |
| <i>Prunus emarginata</i> | bitter cherry | <i>Trifolium dubium</i> | suckling clover |
| <i>Pseudotsuga menziesii</i> | Douglas-fir | <i>Trifolium hybridum</i> | alsike clover |
| <i>Pyrola asarifolia</i> | pink wintergreen | <i>Trifolium pratense</i> | red clover |
| <i>Pyrola chlorantha</i> | green-flowered wintergreen | <i>Trifolium repens</i> | white clover |
| <i>Pyrola picta</i> | white-veined wintergreen | <i>Trillium ovatum</i> | western white trillium |
| <i>Ranunculus repens</i> | creeping buttercup | <i>Tsuga heterophylla</i> | western hemlock |
| <i>Ranunculus uncinatus</i> | small-flowered buttercup | <i>Tsuga mertensiana</i> | mountain hemlock |
| <i>Ranunculus acris</i> | tall buttercup | <i>Urtica dioica</i> ssp <i>gracilis</i> | stinging nettle |
| <i>Ribes howellii</i> | maple leaf currant | <i>Vaccinium membranaceum</i> | black huckleberry |
| <i>Ribes lacustre</i> | swamp currant | <i>Vaccinium ovalifolium</i> | oval-leaved blueberry |
| <i>Ribes sanguineum</i> | red-flowering currant | <i>Vaccinium parviflorum</i> | red huckleberry |
| <i>Rhododendron albiflorum</i> | white rhododendron | <i>Valeriana sitchensis</i> | Sitka valerian |
| <i>Rosa gymnocarpa</i> | baldhip rose | <i>Veratrum viride</i> | false hellebore |
| <i>Rubus ursinus</i> | trailing blackberry | <i>Veronica serpyllifolia</i> | thyme-leaved speedwell |
| <i>Rubus parviflorus</i> | thimbleberry | <i>Vicia americana</i> | American vetch |
| <i>Rubus pedatus</i> | creeping raspberry | <i>Viola adunca</i> | early blue violet |
| <i>Rubus spectabilis</i> | salmonberry | <i>Viola glabella</i> | yellow wood violet |
| <i>Rumex acetosella</i> | sourweed | <i>Viola orbiculata</i> | round-leaved violet |
| <i>Rumex obtusifolius</i> | broadleaved dock | <i>Viola sempervirens</i> | evergreen violet |
| <i>Salix scouleriana</i> | Scouler's willow | <i>Zygadenus venenosus</i> | white death camas |
| <i>Salix sitchensis</i> | Sitka willow | | |
| <i>Sambucus racemosa</i> spp <i>pubens</i> var <i>arborescens</i> | red elderberry | | |
| <i>Sambucus cerulea</i> | blue elderberry | | |
| <i>Sanicula graveolens</i> | Sierra sanicle | | |
| <i>Saxifraga bronchialis</i> | spotted saxifrage | | |
| <i>Saxifraga ferruginea</i> | rusty saxifrage | | |
| <i>Sedum divergens</i> | spreading stonecrop | | |
| <i>Sedum lanceolatum</i> | lance-leaved stonecrop | | |

BIRDS SEEN OR HEARD

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| Sooty Grouse | <i>Dendragapus fuliginosus</i> |
| Pileated Woodpecker | <i>Dryocopus pileatus</i> |
| Hairy Woodpecker | <i>Picoides villosus</i> |
| Hammond's Flycatcher | <i>Empidonax hammondii</i> |
| Gray Jay | <i>Perisoreus canadensis</i> |
| Common Raven | <i>Corvus corax</i> |
| Chestnut-backed Chickadee | <i>Parus rufescens</i> |
| Red-breasted Nuthatch | <i>Sitta canadensis</i> |
| Brown Creeper | <i>Certhia americana</i> |
| Golden-crowned Kinglet | <i>Regulus satrapa</i> |
| Hermit Thrush | <i>Catharus guttatus</i> |
| American Robin | <i>Turdus migratorius</i> |
| Varied Thrush | <i>Ixoreus naevius</i> |
| Yellow-rumped Warbler | <i>Dendroica coronata</i> |
| Townsend's Warbler | <i>Dendroica townsendi</i> |
| Western Tanager | <i>Piranga ludoviciana</i> |
| Dark-eyed Junco | <i>Junco hyemalis</i> |
| Pine Siskin | <i>Carduelis pinus</i> |
| Black-headed Grosbeak | <i>Pheucticus melanocephalus</i> |