

# 15 PLANTS

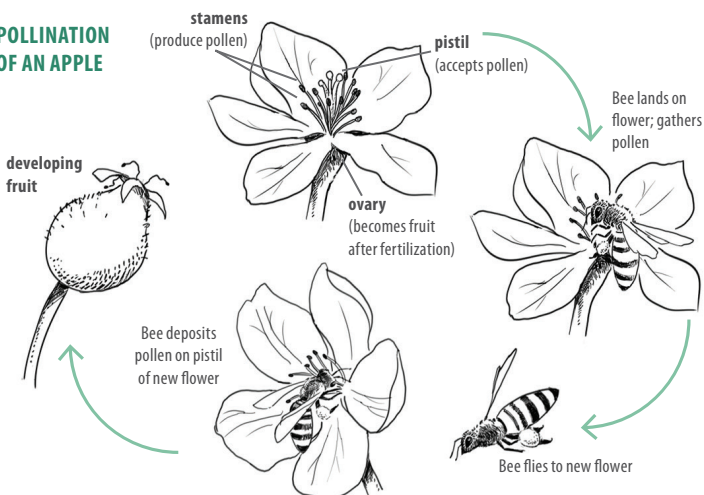
*to look for in* PORTLAND



**PORTLAND  
PARKS & RECREATION**  
Healthy Parks, Healthy Portland



## POLLINATION OF AN APPLE



### DOUGLAS-FIR

**Needles:**  $\frac{3}{4}$  - 1  $\frac{1}{4}$ " long  
**Tree height:** 100 - 200'



Douglas fir is evergreen: it keeps its needles all year long! It is a conifer, which means that they produce seeds in cones rather than flowers. The unique cones of this tree have a special feature called a 'bract' that looks like a mouse tail. The bright green tips that grow in the early spring are used to make tea.

### BIGLEAF MAPLE

**Leaves:** 6 - 10" wide  
**Tree height:** 50 - 80'



This grand tree is the largest of all maples, and some can live for 300 years! In the springtime, it blooms bright yellow flowers followed by clusters of "helicopter" seeds in the summer. The leaves are unusually large and palmate (palm-shaped). Try making a basket out of a leaf! The root system is shallow and loves wet soil.



### WESTERN RED-CEDRAR

**Tree height:** 100'



The bark of this tree is so soft that it will not give you splinters! The wood is resistant to fungus and disease: It is good for building outdoor structures and making medicine. The bark is shredded and woven into rope. Deer and elk enjoy eating the branches.

### OSO BERRY

**Leaves:** 1  $\frac{1}{2}$  - 2  $\frac{1}{2}$ " long

This plant has stinky white flowers to attract its pollinators – flies! In the spring, this plant is one of the first to produce flowers and is one of the earliest sources of nectar. The plum-like fruits are orange and yellow when they are young but turn a dark purple when ripe.





## THIMBLEBERRY

Leaves: 4 - 8" wide

At first glance, this plant looks like raspberry. Thimbleberry is raspberry's cousin, and they have white flowers that grow into fuzzy, bright red berries in the summer. The large, palm-shaped leaves are useful as "nature's toilet paper." Touch the leaves and notice how soft they are!

## RHODODENDRON

Leaves: 3 - 8" long

Also known as "rhodies," this shrub likes to live under the shade of other trees. People enjoy planting these in their garden because they have bright, beautiful flowers in the springtime. These bell-shaped flowers come in shades of pink, red, white, and even purple. The leaves are long and feel leathery. But watch out! chemicals in the leaves, flowers and nectar make the plant toxic.



## VINE MAPLE

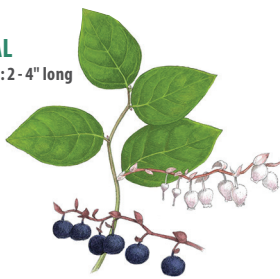
Leaves: 2 - 3" wide

The leaves of this plant have 9 points: the same number of letters in its name! This tree loves shade so you will find it growing underneath larger trees. In the fall, it will turn from green to bright shades of red, orange, and yellow. Like other maple trees, it has "helicopter" seeds that fly in the wind.



## SALAL

Leaves: 2 - 4" long

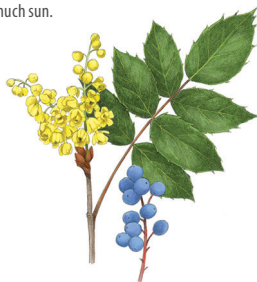


Salal enjoys moisture and shade and is found growing under the canopy of conifer forests. The back end of the white flowers are sticky! The berries look like blueberries but are darker and leathery, making them great for 'nature paint'! The berries are used to make jams and fruit leathers. The leaves are thick and waxy.

## TALL OREGON GRAPE

Compound leaves: 6 - 10" long

Notice the glossy, spiny leaves of Oregon's State Flower. In the springtime, look for yellow flowers that turn into sour, blue berries in the summer. The roots make a yellow/orange pigment, while the berries make a bright red one. Medicine from Oregon grape can be found at the grocery store. It helps kill viruses. The leaves turn red when they get too much sun.



## SWORD FERN

Fronds: 12 - 48" long

Can you guess how this plant got its name? Hint: look at the shape of the leaves! 'Fiddleheads' are the young curly leaves. People enjoy them by frying them with oil and seasonings. Ferns are an ancient plant that do not have seeds or roots. Instead, they have spores and rhizomes. Check underneath the leaves to find the spore structures.

## STINGING NETTLE

Height: 2 - 8'

Look closely before you touch this plant! Do you see the little needles on the stem and under the leaves? They are filled with a stinging chemical called formic acid, so wear gloves to protect your skin. Notice how the leaves grow opposite of each other from the stem. Nettles are boiled and made into tea.



## LAVENDER

Height: 2 - 3'



Not only do bees and other pollinators love this plant, but humans do too! The flowers are used in cooking, craft projects, and as medicine. The smell is calming. Try rubbing the flowers between your hands - does the scent make you feel relaxed? If you look closely, you might also notice that the stems are long, sturdy, and square-shaped.

## COMMON DANDELION

Height: 2 - 15"



Dandelion is not just a pesky weed, it has many uses! The leaves are used in salads, and the roots are made into teas. Be careful, they are great at up taking toxins so they may not be safe to eat in some areas. They are easily mistaken for other plants, such as spiny lettuce. "Dandelion" comes from the French term "dent du lion," or "lion's tooth." Do you think that the leaves look like lion's teeth?

## PLANTAIN

This resilient plant grows in many places where other plants would not survive. It is known as the "band-aid plant" because it is used to treat bee stings and cuts. Some plantain leaves are narrow, while others are broad. If you pull the leaves apart, you can see the strong veins holding the leaf together.



## SELF-HEAL

Height: 4 - 16"

This little plant is made into medicines that can treat many different wounds! The entire plant is edible and rich in antioxidants (which means they keep the cells in your body healthy!). The flowers of this plant have lips: the upper lip is purple, and the lower lip is white. Notice that the stem is square shaped.



English Plantain  
Height: 6 - 24"



Broadleaf Plantain  
Height: 6"