



P.O. Box 91053, West Vancouver, B.C., V7V 3N3, Canada

FCPP - VNHS BLUE GENTIAN LAKE PLANT LIST

Compiled by Bob Holden,
Vancouver Natural History Society
Transition Zone @ approximately 1000 meters Elev.
Trailhead at Hollyburn Ridge x-country ski area

Trees

Abies amabilis Amabilis Fir, Pacific Silver Fir
Alnus rubra Red Alder
Alnus sinuata Sitka Alder
Betula papyrifera Paper Birch
Chamaecyparis nootkatensis Yellow Cedar
Juniperus communis Common Juniper
Pinus monticola Western White Pine
Populus trichocarpa Black Cottonwood
Prunus emarginata Bitter Cherry
Tsuga heterophylla Western Hemlock
Tsuga mertensiana Mountain Hemlock

Shrubs

Cladothamnus pyroliflorus Copperbush
Gaultheria humifusa Alpine Wintergreen
Gaultheria ovatifolia Western Teaberry
Kalmia polifolia / microphylla ssp.occidentalis
Western Bog-Laurel
Ledum groenlandicum Labrador Tea
Menziesia ferruginea False Azalea,
Fool's Huckleberry
Oplopanax horridus Devils Club
Phyllodoce empetriformis Pink Mountain Heather
Rhododendron albiflorum White Rhododendron
Ribes bracteosum Stink Currant
Ribes lacustre Swamp Gooseberry
Rubus leucodermis Black Raspberry
Rubus parviflorus Thimbleberry
Rubus pedatus
Five-Leaved Bramble, Creeping Raspberry
Rubus spectabilis Salmonberry
Salix sitchensis Sitka Willow
Salix spp. Willows
Sambucus racemosa Red Elderberry
Sorbus sitchensis Sitka Mountain Ash
 7-11 leaflets serrated 2/3 to base
Sorbus aucuparia European Mountain Ash
 >13 leaflets serrated to base
Sorbus scopulina Western Mountain Ash
 9-13 leaflets serrated 7/8 to base



Blue gentians, Bob Harris photo

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Spirea densiflora Subalpine Spirea
Spirea douglasii Hardhack, Steeple Bush
Vaccinium alaskaense Alaskan Blueberry
V. membranaceum Black Mountain
Huckleberry
V. ovalifolium Oval-leaved Blueberry
V. ovatum Evergreen Huckleberry
V. uliginosum Bog Blueberry

Ferns

Athyrium felix-femina Lady Fern
Blechnum spicant Deer Fern
Gymnocarpa dryopteris Oak Fern
Peridium aquilinum Bracken Fern
Dryopteris expansa Spiny Wood Fern or Shield
Fern

Herbs

Achillea millefolium Yarrow
Agoseris aurantiaca Orange Agoseris
Anaphallis margaritacea Pearly Everlasting
Arnica latifolia Mountain Arnica
Aruncus sylvestris Goats Beard
Boykinia elata Coast Boykinia
Campanula rotundifolia Common Harebell
Carex spp Sedges
Carex nigricans Black Alpine Sedge
Chimaphila menziesii Menzies Pipsissewa
Clintonia uniflora Queens Cup
Coptis asplenifolia Fern-leaved Goldthread
Coptis trifolia
Three-leaved Goldthread
Cornus canadensis Bunchberry,
Dwarf Dogwood
Drosera rotundifolia Round-leaved Sundew
Echium vulgare Viper's Bugloss
Epilobium angustifolium
Fireweed, Rosebay Willowherb
Epilobium glaberrimum Smooth Willowherb
Epilobium latifolium Alpine Fireweed,
River Beauty, Broad-leaved Willowherb
Equisetum spp Horsetail
Erigeron peregrinis Sub-alpine Daisy
Erigeron speciosus Showy Fleabane
Eriophorum angustifolium /
polystachion Narrow-leaved Cotton Grass
(a "sedge without edge" exception)
Eriophorum chamissonis
Chamisso's Cotton -Grass
(rust coloured bristles)
Euphrasia ssp Eyebright
Fauria crista-galli Deer Cabbage



Bunchberry, J. Williams photo

Galium spp Bedstraw, Cleavers
Geum macrophyllum Large-leaved Avens
Gentiana sceptrum
King Gentian, Blue Gentian
Hieracium albiflorum
White-Flowered Hawkweed
Hypericum formosum Western St. Johns-Wort
Hypopitys monotropa Pinesap (Saprophyte)
Hypochaeris radicata Hairy Cats-Ear
Juncus ensifolius Dagger-leaved Rush
Lazula / *Juncus* spp Rushes
Lazula parviflora Small-flowered Wood Rush
Lactuca muralis Wall Lettuce

Leptarrhena pyrolifolia Leatherleaf Saxifrage
Leucanthemum vulgare Oxeye Daisy
Linaria canadensis (or *purpurea*) Blue Toadflax
Listera caurina Western Twayblade
Listera cordata Heartleaf Twayblade
Linnaea borealis Twinflower
Lotus coniculatus Birdsfoot Trefoil
Luetka pectinata Partridge Foot
Lupinus articus Arctic Lupine
Lysichiton americanum
Swamp Lantern, Skunk Cabbage
Maianthemum dilatatum
False Lily-of-the-Valley
Menyanthes trifoliata Buckbean
Mitella pentandra Five-stamen Mitrewort
Nuphar polysepalum Yellow Pond Lily
Orthilia secunda One-sided Wintergreen
Osmorhiza chilensis Mountain Sweet-Cicely
Platanthera unalascensis
Alaska or Green Rein Orchid
Platanthera dilatata White Rein Orchid
Platanthera saccata / *stricta*
Slender Bog Orchid
Pyrola secunda One-sided Wintergreen
Ranunculus occidentalis Western Buttercup

Rumex spp (*occidentalis*) Western Dock
Saxifraga ferruginea Alaska Saxifrage
Spiranthes romanzoffiana Ladies' Tresses
Streptopus amplexifolius
Clasping Twistedstalk
Streptopus roseus Rosy Twistedstalk
Streptopus streptopoides Small Twistedstalk
Tiarella trifoliata Three-leaved Foam Flower
Tiarella unifoliata
Foam Flower (undivided leaf)
Tofieldia glutinosa Sticky or False Asphodel
Trichophorum caspitosum Twisted Club Rush

Trientalis arctica Arctic Starflower
Trifolium pratense Red Clover
Trifolium repens White Clover
Valerian sitchensis Sitka Valerian
Veratrum viride Indian Hellebore,
False Hellebore, Corn Lily
Veronica wormskjoldii Alpine Speedwell
Viola adunca Early Blue Violet
Viola orbiculata Round-leaved Violet (yellow)
Viola palustris Marsh Violet (white to lavender)
Viola sempervirens Evergreen Violet (yellow)

Club Moss

Lycopodium clavatum Running Club Moss

Liverwort

Marchantia polymorpha Lung Liverwort
Conocephalum conicum Snake liverwort

Disclaimer: Any errors found in the foregoing list are an intentional tool to sharpen the scrutinizer's mind.

This list will continue to evolve over time. Please pass your discoveries to Friends of Cypress.

Notes: Sedges have edges, Rushes are round, Grasses have nodes straight to the ground Exceptions are bound to abound