



### Audubon Sanctuary

Open every day, dawn to dusk.

Please stay on trails and respect wildlife.

No smoking anywhere on premises.

Pets, bicycles and horses are not permitted.

Please do not release animals in the sanctuary. Restrooms available by the Nature Store.

### Nature Store

Open Mon-Sat 10-6 • Sunday 10-5  
503-292-9493

### Wildlife Care Center

Open Daily 9-5 • 503-292-0304

### Audubon Society of Portland

5151 NW Cornell Rd, Portland, OR 97210  
503-292-6855 • www.audubonportland.org

### Join Portland Audubon!

Help protect our precious natural resources – native birds, other wildlife and our shared habitats with a membership and/or donation today!

*Inspiring people to love and protect nature since 1902.*

## Audubon Society of Portland



## Sanctuary Botanical Signs Interpretive Guide

Sanctuary botanical signs and this interpretive guide were made possible through a grant from Metro.



**METRO**  
PEOPLE PLACES  
OPEN SPACES



### Conifers

**Dawn Redwood** – Thought to have been extinct since the time of the dinosaurs, this deciduous conifer was only known through fossils, until a stand was discovered in a remote area of Szechuan Province, China in the 1940's.

**Douglas Fir** – The most abundant conifer in our local forests, the Douglas Fir tolerates full sun, grows quite fast, and dominates the forest canopy.

**Giant Sequoia** – This sequoia is native to California. This specimen was planted here by Thornton T. Munger, who organized a committee that oversaw the creation and dedication of Forest Park in 1948.

**Western Hemlock** – This shade tolerant tree is our most common understory sapling, and is the chief late-successional tree in low-lying forests west of the Cascades.

**Western Red-cedar** – This hardy tree thrives in moist, shaded forest ravines. Resistant to insects and rot, the Western Red-cedar can live more than 1000 years. Northwest Indians used all parts of this tree for medicine, clothing, baskets, rope, totems, and canoes.

### Flowering Trees & Shrubs

**Creeping Snowberry** – The white berries of this plant and its close relative, Common Snowberry (*Symphoricarpos albus*), are not very palatable, and may in fact be somewhat poisonous to humans. The berries remain on the plant into winter, long after the shrub drops its leaves, and provide an important winter food source for birds. Snowberry is also an important caterpillar host plant for the Vashti Sphinx moth.

**Indian Plum** – In late winter the flowers of Indian plum bloom shortly before its leaves arrive, a reliable annual indicator that spring is on its way. Its small, cherry-like fruits are a favorite foodstuff of birds and other local wildlife.

**Mock Orange** – Often found in oak woodlands but adaptable to a variety of habitats and soil conditions. Its fragrant white flowers bloom in summer and provide nectar for butterflies, bumblebees, and honeybees.

**Nootka Rose** – A wetland plant that can tolerate seasonally dry soils and full sun. Its seed-filled hips are full of vitamins A & C and are eaten by a variety of birds and mammals. Bees and butterflies seek nectar from its flowers. A caterpillar host plant for Western Checkerspot, Mourning Cloak, and Gray Hairstreak butterflies.

**Oceanspray** – Clusters of creamy-white flowers resembling an ocean wave breaking, bloom in summer months. The flowers provide nectar for butterflies and insects. A caterpillar host plant for Pale Tiger Swallowtail, Lorquin's Admiral, Echo Blue, Brown Elfin, and Spring Azure butterflies. Oceanspray provides foraging habitat for insectivorous birds including Bushtits and Chickadees

**Orange Honeysuckle** – The brilliant orange, trumpet-like flowers of this vine are very attractive to hummingbirds. Usually found in drier soils in part to full sun.

**Oregon Grape** – A ubiquitous understory shrub in our local forests. The namesake grapes are actually rather sour berries, though birds, fox, coyote, and raccoon do not seem to mind. Yellow flowers bloom in early March and provide nectar for butterflies, hummingbirds, and mason bees. The root bark is a traditional medicine as well as a source of yellow dye. Oregon's state flower.

**Red Alder** - This fast growing tree thrives in riparian zones, favoring moist, sandy soil in sunny areas. Its roots host a bacteria which supplies both plant and soil with nitrogen from the atmosphere. Its leaves provide nitrogen and organic matter that enrich soils, and are an important food source for several caterpillar species.

**Red Elderberry** – This pioneering tree can grow over 12 feet in its first year. Fully ripe berries may be edible, though unripe berries, and all other parts of the plant, are toxic. Elderberry is an important caterpillar host plant and its white flowers attract hummingbirds.

**Red Huckleberry** – This berry is commonly found in coniferous forests in soils rich with decaying wood, often growing from old stumps or nurse logs. Bears, birds, and other wildlife readily feed on the tart, watery berries.

**Salal** – This common shrub can form dense thickets in forests, particularly in canopy gaps. It can spread from its rhizomes, even in poor soil, thanks to a mycorrhizal fungus that provides nitrogen to the plant. Its berries rival huckleberries in taste, and in Kwakiutl lore salal cakes were reserved solely for the chiefs.

**Salmonberry** – This shrub prefers moist, sunny locations, often found along streams and wetlands where the soil is too wet to support the large trees that would otherwise shade it out. An important food source for local wildlife, its orange-tinged berries arrive early and are often associated with the song of the Swainson's Thrush.

**Serviceberry** – A very drought-tolerant plant that can also thrive in seasonally wet soils. White flowers in springtime provide nectar for bees and butterflies. Its small red berries are eaten by chipmunks and bears alike. An important winter browse for deer and elk.

**Thimbleberry** – This shrub is often found near salmonberry, but in somewhat drier soil. Its red berries ripen after those of salmonberry, providing a continual food source for wildlife through early summer. Often identified by its velvety, maple-like leaves.

**Vine Maple** - Tolerant of both sun and shade, vine maples are abundant throughout the forests of our region. This shrubby tree is an important browse for elk and deer, as well as a caterpillar host plant and nectar source for butterflies.

### Flowering Herbs

**Bleeding Heart** – Found in moist, rich soils in shaded forested ravines and stream-banks. Its namesake pink flowers attract hummingbirds and its rhizomes are reported to be medicinal by some, toxic by others. Ants feed on an oil-rich seed appendage. Bleeding heart is an important caterpillar host plant for the Clodius Parnassian.

**Clasping Twistedstalk** – The pendulous, greenish-white flowers of twistedstalk appear to grow underneath the leaves; the flower stalk actually grows from above each leaf and runs along the stalk to the underside of the next leaf. The stems zig-zag from leaf to leaf.

**Duckfoot** – Also called inside-out flower. The leaves resemble the webbed foot of a duck, while its white flower petals open all the way back, exposing the stamens and pistil and giving the appearance of being inside-out. Wasps and ants eat and disperse seeds, though this ground-cover plant often spreads through expanding rhizomes.

**Fringecup** – Found in moist, shady environs; can tolerate seasonally wet soils. Its flower petals are highly divided, giving the cup-shaped flower a fringe. Provides habitat and cover for small insects.

**Hedge Nettle** – Often growing near stinging nettle, hedge nettle can be distinguished by its spike of purple flowers and its square stem, characteristic of the mint family. Hummingbirds like to draw nectar from the deep-throated purple flowers. Used as a traditional medicine and tonic for a variety of conditions.

**Miner's Lettuce** – One of our few common annuals, usually found in moist, shaded forests. Sometimes called candy-flower, as the pink veins on its white flower petals resemble a candy-cane. Edible, though miner's lettuce was traditionally treated as medicine rather than food.

**Piggyback Plant** – A common groundcover in moist forests. Small buds at the base of its leaf blade grow into daughter plants, which can root independently when the primary stem withers. Produces purplish-brown flowers and numerous seed capsules.

**Skunk Cabbage** – Common in wet environs, skunk cabbage flowers in early spring before its giant leaves arrive. The smelly flower attracts pollinators such as bees and beetles, which are often drawn to the smell of decaying organic matter.

**Star-Flowered False Solomon's Seal** – The common name derives from the rhizomes of the plant, which when bruised or cut leave a scar resembling the six-pointed star of Solomon. Often found in deep forests but can thrive in sunny clearings as well. The stem appears to zig-zag from leaf stem to leaf stem. The small berries are edible but not necessarily tasty.

**Stinging Nettle** – Common in moist, rich soil, often in disturbed habitat, nettles are a tasty green if cooked, a valued medicinal herb, and traditionally a good source for strong plant fiber. Nettles are also an important caterpillar host plant for the Milbert's Tortoiseshell, Satyr Anglewing, and Red Admiral butterflies.

**Trillium** – Also known as wake-robin. Western trillium is native to the forests of our region; Giant purple trillium is more commonly found further south. Trillium flowers can shift color as they age, helping to attract more pollinators from afar. Ants, squirrels, and chipmunks feed on trillium seeds

**Western Columbine** – The nodding red and yellow flowers bloom in late spring and early summer. Columbine is an important nectar source for bees, butterflies, and hummingbirds; its seeds are eaten by birds.

**Wild Ginger** – Unrelated to ginger, the roots of this perennial groundcover have similar culinary and medicinal qualities as ginger. The earth-toned flowers attract beetles and other crawling pollinators.

**Yellow Wood Violet** – A common perennial in moist, shaded forests. Its flowers are yellow, with some petals boasting violet streaks. The flowers have a small spur which provides an excellent landing platform for insects, which are attracted to its nectar. A caterpillar host plant for a variety of butterfly species. Also known as stream violet.

### Ferns

**Licorice Fern** –The licorice-flavored rhizome of this fern thrives in moss, often found on the trunks of big-leaf maple.

**Maidenhair Fern** –Easily identified by its lustrous black leaf stalk, this is another common fern in our wet, west-side forests. Traditionally its leaves were used to make a medicine for respiratory ailments.

**Sword Fern** –Abundant under the shaded canopy of moist forests, its leaves grow up to five feet in large clumps from a central rhizome. Like all ferns, it reproduces through spores, not seeds.