

Denali National Park and Preserve

National Park Service
U.S. Department of the Interior



most common plants

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Wild Edible and Poisonous Plants of Alaska by Christine A.
Heller, Extension Bulletin F-40, Reprinted 1976, Cooperative
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DENALI NATIONAL PARK & PRESERVE
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Denali National Park, Alaska 99755
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Revised September 2006

Trees

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Common Name: **Aspen, Quaking**

Latin Name: *Populus tremuloides*

Family: Willow/Salicaceae

Description: Small to medium size deciduous tree. Leaves are oval, heart-shaped on long slender, flattened stems, trembling in the slightest breeze and turning yellow in fall. Pale green bark is photosynthetic, contributing as much as 15% to energy reserves.

Habitat: A pioneer tree that likes sunshine and dryness, it is among the first trees to colonize an area burned by forest fire. Favors south slopes, open woods and banks of creeks.

Comments: The most widely distributed tree species in North America, it often forms genetically identical “clone” stands by sending up suckers from extensive shallow root systems. Clone stands can be distinguished in spring or fall when trees produce or drop leaves simultaneously. Matures 80 to 100 years. A favorite food of beavers.



Common Name: **Balsam Poplar**

Latin Name: *Populus balsamifera*

Family: Willow/Salicaceae

Description: Medium sized deciduous tree. Long, pointed leaves 2½ to 4½ inches, rounded at base. Gray bark furrows deeply with age. Flowers from May to June before leaves appear with many small flowers about 1/8-inch long.

Habitat: Abundant in river valleys, flood plains and open forests. Prefers south-facing slopes.

Comments: Bark contains salicin, a compound related to salicylic acid, the active ingredient in aspirin. Tea from bark soothes fevers, aches and pains. Catkins are a source of vitamin C. Source of “Balm of Gilead,” made from boiling the fragrant, resinous buds in oil, used for sores, rashes and frostbite. Bees are known to collect sticky resin to cement and waterproof hives.



Common Name: **Birch, Paper**

(White or Canoe Birch)

Latin Name: *Betula papyrifera*

Family: Betulaceae

Description: Small to medium-sized deciduous tree. Leaves are yellowish green. Leaf tip is elongated and tail-like, coarsely toothed or serrated. Bark is smooth, thin, exfoliating, from white to pinkish, coppery brown, inner bark orange.

Habitat: Interior forests of Alaska, most often associated with white spruce and aspen.

Comments: Densest of Alaska's commercial woods. Natives used as a source to make canoe frames and the bark to cover them. They also used the extremely flammable bark for torches. Birch sap can be boiled into sweet syrup. Leaf tea is comforting and can be used for rheumatism, dissolving kidney stones and as a diuretic.



Common Name: **Larch**
(Tamarack)

Latin Name: *Larix laricina*

Family:

Description: Fast-growing. Deciduous needles borne on woody projections in small clusters of 10 to 20, generally flat, pale- to blue-green turning yellow before dropping in autumn. Bark is thin, scaly, reddish brown. Branches are long, slender, pliable.

Habitat: Found in swamps and wet mineral soils.
(Circumpolar)

Comments: Europeans considered the wood to be practically indestructible. Flexible roots were peeled and split, and used to stitch seams of birch bark canoes.



Common Name: **Spruce, Black**
(Bog or Swamp Spruce)

Latin Name: *Picea mariana*

Family: Pinaceae

Description: Conifer with dark green needles, less than ½-inch long, hairy twigs, egg-shaped cones usually less than 1-inch long with brittle, slightly toothed cone-scales. Generally smaller and less shapely than white spruce. Inner bark is yellowish, as opposed to whitish of *picea glauca*. Hybridization is common, producing trees with mixed characteristics.

Habitat: Often found growing in bogs, cold wet flats, muskegs, north-facing slopes, silty valley terraces and lake margins.

Comments: Wood has only slight commercial importance due to small size. Popular Christmas tree.



Common Name: **Spruce, White**
(Western White or Canadian Spruce)

Latin Name: *Picea glauca*

Family: Pinaceae

Description: Conifer with needles more than ½-inch long and a skunk-like odor when crushed. Cones cylindrical, 1¼ to 2½-inches long. Twigs hairless. Matures 30 to 50 feet tall, six to 24-inches in diameter at 100 to 200 years.

Habitat: Seldom found where permafrost is close to the surface. Grows best in well-drained soils on south-facing, gentle slopes and sandy soils along the edges of lakes and rivers.

Comments: Most common and important tree in the Alaskan interior. Used extensively for log cabins. Pitch makes a great, but sticky, bug repellent. Spread pitch on a cloth, warm it in an oven and use for sore muscles or headaches.



Shrubs

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Common Name: **Dwarf Birch**

Latin Name: *Betula nana*

Family: Birch/Betulaceae

Description: Low-spreading deciduous shrub, six inches to three feet tall. Leaves rounded up to ½-inch long, turn copper red in autumn.

Habitat: Moist soil, muskegs or bogs, rocky alpine slopes and hummocks on tundra.

Comments:



Common Name: **Mountain Alder**
(American or Green Alder)

Latin Name: *Alnus crispa*

Family: Betulaceae

Description: Spreading shrub from three to 13 feet tall. Smooth gray bark. Leaves to three inches long, relatively thick with finely toothed margins.

Habitat: Common in open woods and moist areas along creeks and rivers. Can grow into nearly impenetrable thickets.

Comments: Nitrogen fixing nodules on roots improve soil conditions so that other plants can follow. Twigs and bark are an important part of the winter diet for ptarmigan. Nutlets are eaten by many song birds. Fresh leaves applied to bare feet can comfort burning and aching.



Common Name: **Willow**

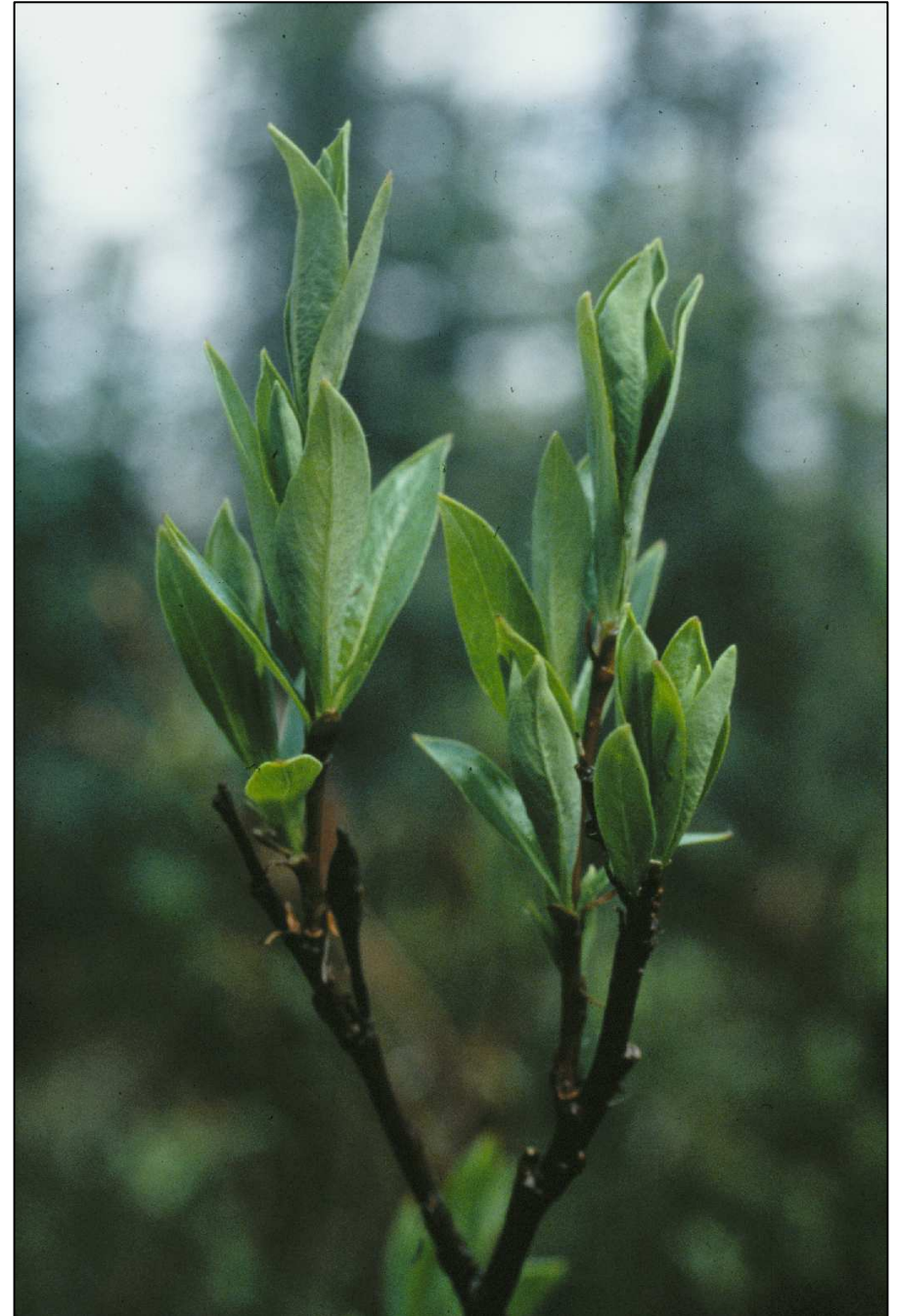
Latin Name: *Salix*

Family: Salicaceae

Description: Distinguished by slender twigs and bitter quinine-like taste of the bark. Leaves are generally long and narrow. More than 300 species worldwide vary from prostrate dwarf shrubs to erect bushes two to six feet high. There are 33 species in Alaska and as many as 27 in the park. All are deciduous and have catkins.

Habitat: Undergrowth of spruce-birch forest, forming thickets on sandbars and other porous soils along streams. Common at disturbed sites.

Comments: Serves as an important summer and winter food source for many animals, especially moose and ptarmigan. Contains seven to ten times more vitamin C than oranges. Drink willow tea to relieve headaches. Early references in the Old Testament and a 4,000-year-old Sumerian papyrus.



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Common Name: **Alaska Cotton Grass**

Latin Name: *Eriophorum* ssp.

Family: Sedge/Cyperaceae

Description: Grass-like with creeping underground stems or runners, linear leaves sheathing stems, flowers in terminal spikes with a floral envelope of numerous silky bristles, which elongate, becoming conspicuous when plant is in flower.

Habitat: Boggy areas, wet tundra.

Flowering: Fourth week May to second week August

Comments: Slender bristles of “cotton” are actually modified sepals and petals of minute flowers. At the end of the blooming season, the tufts of fiber become windborne to distribute seeds.



Common Name: **Alaska Spring Beauty**

Latin Name: *Claytonia sarmentosa*

Family: Purslane/Portulacaceae

Description: Stems up to eight inches long, each bears a pair of succulent leaves about mid-point, basal leaves stalked up to 2 ½ -inches long.

Habitat: Moist alpine environments from stony mountain slopes to moist, shady settings.

Flowering: Second week June to second week August

Comments: There are as many as 20 species. Leaves are often added to wilderness salads, soups and sandwiches. Greens are high in vitamins A and C.



Common Name: **Arctic Poppy**

Latin Name: *Papaver lapponicum*

Family: Poppy/ Papaveraceae

Description: Hairy flower stalk up to a foot tall, four petals up to 1-1/2 inch long and wide.

Habitat: Dry tundra

Flowering: Third week June to first week August

Comments: Its parabolic shape, heat-absorbing center and ability to track the sun's movements make it a natural solar collector, hastening the formation of seeds. This strategy also attracts pollinating insects that come to bask in the flower's warmth.



Common Name: **Arnica**

Latin Name: *Arnica latifolia*

Family: **Asteraceae**

Description: Perennial, stems up to two feet high, slightly hairy except just beneath flowers, leaves in 2-5 opposite pairs, blades broadly truncate at the base, yellow ray flowers in one to five heads

Habitat: Low mountain meadows

Flowering: Fourth week June to first week August

Comments: Use herb for external treatment of sprains, strains, and muscle aches. Steep the flowers and use as an after shampoo rinse to promote hair growth. Do not take internally or use on open wounds.



Common Name: **Aster, Siberian**

Latin Name: *Aster sibiricus*

Family: **Asteraceae**

Description: Leaves are usually hairy underneath. Flower heads have reddish brown or yellowish discs and purple ray flowers.

Habitat: Meadows, river bars and gravel.

Flowering: Third week June to third week August

Comments: The most common Aster in Denali. Five other species occur in Alaska.



Common Name: **Bell Heather**
(Mountain Heather)

Latin Name: *Cassiope tetragona*

Family: Heath/Ericaceae

Description: Evergreen, overlapping, scale-like foliage, up to eight inches tall. (The tips are reminiscent of a Phillips-head screwdriver.) Small, white flowers are bell-shaped and aromatic.

Habitat: Found in dryish, well-drained arctic-alpine environments.

Flowering: Fourth week May to Fourth week July

Comments: Reported to be John Muir's favorite flower.



Common Name: **Black-Tipped Groundsel**
(Mourning Ragwort)

Latin Name: *Scenecio lugens*

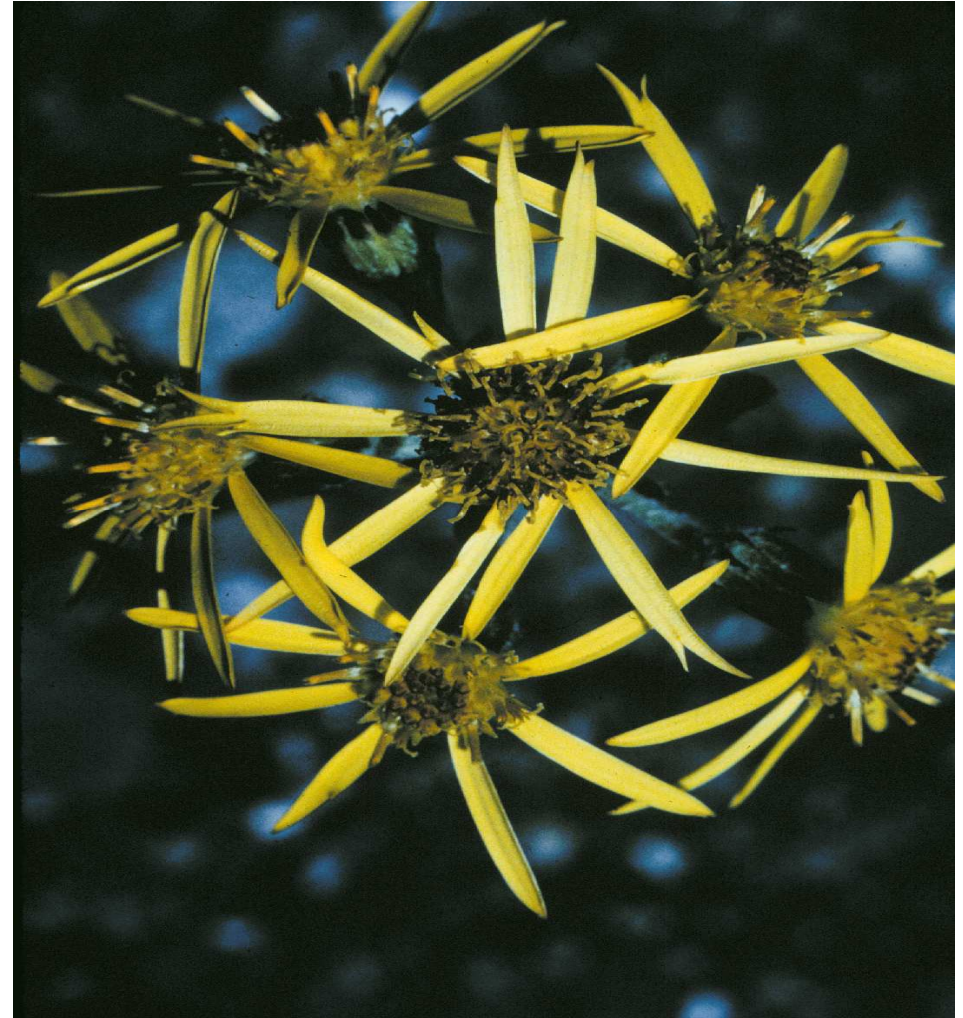
Family: Asteraceae

Description: Perennial, up to a foot tall, leaf surfaces and margins are usually smooth, yellow disk flowers but no ray flowers, black tipped flower head bracts, windborne seeds.

Habitat: Lake shores and river banks, meadows and open forest, often among willow

Flowering: Third week June to first week August

Comments: Can cause liver damage to livestock. The black tips of the bracts used to be considered by the Eskimo as a sign of mourning for the massacre at Bloody Falls of a group of Eskimo by a party of Indians accompanying Samuel Hearne in 1771.



Common Name: **Bluebell**
(Chiming Bells, Languid Lady, Tall Lungwort)

Latin Name: *Mertensia puniculata*

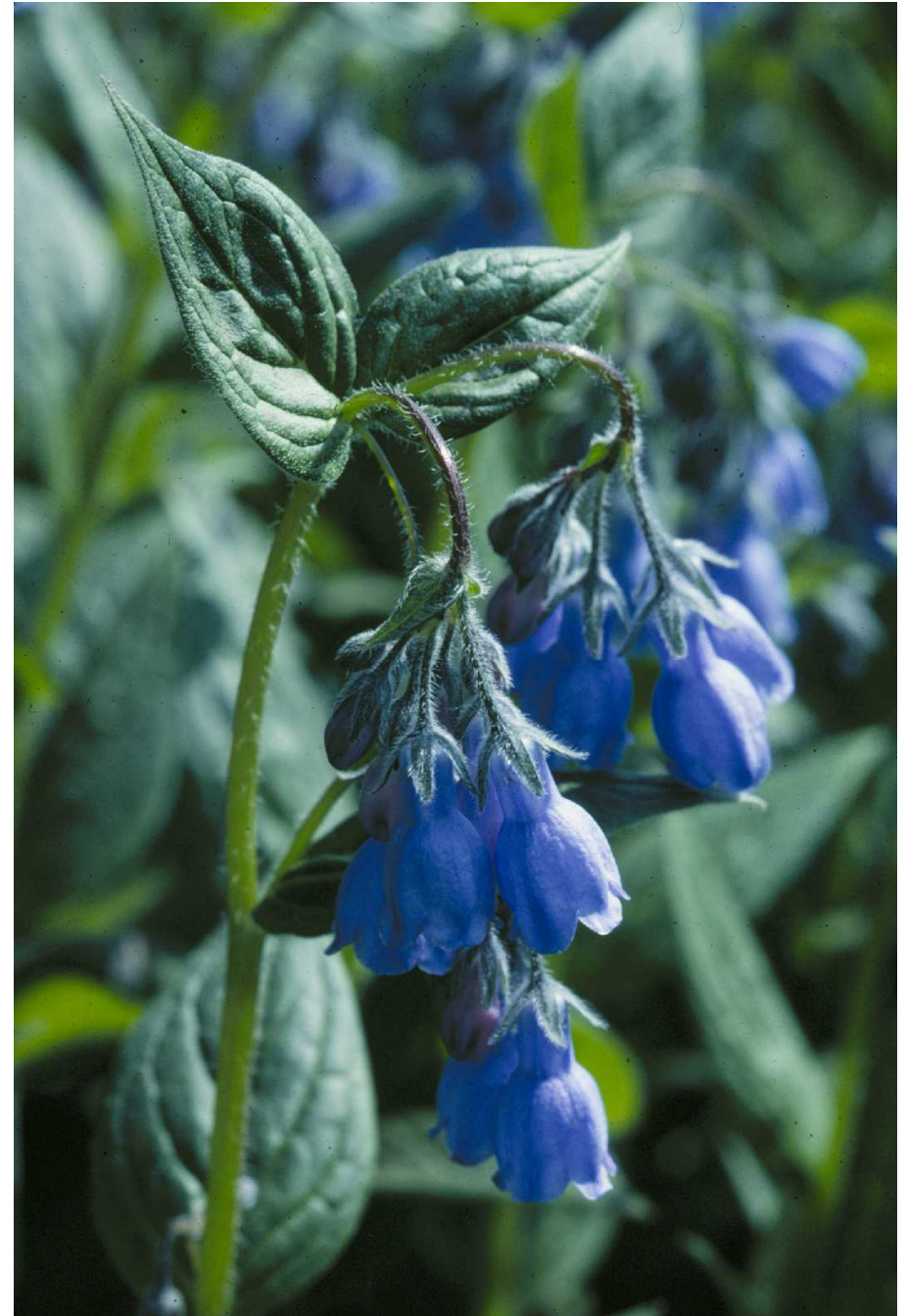
Family: Borage/Boragniaceae

Description: Twelve to 28 inches tall, flowers stalked and in clusters of five or six.

Habitat: Woods, thickets and stream margins, sub-alpine meadows.

Flowering: Fourth week May to second week August

Comments: This species is confined to North America.



Common Name: **Cinquefoil**

(Tundra Rose, *Potentilla*)

Latin Name: *Potentilla fruticosa*

Family: Rose/Rosaceae

Description: Small shrub, six to 36 inches tall, with reddish brown shedding bark. Flowers one inch in diameter, five petals,

Habitat: Ridges, open tundra and shrub tundra. Almost any habitat, moist or arid, forest or meadow, to 5,000 feet altitude.

Flowering: First week June to fourth week July.

Comments: Cinquefoil – five fingers, five leaves. Fruit is a rose hip which is edible and may be made into jams and jellies. *Potentilla* – Latin “potens,” means powerful, referring to medicinal properties of some species.



Common Name: **Cow Parsnip**
(Wild Celery, Indian Rhubarb)

Latin Name: *Heracleum lanatum*

Family: Celery/Umbelliferae

Description: Tall and coarse, usually about three feet tall, sometimes taller in deep, moist soil. Flowers white, in large umbels. Leaves large, three-parted. Perennial.

Habitat: Woods, meadows, protected moist areas in tundra.

Flowering: Second week June to third week August

Comments: Natives gather stalks and stems early in summer to eat pith, often dipped in seal oil. Roots may be boiled. The plant contains sugar and tastes similar to licorice. Take care not to mistake it for poison water hemlock.



Common Name: **Death Camas**

(Wand Lily)

Latin Name: *Zygadenus elegans*

Family: Lily/Liliaceae

Description: Grows to 28 inches. Leaves four to 12 inches long, 1/3-inch wide. Sepals and petals, three each, alike, greenish-white, about 1/3-inch long.

Habitat: Meadows, roadsides, edges of forests.

Flowering: second week June to first week August

Comments: **POISONOUS** ~ Contains toxic alkaloid zygadenine in all parts of the plant from the bulb to the seed.



Common Name: **Dogwood, Canadian Dwarf**
(Bunchberry, Puddingberry, Dwarf Cornel)

Latin Name: *Cornus Canadensis*

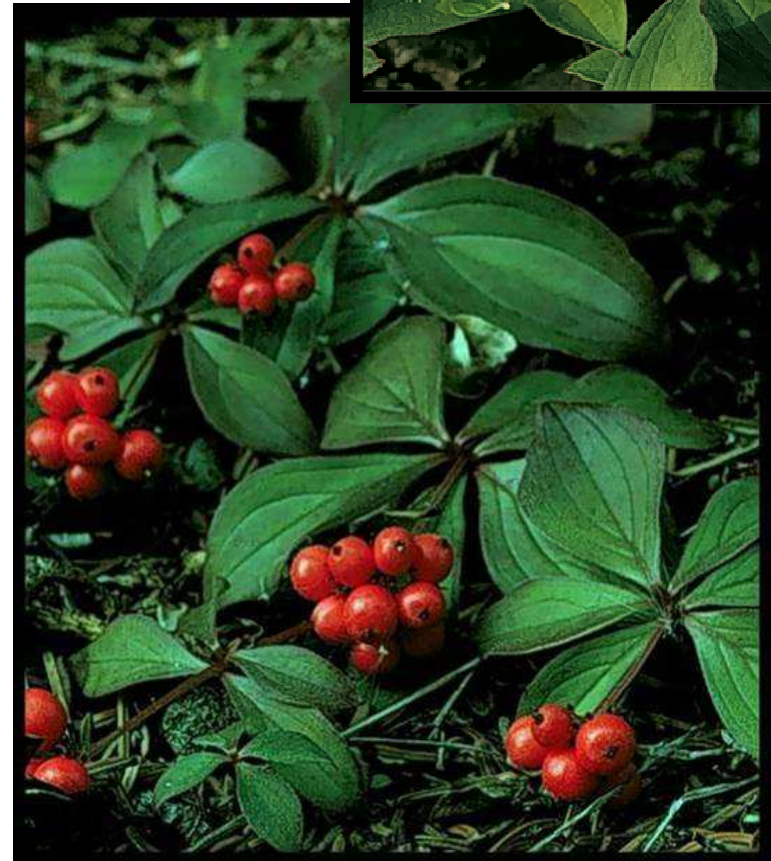
Family: Dogwood/Cornaceae

Description: One whorl of leaves and a cluster of greenish flowers surrounded by four bracts. White petals really aren't petals. The real flower is in the center with white bracts surrounding it to make it more attractive to insects. Fruit, bright red berries in a tight cluster.

Habitat: Moist woods.

Flowering: First week June to third week July.

Comments: Juicy red berries are edible but full of crunchy, poppy-like seeds. Can be cooked, strained and added to more flavorful fruits.



Common Name: **Eskimo Potato**
(Indian Potato, Alaska carrot)

Latin Name: *Hedysarum alpinum*

Family: Leguminosae

Description: Grows to 2-1/2 feet, purple flower clusters are tapered and narrow at the top, pods are smooth and net-veined and have two to five joints, leaves are smooth, veins on underside are obvious.

Habitat: Gravel river bars, roadsides, rocky hillsides and meadows.

Flowering: Third week June to first week August

Comments: The Dena'ina Athabaskans use the roots as an important food staple. Take care not to confuse this plant with wild sweet pea, a close, yet poisonous relative.



Common Name: **Fireweed, Dwarf**
(River Beauty, Rock Rose)

Latin Name: *Epilobium latifolium*

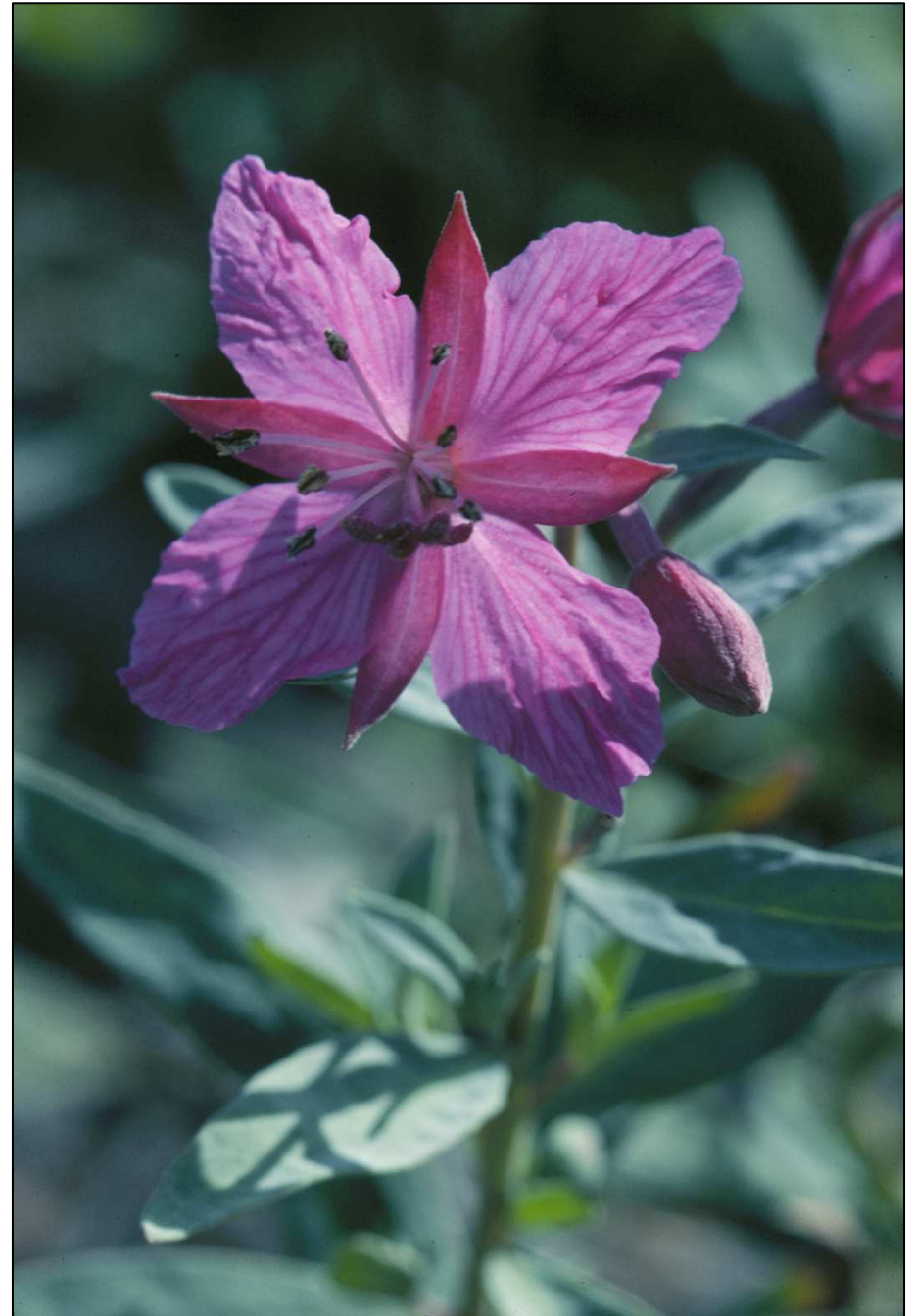
Family: Evening Primrose/Onagraceae

Description: Branched from base, to 30-inches tall, leaves three-inches long, bluish-green, flowers rose-pink to magenta, occasionally white.

Habitat: Riverbars, hillsides and roadsides

Flowering: Third week June to second week August

Comments: Best before it flowers. Good for stomach aches, coughs and asthma. Put leaves in tea for restlessness, but use in moderation as it can be a laxative. The dried roots can be mixed with grease and spread on infected sores and abrasions.



Common Name: **Fireweed, Tall**
(Willow Herb)

Latin Name: *Epilobium angustifolium*

Family: Evening Primrose/Onagraceae

Description: Grows to eight feet tall, lance-shaped leaves, flowers bloom in a terminal spike, the lower opening first. Four petals, pink to rose colored, occasionally white. Light, cottony seeds are carried by wind, frequently settling and growing on a recent burn.

Habitat: Meadows, forests, river bars, burned over areas.

Flowering: Third week June to third week August

Comments: Alaska natives use tea for stomach aches and restlessness.



Common Name: **Forget-Me-Not, Alpine**

Latin Name: *Myosotis alpestris*

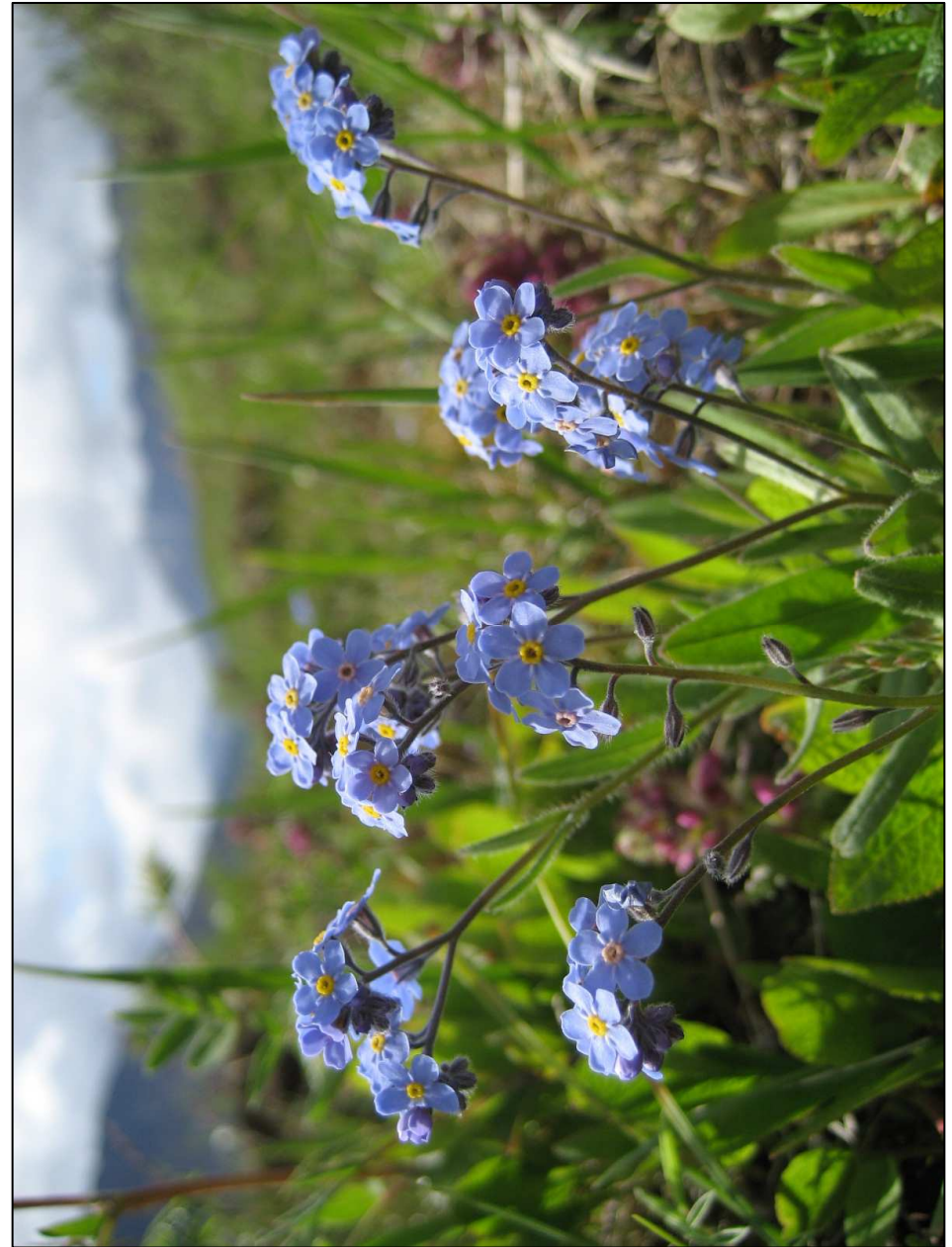
Family: Borage/Boraginaceae

Description: Grows to 18-inches tall with fuzzy, grayish-green leaves.

Habitat: Alpine meadows and along streams.

Flowering: First week June to first week August

Comments: Official state flower of Alaska



Common Name: **Forget-Me-Not, Mountain**

Latin Name: *Eritrichium aretoides*

Family: Borage/ Boraginaceae

Description: Loosely matted perennial from $\frac{3}{4}$ to $2\frac{1}{2}$ -inches tall. Leaves $\frac{1}{4}$ -inch or less covered with soft silvery white hairs. Flowering stalks up to two inches high with one to three terminal flowers.

Habitat: Sandy, gravelly soil, dry tundra

Flowering: First week June to first week August

Comments: Considered by many to be the gem of high alpine treasures.



Common Name: **Gentian, Four-Parted**

Latin Name: *Gentiana propinqua*

Family: **Gentianaceae**

Description: Annual, slender stems, erect, branched from base, lanceolate leaves, opposite, flowers stalked, small

Habitat: Open forests, dry mountain slopes and tundra to 6,000 feet elevation

Flowering: Fourth week June to third week August

Comments:



Common Name: **Gentian, Whitish**

Latin Name: *Gentiana algida*

Family: Gentian/Gentianaceae

Description: Two to four inches tall, two to four flowers in crowded clusters, petals white tinged with blue, sometimes black, purple spotted above. Distinctive. Very dwarf.

Habitat: lpine settings, stony slopes and alpine meadows

Flowering: Second week July to third week August

Comments:



Common Name: **Geranium, Wild**
(Northern Cranesbill)

Latin Name: *Geranium erianthum*

Family: Geraniaceae

Description: Perennial with erect stems, up to 32 inches rising from thick rhizome. Leaves are deeply cleft three to five times. Flowers barely top the leaves on short, hairy stalks, five petals, oblong oval, pale purple with reddish, longitudinal markings

Habitat: Forests, thickets, tundra, roadsides

Flowering: Second week June to second week July

Comments:



Common Name: **Goldenrod**

Latin Name: *Solidago multiradiata*

Family: Sunflower/Asteraceae

Description: 1½-inch tall in alpine settings to 1½-feet tall at lower elevations. Generally several stems in a clump and many small yellow flower heads in a narrow, long cluster

Habitat: Poor, often rocky soil from lowlands to sub-alpine zone

Flowering: Third week June to third week August

Comments:



Common Name: **Frigid Shooting Star**
(Bird Bill, Prairie Pointer)

Latin Name: *Dodocatheon frigidum*

Family: Primrose/Primulaceae

Description: Perennial flowering stalk, less than 10-inches tall, leaves lance-shaped in basal rosette, flowers pink to magenta in a terminal cluster, the petals forming a short tube at the base and parting into lobes which bend backwards.

Habitat: Found in damp arctic, alpine settings, forest openings, wet tundra and marshes, snow flushes

Flowering: Fourth week May to first week August

Comments: The sharp point formed by the connivent anthers seems to be shooting ahead and the reflexed corolla falls behind like the tail of a comet.



Common Name: Harebell, Mountain

Latin Name: *Campanula lasiocarpa*

Family: Bluebell/Campanulaceae

Description: 1¼ to 8-inches tall, lax stems commonly bear a single flower, basal leaf blade ¼ to 3-inches long by 1/4 –inch wide, margins toothed

Habitat: Dry, gravelly settings on roadsides, alpine ridges and mountain tundra

Flowering: Last week July to second week August

Comments: Harebell may allude to an association with witches who were believed to transform themselves into hares, portents of bad luck when they passed a person's path. In Scotland, another old name for this plant was Witches Thimble.



Common Name: **Heliotrope, Wild**

Latin Name: *Valerian capitata*

Family: Valerian/Valerianaceae

Description: Eight inches to two feet tall, small flowers, white (pink in bud), tubular, five-lobed at apex, in a tight, globose, terminal cluster. Strong scented roots.

Habitat: Moist settings, mountain meadows and hillsides.

Flowering: First week July to second week August

Comments: Natives used extract frequently for treating nervousness, hysteria, epilepsy, and migraine. Tea made from roots serves as a mild sedative.



Common Name: **Horsetail**
(Jointed Grass)

Latin Name: *Equisetum* ssp.

Family: Equisetaceae

Description: Rush-like plant with perennial, blackish, creeping rhizomes. Round stems, rough in texture, jointed and hollow.

Habitat: Damp settings, shallow water and swamps, and forested areas

Flowering: No true flowers or seeds. The brown, branchless spring phase develops spores which are borne in fruiting bodies that resemble the tip of an asparagus stalk. Related to ferns and club mosses.

Comments: High silica content. Used to clean pots and pans. A favorite food of bears and muskrats. Rootstocks are eaten by geese.



Common Name: **Jacob's Ladder, Tall**

Latin Name: *Polemonium acutiflorum*

Family: Phlox/Polemoniaceae

Description: Grows to 39 inches. Leaves alternate, stalked, up to 10 inches long with 15 to 27 leaflets. Dark blue flowers on stout stems.

Habitat: Usually found in moist settings

Flowering: Fourth week June to third week August

Comments: Named for ladder-like arrangement of leaflets. Two other species sometimes occur in Denali – Beautiful and Northern Jacob's Ladder.



Common Name: **Labrador Tea**

Latin Name: *Ledum palustre*

Family: Heath/Ericaceae

Description: Very aromatic, evergreen shrub, one to two feet tall, leathery leaves dark green and densely rusty-wooly underneath, white flowers, five petals, clustered on top

Habitat: Boggy tundra areas and woods

Flowering: Fourth week May to third week July

Comments: Evergreen leaves are used to make a spicy, aromatic tea. Used during the Revolutionary War as a substitute for tea previously supplied by the Empire. Take care not to boil leaves ~ may release ledol, a toxin that can cause cramps and paralysis. Very high in vitamin C, second only to rose hips. Alternate host of spruce rust, along with crowberry.



Common Name: **Lapland Rosebay**

Latin Name: *Rhododendron lapponicum*

Family: Heath/Ericaceae

Description: Small shrub four to 24-inches tall, leaves ½-inch long and leathery. Flowers to one inch in diameter.

Habitat: Stony slopes in the mountains. Dry tundra.

Flowering: Third week May to second week July

Comments: **POISONOUS** ~ All parts of these plants contain dangerously toxic resins (andromedotoxins), especially the foliage. (Greek rhodon, “rose,” and dendron, “tree.”)



Common Name: **Larkspur**

Latin Name: *Delphinium glaucum*

Family: Ranunculaceae

Description: Perennial, stems two to six feet, smooth, stout, covered with a white bloom, leaf blades up to 10 inches in diameter, much lobed, flowers dark blue, small, spurred in a terminal spike four to 20 inches long.

Habitat: Stony mountain slopes, screes and tundra. Moist grassy settings along roadsides, in willow thickets.

Flowering: First week July to third week August

Comments: **POISONOUS** ~ Natives used as a wash for lice and fleas.



Common Name: **Lousewort, Woolly**
(Bumblebee plant)

Latin Name: *Pedicularis lanata*

Family: Figwort/Scrophulariaceae

Description: A densely woolly perennial. Flowers in spikes up to eight inches long, leaves $\frac{3}{4}$ to $2\frac{1}{2}$ -inches long

Habitat: Arctic, alpine areas

Flowering: Third week May to fourth week July

Comments: Closely related to Indian Paintbrush. Genus name, from the Latin pediculus for “little louse,” alludes to a superstition that livestock that ate these plants would suffer an infestation of lice.



Common Name: **Lupine, Arctic**

Latin Name: *Lupinus arcticus*

Family: Pea/Fabacea

Description: Stems grow up to 18 inches tall, flowers ½-inch long on spike-like racemes. Leaf blades with six to nine pointed, hairy leaflets. Fruit is a pod with five to six kidney-shaped brown seeds.

Habitat: Gravel bars, dry slopes, alpine meadows.

Flowering: Fourth week May to fourth week July

Comments: **POISONOUS** ~ all parts, especially ripe seeds



Common Name: **Monkshood**

Latin Name: *Aconitum delphinifolium*

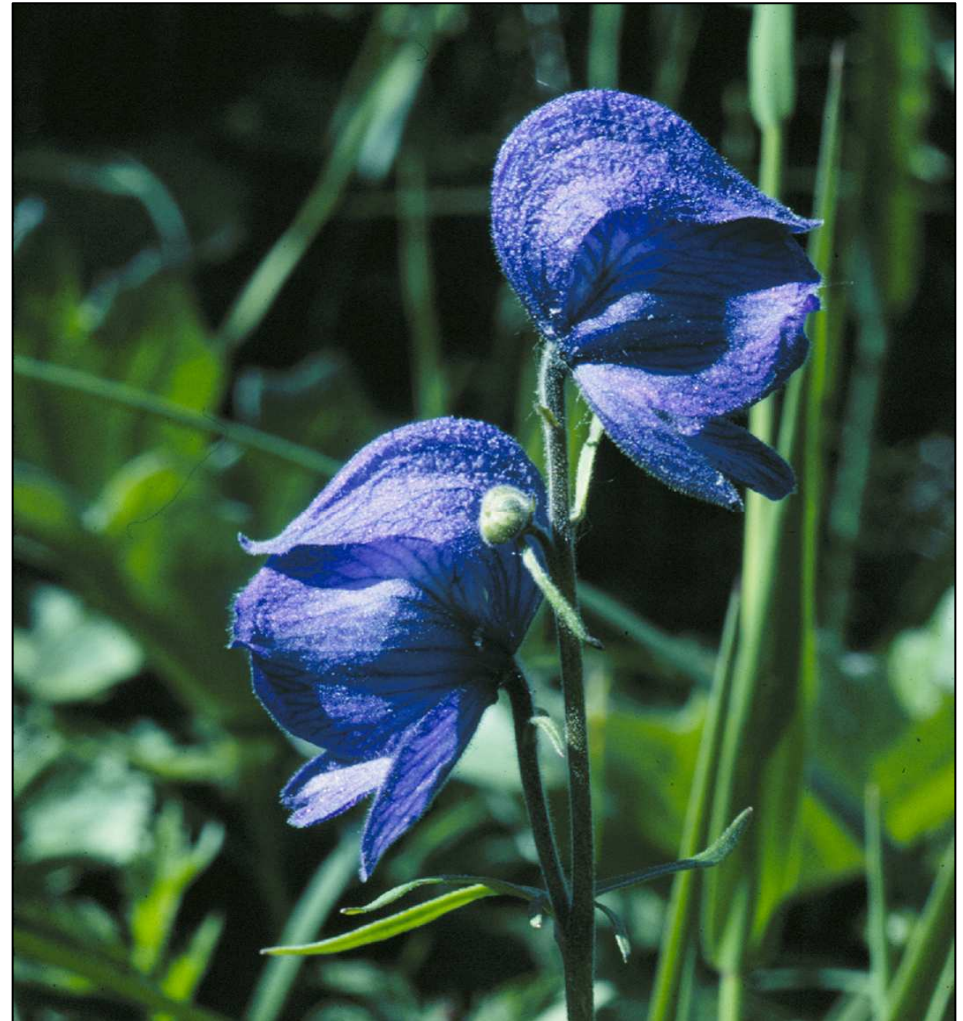
Family: Crowfoot/Buttercup
Ranunculaceae

Description: Petals small, concealed by large, showy
sepals, uppermost two form beaked hood

Habitat: Alpine meadows, thickets, along running
water

Flowering: Fourth week June to third week August

Comments: Deadly POISONOUS, especially roots and
seeds ~ Natives smeared on spears and arrows for
hunting. Can be used as a natural purple dye.



Common Name: **Moss Champion**
(Cushion Pink)

Latin Name: *Silene acaulis*

Family: Caryophyllaceae

Description: Low, dense cushion-like mounds. Branches less than an inch tall, leaves ½-inch long, secretes a stickiness that discourages insects

Habitat: Sandy or rocky soil to 8,000 feet

Flowering: Third week June to first week August

Comments: Moss Champion is one of the faster-growing alpine plants, yet it still takes ten years for the first flower to appear. The cushion is only about 20 cm across at 25 years



Common Name: **Mountain Avens**
(Dryas, White Dryad)

Latin Name: *Dryas octopetala*

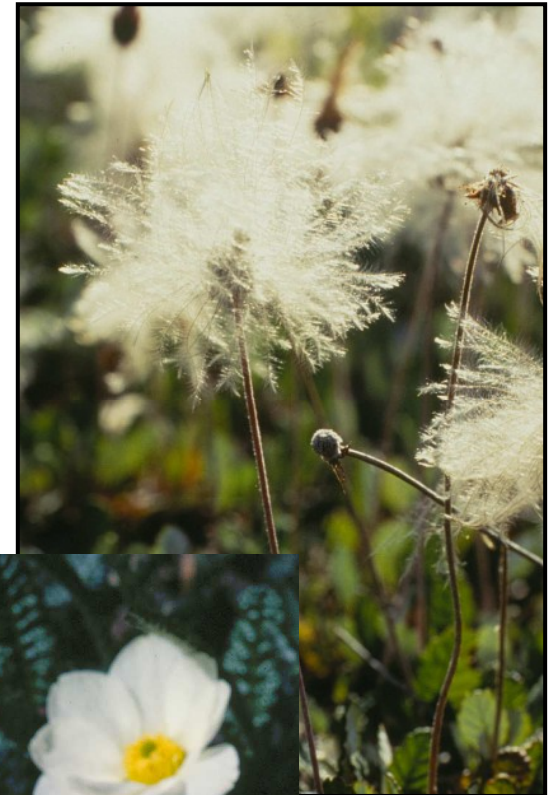
Family: Rose/Rosaceae

Description: Prostrate plant, woody stems, flowers one-inch in diameter with eight petals, leaves 1-1/4 inch long, often hairy underneath, evergreen. Fruit is many seeded with long plumes, feathery head.

Habitat: Open, often rocky places from middle elevations to above timberline.

Flowering: Fourth week May to fourth week July

Comments: A favorite food of Dall sheep. Inuit used untwisting of seed head as indicator of best time to hunt caribou for clothing. Ecologically important. Dominant member of plant communities in which it occurs. Soil stabilizer. Nitrogen-fixer.



Common Name: **Pasque Flower**

(Spring Crocus, Lion's Beard, Anemone Patens)

Latin Name: *Pulsatilla patens*

Family: Crowfoot/Buttercup
Ranunculaceae

Description: A hairy plant with one or many stems, flowers petalless, but sepals five to seven are large and showy, 1 ½ to 2 inches wide. Height to 14 inches.

Habitat: Well-drained soils, dry, sandy, gravelly.
Roadsides, south-facing bluffs, steep slopes.

Flowering: First week May to third week June

Comments: Pasque refers to the Easter or Passover blooming time. South Dakota's official state flower. Not related to garden crocus. Contains compounds that are poisonous or irritating. Natives supposedly used them for pranks.



Common Name: **Plume, Pink**
(Mountain Meadow Bisort, Knotweed)

Latin Name: *Polygonum bisorta*

Family: Buckwheat/Polygonaceae

Description: Grows to 18 inches tall. Flowers to 3 ½ - inches long on compact terminal spikes

Habitat: In meadows, bogs and most commonly in moist alpine settings

Flowering: First week June to first week August

Comments: Leaves and roots are collected by natives during summer. Leaves are mixed and cooked with other greens. Good source of vitamins A and C. Rhizomatous root is usually boiled and mixed with seal oil or added to stews. Chew roots raw to cleanse teeth.



Common Name: **Purple Cress**
(Bitter Cress)

Latin Name: *Cardamine purpurea*

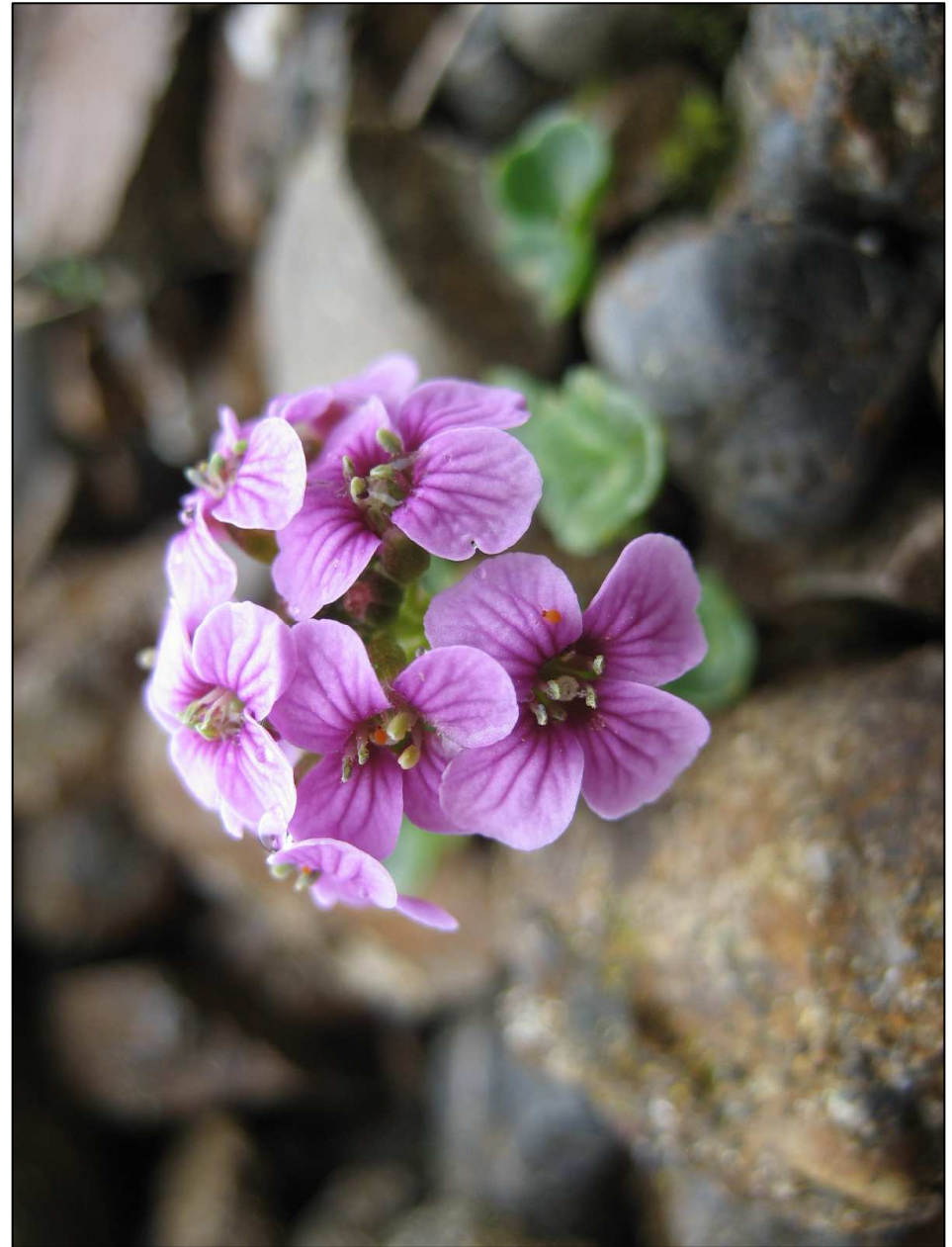
Family: Mustard/Cruciferae

Description: Color varies from white to rose to purple. All members of the Mustard Family are distinguished by their four petals arranged in the shape of a Maltese cross.

Habitat: Moist meadows and hillsides up to 6000 feet in elevation.

Flowering: Second week June to first week August

Comments:



Common Name: **Rock Jasmine**

Latin Name: *Androsace chamaejasme*

Family: Primrose/Primulaceae

Description: Grows to six inches tall. Flowers small, umbel-like, five petals, few in terminal clusters, creamy white (sometimes red-suffused), yellow throat. Fragrant.

Habitat: Found on ridge tops, talus, scree slopes where there is abundant moisture that drains quickly. Up to 5,000 feet in elevation.

Flowering: Fourth week May to fourth week July

Comments:



Common Name: **Rose, Prickly**

Latin Name: *Rosa acicularis*

Family: Rose/Rosaceae

Description: Small shrub with bristly and prickly stems and branches. Flower petals pink to rose-red. Three to nine compound, ellipse-shaped leaflets, usually five.

Habitat: Found in woods, heaths, tundra bogs and thickets, rocky slopes.

Flowering: Third week June to first week August

Comments: Rose hips and haws are an excellent source of vitamin C. Collect in fall after the first frost when they are still firm but ripe and red.



Common Name: **Roseroot**
(King's Crown)

Latin Name: *Sedum roseum*

Family: Stonecrop/ Crassulaceae

Description: Perennial, root thick, fleshy, rose-scented when bruised, scaly crowns bearing erect, leafy stems four to 12-inches tall. Leaves succulent, flowers small, reddish in flat-topped terminal clusters.

Habitat: Scree slopes, sandy hillsides as well as moist tundra

Flowering: First week June to first week August

Comments: The leaves and young shoots are eaten raw or boiled and are best before flowers appear. Siberian Eskimos eat the rhizome boiled in seal fat or with reindeer fat.



Common Name: **Saxifrage, Purple Mountain**
(French Knot Moss, Red Moss)

Latin Name: *Saxifraga oppositifolia*

Family: Saxifrage/Saxifragaceae

Description: A dense cushion plant with oval leaves, often tinged with maroon. Flowers are ¼-inch wide, leaves 1/8-inch long and opposite. Height is about two inches, tuft to eight inches wide.

Habitat: Rocky areas and crevices in mountains.

Flowering: Second week May to fourth week July

Comments: Opposite leaves have the appearance of “French Knots” in needlework. Richly-colored flowers are unusual in this genus, commonly white.



Common Name: **Saxifrage, Richardson's**
(Bear flower, Alaska Boykina)

Latin Name: *Boykinia richardsonii*

Family: Saxifrage/Saxifragaceae

Description: Sometimes 32-inches tall. Leaves mostly basal to six-inches wide. Flowers in six-inch long terminal spikes.

Habitat: Meadows and subalpine thickets, along running water and edges of snow fields.

Flowering: Fourth week June to second week August

Comments: A favorite food for bears. Genus name honors a 19th century naturalist Dr. Samuel Boykin.



Common Name: **Saxifrage, Spotted**

Latin Name: *Saxifraga bronchialis*

Family: Saxifragaceae

Description: Perennial herb with evergreen leaves that are often sharp tipped. Flower petals have round red, orange or yellow spots.

Habitat: Rock crevices, cliffs, talus slopes and gravelly flats

Flowering: June to August

Comments: Saxifraga is Latin for “rock breaker,” referring its habitat.



Common Name: **Shy Maiden**
(Wood Nymph, Single Delight, Waxflower)

Latin Name: *Moneses uniflora*

Family: Wintergreen/Pyrolaceae

Description: Perennial with creeping underground shoots, grows to five inches tall, flower faces down, five petals, waxy white, spreading, leaves round, evergreen

Habitat: Mossy, shady woods, coniferous forests

Flowering: Second week June to fourth week July

Comments: Indians of Cook's Inlet harvest creeping underground parts, soak them in water and use the tea as a medicine for sore throat. They soften the leaves by partially chewing them and then place them on cuts for healing.



Common Name: **Twinflower**

Latin Name: *Linnaea borealis*

Family: **Honeysuckle
Caprifoliaceae**

Description: Slender, trailing evergreen shrub, stems to one meter, ascending branches two to three inches high, leaves leathery, flowers nodding, whitish to rose colored, produce very sweet perfume strongest in the evening.

Habitat: Woods, heaths, dry ridges

Flowering: Third week June to third week August

Comments: Named after Linnaeus, at his request. It was his favorite flower. Also known to grow in Sweden, Switzerland, Siberia and Canada.



Common Name: **Wild Sweet Pea**
(Bear Root)

Latin Name: *Hedysarum Mackenzii*

Family: Pea/Fabaceae

Description: Grows to 2-1/2 feet. Showy reddish purple flowers are arranged in clusters (racemes). Pods (loment) are hairy, cross-veined and have 3-8 joints. Undersides of leaves are whitish and felty.

Habitat: Gravel river bars, roadsides, rocky hillsides and meadows

Flowering: Mid June to mid July

Comments: Regarded as poisonous. Has been mistaken for Eskimo Potato (*Hedysarum alpinum*), but flowers are larger and fewer.



Common Name: **Wormwood**

Latin Name: *Artemisia arctica*

Family: **Compositae**

Description: Perennial, aromatic, light gray, silky, hairy, up to 20-inches tall, leaves alternate, flowers small green to yellow in small round heads

Habitat: Gravel and rock alpine, arctic settings

Flowering: First week July to second week August

Comments: Used as aromatherapy in steam baths for sinuses and skin. Boiled or soaked leaves wrapped in cloth are used as a hot pack for toothache, earache and snow-blindness. For athlete's foot, wear fresh leaves inside socks.



Common Name: **Yarrow, Northern**

Latin Name: *Achilla borealis*

Family: **Asteraceae**

Description: Perennial, stems up to 18 inches tall, silky hairy throughout, leaves up to six inches long, alternate, flowers in small heads forming a flat or round topped terminal cluster, ray flowers white, bracts beneath petals brown to dark brown. Finely dissected, pinnately divided leaves distinguish this species from Siberian Yarrow.

Habitat: Open gravel and sandy settings

Flowering: First week July to third week July

Comments: Important native medicinal plant. Dry leaves and pound to a powder for sores, cuts, burns and blisters to kill germs that cause infection.



Berries

<i>Bearberry, Alpine</i>	64
<i>Blueberry</i>	65
<i>Cranberry, High Bush</i>	66
<i>Cranberry, Low Bush</i>	67
<i>Crowberry</i>	68
<i>Nagoon Berry</i>	69
<i>Soap Berry</i>	70

Common Name: **Bearberry, Alpine**

Latin Name: *Arctous alpina*

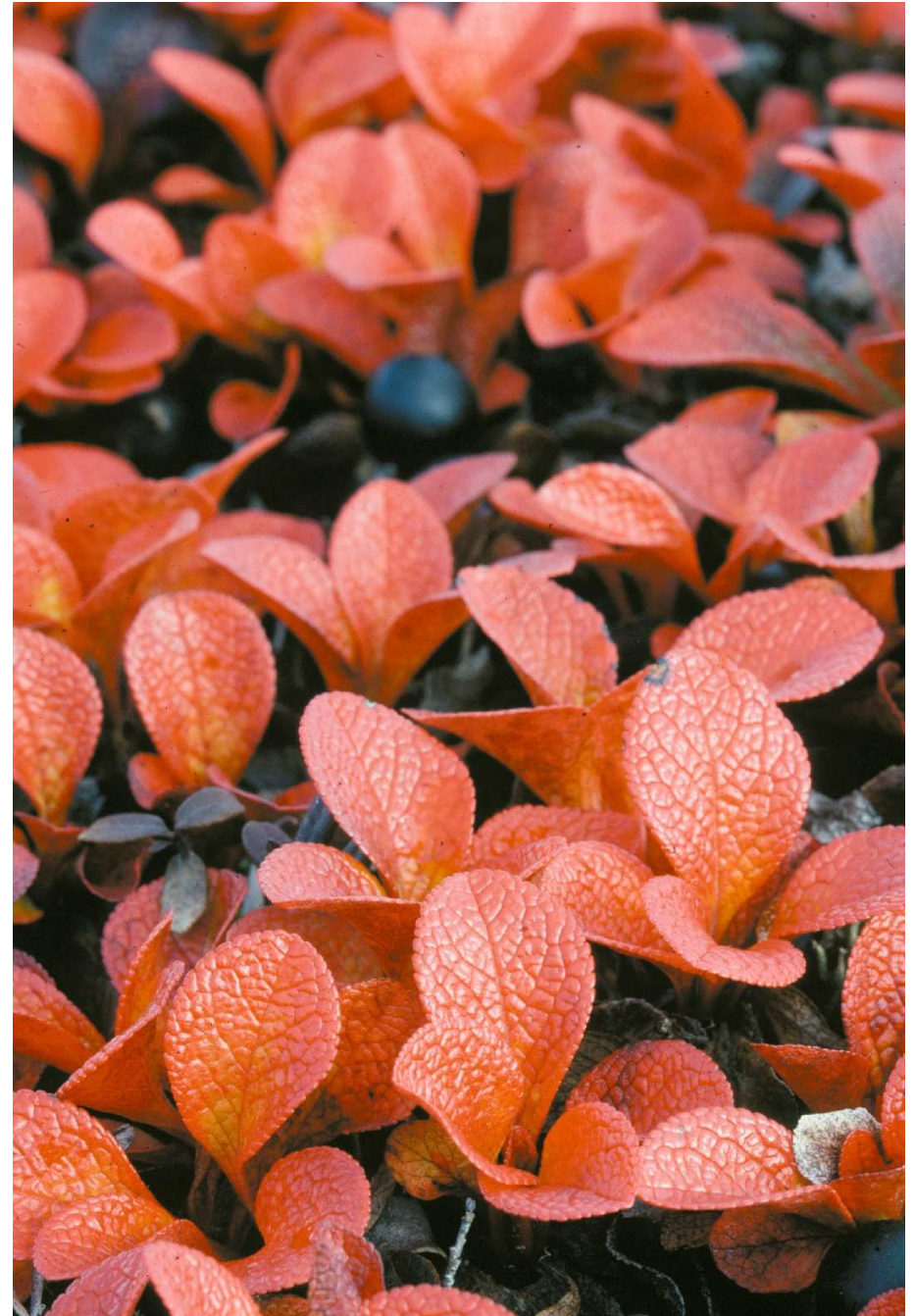
Family: Heath/Ericaceae

Description: Note hairs on edges of leaves. Subshrub, prostrate, matted, trailing. Branches covered with papery bark. Dark green leaf up to two inches in length turns a rich red in the fall. Flowers appearing before leaves are small, greenish white. Fruit is a bluish-black berry.

Habitat: Arctic regions on bare rock, gravel and dry tundra and in woods at lower elevations.

Flowering: Third week May to third week June

Comments: Berry is juicy but insipid in flavor, not usually available in large quantities. Eskimos pick in poor berry years and mix with the blueberry. Flavor improves with cooking.



Common Name: **Blueberry**
(Bog Blueberry or Bilberry)

Latin Name: *Vaccinium uginosum*

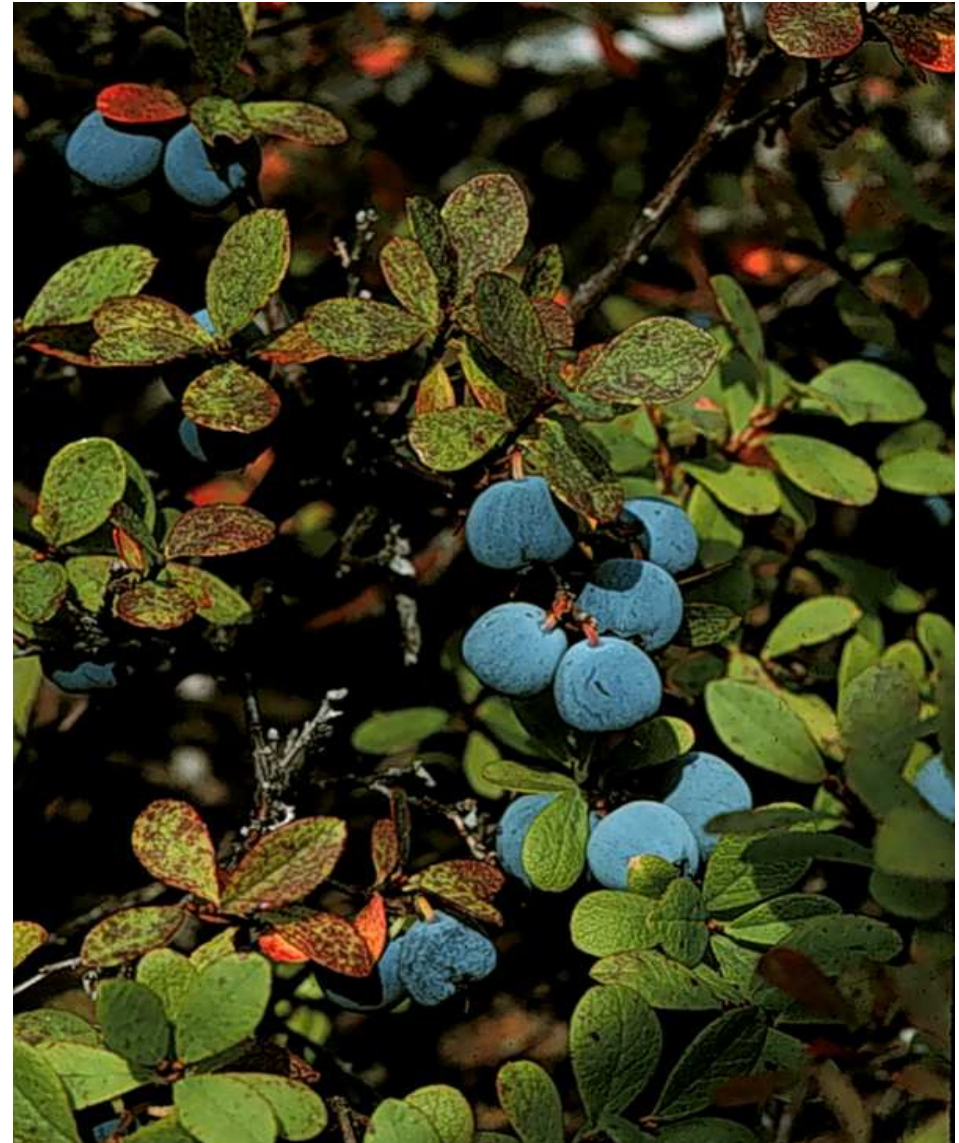
Family: Heath/Ericaceae

Description: Shrub up to two feet tall with shedding bark on branches. Flowers appear before the leaves and are bell-shaped, light pink. Leaves are rounded and leathery.

Habitat: Variable, from the dry to wet tundra and forested areas.

Flowering: First week June to first week July.

Comments: Plentiful throughout Alaska, the blue berry is the sweetest and most abundant wild fruit in Denali. Makes great pies, muffins, breads or sauces. An important, favorite food of bears, grouse and ptarmigan. Berries ripen in August and soon afterwards fall from branches. Rots easily. Keep dry and tightly covered in cool area or mix with lard or oil. Makes an excellent blue-purple dye.



Common Name: **Cranberry, High Bush**
(Squash Berry, Moose Berry)

Latin Name: *Viburnum edule*

Family: Honeysuckle/Caprifoliaceae

Description: Shrub, upright to eight feet. Opposite, smooth branches. Deciduous leaves, opposite, varied shapes and maple-like on lower branches. Buds red in winter. White to pinkish flowers. Berries are translucent red, orange or occasionally yellow, very sour and juicy with a large flat seed.

Habitat: Woods and meadows from lowlands to alpine.

Flowering: June

Comments: Unrelated to the “Thanksgiving” cranberry but can be used in same recipes. Add flowers to pancake batter. A tea made from the bark relieves stomach cramps and acts as a muscle relaxer. Makes a cranberry catsup.



Common Name: **Cranberry, Low Bush**

(Lingonberry, Mountain Cranberry, Partridge Berry)

Latin Name: *Vaccinium vitis-idaea*

Family: Ericaceae

Description: Dwarf, matted growth of thick, oval, leathery evergreen leaves. Pink flowers in terminal clusters. Red fruit about the size of a pea.

Habitat: Mossy woods and bogs or rocky, dry peaty acid soil.

Flowering: First week June to fourth week July.

Comments: Late ripening, available in quantity in the fall, best picked (sweeter) after the first frost. Berries persist throughout the winter. High acid content. Best cooked as a sauce or in combination with rose hip pulp and sugar to make jam.

Cranberries were sometimes mixed with fat and meat or fish to make "Indian Icecream." Natives used plant as medicine for headaches, swelling or sore throats.



Common Name: **Crowberry**
(Blackberry)

Latin Name: *Empetrum nigrum*

Family: Empetraceae

Description: Needle-like leaves, flowers are purplish, small and inconspicuous. Resembles as heath.

Habitat: Forests, openings and tundra

Flowering: Third week May to third week June

Comments: Crowberries have a neutral taste and big seeds. Often strained so the juice can be mixed with blueberries or cranberries to make them go farther. An alternate host of spruce needle rust or witches broom, along with Labrador tea.



Common Name: **Nagoon Berry**

(Wineberry)

Latin Name: *Rubus arcticus*

Family: Rose/Rosaceae

Description: Perennial plant up to five inches tall from creeping rootstock. Deciduous, three-toothed leaves on long stems with coarse veins. Pink flowers, 1 to 1¼-inch with five to eight petals rounded at ends. Red, aggregate berry, rounded and shiny

Habitat: Stream banks, fields, lake margins, tundra and alpine slopes.

Flowering: June

Comments: Used for jelly, jam and pies. Hull is sometimes hard to remove but does not alter excellent flavor if some is left on.

Three sub-species occur in Alaska with minor differences in petal and leaf.



Common Name: **Soap Berry**
(Buffalo Berry)

Latin Name: *Shepherdia canadensis*

Family: Oleaster/Elaeagnaceae

Description: Shrub three to five feet high. Young twigs and buds covered with reddish-brown scales. Leaves up to 2½-inches long. Translucent red fruit. Small flowers without petals.

Habitat: Dry, well-drained, woody places near rivers and lakes.

Flowering: Third week May to second week June.

Comments: Raw berry very bitter due to saponin. Once used to make a dessert topping by adding sugar to whipped froth. Steep one tablespoon of berries and leaves with one cup of water to wash cuts. Mix with sweetener and lots of water for a lemonade-like beverage. Combined with horsetail makes a great scrub for pots and pans. Bears love these berries



Missing Pictures:

Black Cottonwood

Alpine Azalea

Anemone, Northern Windflower

Anemone, Yellow

Arctic Dock

Buttercup, Pygmy

Buttercup, Snow

Chickweed

Dogwood, Swedish

Grass of Parnassus

Labrador Tea

Lousewort, Capitate

Lousewort, Labrador

Lousewort, Whorled-Leaf

Milk Vetch

Orchid, Calypso

Orchid, Lady's Slipper

Oxytropis, Northern

Paintbrush

Parrya

Pea Vine

Primrose, Chukchi

Rosewort/Roseroot

Wild Celery

Wintergreen, Large Flowered

Yarrow, Siberian

Bearberry, Red

Cloudberry

Kinnikinnick

Common Name: **Black Cottonwood**

Latin Name: *Populus trichocarpa*

Family: Willow/Salicaceae

Description: Leaf shape is very variable.

Habitat:

Flowering:

Comments: More commonly found in southeast and south central Alaska. Hybridization with balsam poplar is common where ranges overlap.

Common Name: **Alpine Azalea**

Latin Name: *Loiseleuria procumbens*

Family: Heath/Ericaceae

Description: Dwarf evergreen shrub forming sprawling mats. Small, hard, oval leaves. Flowers are minute, pink, cup-shaped covering shrub in full bloom

Habitat: Arctic-alpine, exposed ridges, gravel, tolerates meager soil on bare slopes

Flowering: Third week May to third week July

Comments: Also known to grow in the Alps in Europe.

Common Name: **Anemone, Northern Windflower**

Latin Name: *Anemone parviflora*

Family: Ranunculaceae

Description: Perennial, stems underground, slender, freely forking branches terminating in a rosette of stalked leaves, flowers solitary, terminating on leafless stalks, petal-less, sepals petal-like, white, outer surface blue tinged.

Habitat: Arctic, alpine settings, dry tundra

Flowering: Third week May to third week July

Comments: Anemone is Greek for “wind.”

Common Name: **Anemone, Yellow**

Latin Name: *Anemone richardsonii*

Family: Crowfoot (Buttercup)
Ranunculaceae

Description: A slender perennial with creeping rootstock; stems somewhat hairy, 1-1/2 to 6 inches high. Often mistaken for buttercup.

Habitat: Meadows and snow flushes in the mountains.

Flowering: Last week of May to last week of July

Comments: POISONOUS ~ alkaloid anemonine.
Distinguished from members of the Rose Family by the absence of a cup-like base.

Common Name: **Arctic Dock**
(Sour Dock, Sorrel, Wild Spinach)

Latin Name: *Rumex arcticus*

Family: Buckwheat/Polygonaceae

Description: Bold weedy herbs with strong roots. Closely allied to the rhubarb and knotweeds. Flowers minute, greenish or reddish, stems erect, reddish purple, up to four or more feet tall when in seed.

Habitat: Moist situations on tundra, about lakes and ponds, along streams, roadside ditches and alpine gulches

Flowering: Second week June to fourth week July

Comments: Caution ~ Eating quantities of raw leaves has resulted in human poisoning from potassium oxalate. Use stems as like rhubarb and leaves like spinach. Young tender leaves from early summer are used as salad greens. Has a sour taste as a cooked vegetable.

Common Name: **Buttercup, Pygmy**

Latin Name: *Ranunculus pygmaeus*

Family: Ranunculaceae

Description: Perennial, very small with one to several slender weak one-flowered stems one to 1-1/2 inches long, elongating as the plant matures, flowers yellow, sepals reddish tinged at the base.

Habitat: Wet mossy alpine settings near streams, on mountainsides

Flowering: First week July to first week August

Comments:

Common Name: **Buttercup, Snow**

Latin Name: *Ranunculus nivalis*

Family: **Ranunculaceae**

Description: An erect, branched perennial, stems 1-1/4 to six inches high, flowers with brown hairy stalks, petals bright, shiny yellow, dense sepals shorter at base with reddish-brown hairs.

Habitat: **Moist alpine settings**

Flowering: **Fourth week May to fourth week July**

Comments:

Common Name: **Chickweed**

Latin Name: *Stellaria sp.*

Family: *Caryophyllaceae*

Description: Perennial herbs with small opposite leaves. Flowers small with five white petals that are deeply bilobed so that it appears to have ten petals.

Habitat: **Moist settings on stony slopes in mountains and tundra**

Flowering:

Comments: Some ten species in Alaska. Called the magic healer, it is said to “draw the poison out” of infections, inflammations, boils and abscesses. Apply a pulp made of smashed leaves externally and hold in place.

Common Name: **Grass of Parnassus**

Latin Name: *Parnassia palustris*

Family: Saxifrage/Saxifragaceae

Description: Stems four to 18 inches tall, flowers terminal, petals white, veined with small, shiny green spots at base

Habitat: Found in wet places – margins of ponds, bogs, on seepy hillsides and along roadsides.

Flowering: Fourth week June to third week August

Comments:

Common Name: **Lousewort, Capitate**

Latin Name: *Pedicularis capitata*

Family: Scrophulariaceae

Description: Dwarf species with unbranched stems, it is seldom more than 15 cm high and terminates in a head with two to four large flowers. The corolla is creamy yellow, the upper lip sometimes becoming rose colored with age.

Habitat: Rocky slopes, gravelly tundra and heathlands.

Flowering: First week June to fourth week July

Comments:

Common Name: **Lousewort, Labrador**

Latin Name: *Pedicularis labradorica*

Family: **Scrophulariaceae**

Description: Single stem up to 30 cm tall rising from a taproot, usually much branched from the base upwards. Five to 10 flowered infloescences. The corolla has a straight, yellow to reddish tube. The lower lip has two teeth near the tip, the lower lip is three-lobed.

Habitat: Open, mossy settings on tundra and up to 6,000 feet in elevation

Flowering: Fourth week June to second week August

Comments:

Common Name: **Lousewort, Whorled-Leaf**

Latin Name: *Pedicularis verticillata*

Family: **Scrophulariaceae**

Description: Unbranched stems up to six inches tall. Leaves in whorles. Purple flowers in dense spikes.

Habitat: Moist meadows and lakeshores.

Flowering:

Comments:

Common Name: **Milk Vetch**

Latin Name: *Astragalus* sp.

Family: Pea/Leguminosae

Description: Perennial, two to ten inches tall, seven to nine oblong-oval leaflets, five to 15 flowers with nodding heads, petals yellow, purple, red and white

Habitat: Grassy slopes, gravel, up to 6,000 feet

Flowering: Third week June to third week July

Comments: Many species of Milk Vetch in Alaska. Some are called “Locoweed” because they take up the element selenium if it is present in the soil in large concentrations, and this can prove to be poisonous for grazing animals.

Common Name: **Oxytropis, Northern**

Latin Name: *Oxytropis nigrescens*

Family: Pea/Fabaceae

Description: Low matted, branching from the root. Calyx and flower stems covered with black hairs. Dwarf. Fruit a seed pod, narrowly oblong, densely-black, hairy.

Habitat: Dry, open sandy or gravelly settings

Flowering: Third week May to fourth week July

Comments: The common names, Locoweed or Crazyweed, is popularly applied to the entire genus *Oxytropis*.

Common Name: **Paintbrush**
(Indian Paintbrush)

Latin Name: *Castilleja caudata*

Family: Figwort/Snapdragon
Scrophulariaceae

Description: Colors variable, greenish-yellow to purple.
Four inches to one foot tall. Flowers in a terminal spike,
individually small, hidden behind a large, rose-colored
bract.

Habitat: Meadows from sea level to high altitude,
often near streams banks and roadsides.

Flowering: Fourth week June to third week August

Comments: More or less parasitic on alpine grasses
which are necessary to its existence.

Common Name: **Parrya**
(Parry's Wallflower)

Latin Name: *Parrya nudicaulis*

Family: Mustard/Cruciferae

Description: Flower color varies from white to pink, four
petals arranged like a Maltese cross

Habitat: Dry ridges, moist slopes, marshy settings,
arctic and alpine tundra

Flowering: Fourth week May to second week August

Comments: Named for Captain W.E. Parry, arctic
explorer

Common Name: **Primrose, Chukch**

Latin Name: *Primula tschuktschorum*

Family: **Primulaceae**

Description: Perennial, stems leafless, 1 ½ to 10-inches tall, three to eight flowers in a terminal cluster, corolla is purple to rose. Highly variable species.

Habitat: **Wet meadows and stream banks.**

Flowering: **Fourth week May to second week July**

Comments: **Primrose Ridge in Denali was named after this species because it is uncommon to find such an abundance of Chukch Primrose at this altitude.**

Common Name: **Wild Celery**

(Angelica)

Latin Name: *Angelica lucida*

Family: **Parsley/Apiaceae**

Description: Perennial, grows to 24 inches tall, stems resemble celery, leaves composed of pointy, egg-shaped leaflets

Habitat: **Thickets, moist meadows**

Flowering: **July**

Comments: **The only sure way to distinguish this plant from poison water hemlock is to cut open the root lengthwise. Poison hemlock has chambers in its root, angelica does not. However, angelica and hemlock may hybridize in some areas, producing a poisonous plant.**

Common Name: Wintergreen, Large Flowered

Latin Name: *Pyrola grandiflora*

Family: Pyrolaceae

Description: Perennial with creeping underground shoots, flowering stalk three to eight inches tall with one to three membranous tracts below flowers, leaves evergreen, crowded on lower stem, leathery, round, up to two inches long, flowers nodding in an erect spike, spreading about 1/3-inch long

Habitat: Dry woods and thickets, tundra and dry mountain areas

Flowering: Third week June to fourth week July

Comments:

Common Name: Yarrow, Siberian

Latin Name: *Achillea sibirica*

Family: Asteraceae

Description: Aromatic herb, 18 to 28 inches tall, slightly hairy leaves, topped with flat clusters of white flowers . . .

Habitat:

Flowering:

Comments: Use fresh leaves in salads. Drink tea for fevers and colds. Placing leaves on an open wound induces clotting. Chew fresh leaves to relieve toothaches. Raw yarrow is said to be an effective mosquito repellent when rubbed on skin.

Common Name: **Bearberry, Red**

Latin Name: *Arcostaphylos rubra*

Family: Heath/Ericaceae

Description: Note the absence of hairs on the edges of leaves. Sub-shrub two to five inches tall, mat forming. Deciduous leaves, spatulate with wavy margins and course veins. Greenish white flowers, urn shaped with five jointed petals. Red round translucent berries in August.

Habitat: Bogs, tundra, moist woods below tree line

Flowering: May to early June

Comments: Used mostly as an extender in poor berry production years.

Common Name: **Cloudberry**
(Baked Appleberry, Salmonberry)

Latin Name: *Rubus chamaemorus*

Family: Rose/Rosaceae

Description: Creeping perennial, branches upright, four or more inches high, leaves five inches broad with three to five lobes. Flowers white, solitary 2¼-inches high. Fruit in six to eight drupelets.

Habitat: Forests, openings, pond margins and marshes

Flowering: First week June to second week July

Comments: Drupelets are the color of a baked apple when ripe and are prized by Indians and Eskimos.

Exceptionally rich in ascorbic acid or Vitamin C. A half cup of berries has as much as three times more than an orange.

Common Name: **Kinnikinnick**
(black bearberry, meal berry)

Latin Name: *Arctostaphylos uva-ursi*

Family: Heath/Ericaceae

Description: A low matted plant with smooth, red-brown, woody stems, dark green leaves and small pink lantern-shaped flowers. Fruit is a bright red berry. Branches are eight to 20 inches long.

Habitat: On bare rock, gravel and dry tundra.

Flowering: Third week May to third week June

Comments: A favorite food of bears. Red berries are sometimes called “chipmunk’s apples.” Kinnikinnick is a native word for many tobacco substitutes. An alternate host for spruce rust or witches broom.

Missing Descriptions:

Birch, Alaska
Black Cottonwood

Common Juniper
Dwarf Birch

Alaska Synthris (Kitten Tails)
Alpine Hawk's Beard
Anemone, Narcissus-Flowered
Bog Rosemary
Dandelion
Dogwood, Swedish
Gentian
Gentian, Whitish
Frigid Coltsfoot
Lapland Diapensia
Lousewort, Oeders
Northern Bedstraw
Orchid, Calypso
Orchid, Ladyslipper
Oxytropis, Northern
Pea Vine
Pyrola, Pink
Pyrola, Wintergreen
Rose, Common Wild
Rosewort/Rosewood

Sandwort, Arctic
Sandwort, Tall
Sausurea Augustifolia
Sitka Burnett
Wild Rhubarb
Willow, Netted
Yarrow, Siberian

Timber Berry/Pumpkin Berry

Lichen
 Crustose
 Foliose
 Fruticose
Moss, Club
Moss, Polytrichum
Moss, Sphagnum
Mushroom, Boletus
Mushroom, Hedgehog
Mushroom Mystery 1
Mushroom Mystery 2
Mushroom Mystery 3

Common Name: **Birch, Alaska**

Latin Name: *Betula neoalaskana*

Family: **Betulaceae**

Description: Bark peels in papery strips, usually white to yellowish or copper brown. Egg- to diamond-shaped leaves with long, pointy tip, saw-toothed edges and fan-shaped bases. Its twigs have yellow crystalline glands.

Habitat:

Flowering:

Comments: *(How Is It Distinguished From Paper Birch??)*



Common Name: **Common Juniper**

Latin Name: *Juniperus communis*

Family: **Cupressaceae**

Description:

Habitat:

Flowering:

Comments: The berries are used to flavor gin. Soak berries in olive oil for sore muscles. Use juniper wood in place of mothballs. When burning, it gives off a disinfectant gas which kills infectious fungi



Common Name **Alaska Synthyris**

(Kitten Tails)

Latin Name:

Family:

Description:

Habitat:

Flowering:

Comments:



Common Name: **Alpine Hawk's Beard**

Latin Name:

Family:

Description:

Habitat:

Flowering:

Comments:



Common Name **Anemone, Narcissus-Flowered**

Latin Name:

Family:

Description:

Habitat:

Flowering:

Comments:



Common Name **Bog Rosemary**

Latin Name: *Andromeda polifolia*

Family: Ericaceae

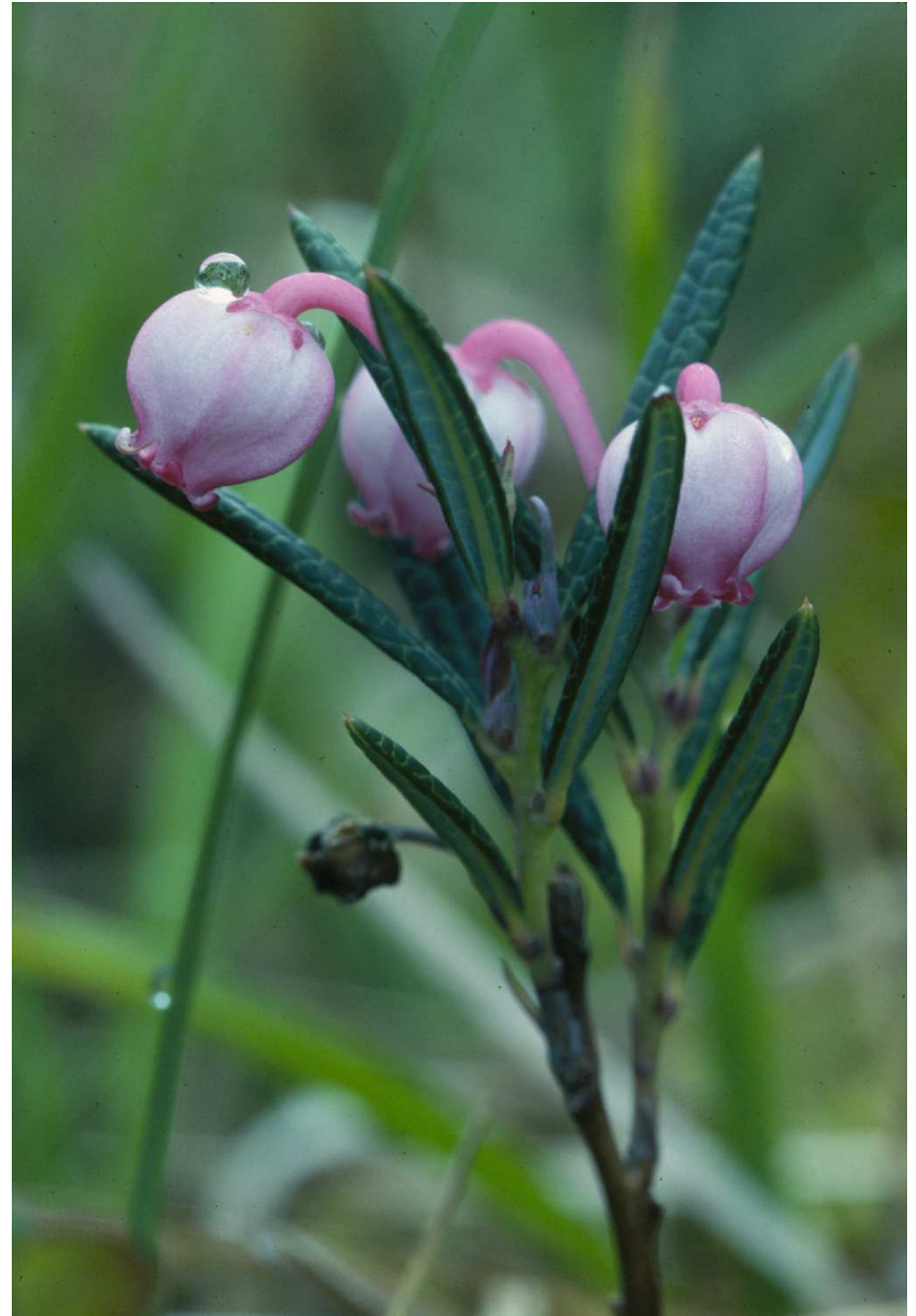
Description:

Habitat:

Flowering:

Comments: **Poisonous:** Named after the Ethiopian princess Andromeda, daughter of Cassiopeia and Cepheus, who was rescued by a sea monster and married by Perseus. Causes low blood pressure, breathing difficulties and intestinal upsets.

:



Common Name: **Gentian**

Latin Name:

Family:

Description:

Habitat:

Flowering:

Comments:



Common Name: **Frigid Coltsfoot**

Latin Name: *Petasites frigidus*

Family: **Asteraceae**

Description:

Habitat:

Flowering:

Comments: Cree used as poultice on infected sores. Leaves crushed or boiled to make salve for insect bites, inflammation, swelling, etc. Some native groups chewed roots to make a tea to treat chest ailments such as tuberculosis and asthma



Common Name: **Lapland Diapensia**

Latin Name:

Family:

Description:

Habitat:

Flowering:

Comments:



Common Name: **Lousewort, Oeders**

Latin Name:

Family:

Description:

Habitat:

Flowering:

Comments:



Common Name: **Northern Bedstraw**

Latin Name:

Family:

Description:

Habitat:

Flowering:

Comments:



Common Name: **Oxytrope, Purple**

Latin Name:

Family:

Description:

Habitat:

Flowering:

Comments:



Common Name: **Pyrola, Pink**

Latin Name:

Family:

Description:

Habitat:

Flowering:

Comments:



Common Name: **Pyrola, Wintergreen**

Latin Name:

Family:

Description:

Habitat:

Flowering:

Comments:



Common Name: **Sandwort, Arctic**

Latin Name:

Family:

Description:

Habitat:

Flowering:

Comments:



Common Name: **Sandwort, Tall**

Latin Name:

Family:

Description:

Habitat:

Flowering:

Comments:



Common Name: **Sausurea Angustifolia**

Latin Name:

Family:

Description:

Habitat:

Flowering:

Comments:



Common Name: **Sitka Burnett**

Latin Name:

Family:

Description:

Habitat:

Flowering:

Comments:



Common Name: **Wild Rhubarb**

Latin Name: *Polygonum alaskanum*

Family: **Polygonaceae**

Description:

Habitat:

Flowering:

Comments: Use seeds in place of poppy seeds when baking. Substitute the stems for domestic rhubarb in pies and sauces. Sprinkling the root powder on small cuts quickly coagulates blood.



Common Name: Willow, Netted

Latin Name:

Family:

Description:

Habitat:

Flowering:

Comments:



Common Name: **Red Currant**

Latin Name:

Family:

Description: “alternating current”

Habitat:

Flowering:

Comments:



Common Name: **Timber Berry**

(Pumpkin Berry)

Latin Name: *Geocaulon lividum*

Family: **antalaceae**

Description:

Habitat:

Flowering:

Comments: Also known as northern comandra, dogberry, pumpkin berry or northern bastard toadflax. Edible but very little flavor. Chew berries for sore throats and stomach trouble. Chew or mash leaves and place on cuts before bandaging.



Lichen, Mosses & Misc.

Lichen	
Crustose.....	
Foliose.....	
Fruticose.....	
Moss, Club	
Moss, Polytrichum.....	
Moss, Sphagnum	
Mushroom, Boletus.....	
Mushroom, Hedgehog.....	
Mushroom Mystery 1	
Mushroom Mystery 2	
Mushroom Mystery 3.....	

Lichen (crustose)

While there are hundreds of different varieties of lichen in the park, there are three basic types: crustose (crust on rocks & wood), fruticose (like tiny shrubs & trees), foliose (like strange, large leaves).

Common Name:

Latin Name:

Family:

Description:

Habitat:

Flowering:

Comments:



Lichen (foliose)

Common Name:

Latin Name:

Family:

Description:

Habitat:

Flowering:

Comments:



Lichen (frusticose)

Common Name:

Latin Name:

Family:

Description:

Habitat:

Flowering:

Comments:



Common Name: **Moss, Club**

Latin Name:

Family:

Description:

Habitat:

Flowering:

Comments:



Common Name: **Moss, Polytrichum**

Latin Name:

Family:

Description:

Habitat:

Flowering:

Comments:



Moss, Sphagnum

Sphagnum (Sphagnopsida)

- This soft antibacterial plant absorbs moisture better than a sponge. It is used for wound dressings or to pad splints for broken bones
- Was used by natives as toilet paper and diapers

Common Name:

Latin Name:

Family:

Description:

Habitat:

Flowering:

Comments:



Mushroom, Bolete

- Different from other mushrooms in that they have pores rather than gills on the underside of the cap
- Those with red pores must be avoided. They are dangerous

-

Common Name:

Latin Name:

Family:

Description:

Habitat:

Flowering:

Comments:



Mushroom, Hedgehog

Hydnum imbricatum

- Teeth under caps rather than gills
- Edible but bitter
- Dry and grind to use as flavoring in soups

Common Name:

Latin Name:

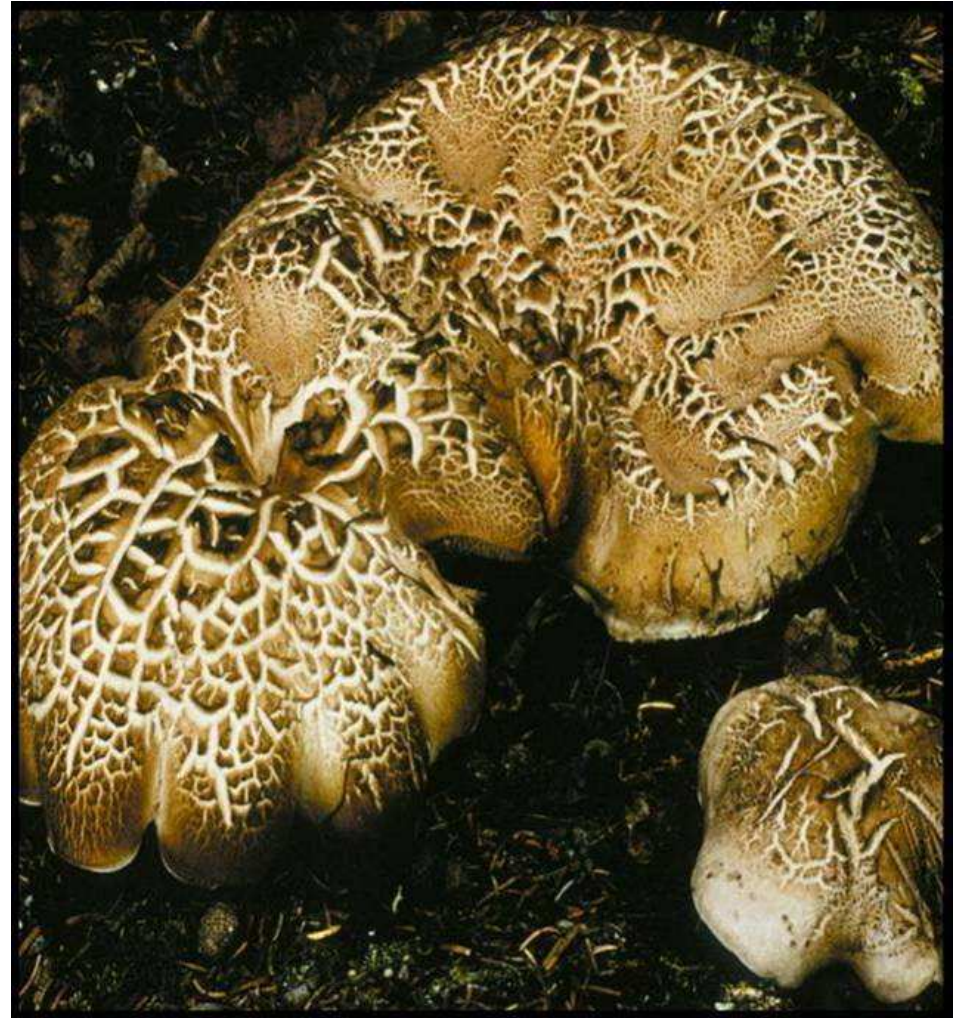
Family:

Description:

Habitat:

Flowering:

Comments:



Mystery Mushrooms #1

Common Name:

Latin Name:

Family:

Description:

Habitat:

Flowering:

Comments:



Mystery Mushrooms #2

Common Name:

Latin Name:

Family:

Description:

Habitat:

Flowering:

Comments:



Mystery Mushrooms #3

Common Name:

Latin Name:

Family:

Description:

Habitat:

Flowering:

Comments:





DENALI NATIONAL PARK & PRESERVE

ALASKA

2006

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