

Wildflowers of Table Mountain
Loop Hike involving Trails #1372, 1373 & 1381
Upper Howard, Naneum Creeks
Okanogan-Wenatchee National Forest

Kittitas County, WA

List from a Rare Care Hike July 25, 2009

List compiled by Paul Slichter & Wendy Gible. Updated February 8, 2020.

<u>Common Name</u>	<u>Scientific Name</u>	<u>Family</u>
___ Blue Elderberry	<i>Sambucus cerulea</i>	Adoxaceae
___ Black Elderberry	<i>Sambucus racemosa</i> v. <i>melanocarpa</i>	Adoxaceae
___ Sharp-tooth Angelica	<i>Angelica arguta</i>	Apiaceae
___ Turpentine Wavewing	<i>Cymopterus foeniculaceus</i>	Apiaceae
___ Cow Parsnip	<i>Heracleum maximum</i>	Apiaceae
___ Gray's Lovage	<i>Ligusticum grayi</i>	Apiaceae
___ Barestem Desert Parsley	<i>Lomatium nudicaule</i>	Apiaceae
___ Nineleaf Desert Parsley	<i>Lomatium triternatum</i> v. <i>triternatum</i>	Apiaceae
___ Common Sweet-cicely	<i>Osmorhiza berteroi</i>	Apiaceae
___ Western Sweet-cicely	<i>Osmorhiza occidentalis</i>	Apiaceae
___ Common Yampah	<i>Perideridia montana</i>	Apiaceae
___ Sierra Snakeroot	<i>Sanicula graveolens</i>	Apiaceae
___ False Solomon Seal	<i>Maianthemum racemosum</i> ssp. <i>amplexicaule</i>	Asparagaceae
___ Star-flowered False Solomon Seal	<i>Maianthemum stellatum</i>	Asparagaceae
___ Yarrow	<i>Achillea millefolium</i>	Asteraceae
___ Orange Agoseris	<i>Agoseris aurantiaca</i> v. <i>aurantiaca</i>	Asteraceae
___ Pink Agoseris	<i>Agoseris aurantiaca</i> v. <i>carnea</i>	Asteraceae
___ Tall Agoseris	<i>Agoseris</i> X <i>elata</i>	Asteraceae
___ Pearly Everlastings	<i>Anaphalis margaritacea</i>	Asteraceae
___ Woodrush Pussytoes	<i>Antennaria luzuloides</i>	Asteraceae
___ Rosy Pussytoes	<i>Antennaria microphylla</i>	Asteraceae
___ Racemose Pussytoes	<i>Antennaria racemosa</i>	Asteraceae
___ Heartleaf Arnica	<i>Arnica cordifolia</i>	Asteraceae
___ Mountain Arnica	<i>Arnica latifolia</i>	Asteraceae
___ Hairy Arnica	<i>Arnica mollis</i>	Asteraceae
___ Nodding Arnica	<i>Arnica parryi</i>	Asteraceae
___ Western Wormwood	<i>Artemisia ludoviciana</i>	Asteraceae
___ Michaux's Wormwood	<i>Artemisia michauxiana</i>	Asteraceae
___ Mountain Big Sagerush	<i>Artemisia tridentata</i> v. <i>vaseyana</i>	Asteraceae
___ Arrowleaf Balsamroot	<i>Balsamorhiza sagittata</i>	Asteraceae
___ Silvercrown Luina	<i>Cacaliopsis nardosmia</i>	Asteraceae
___ Tall Mountain Aster	<i>Canadanthus modestus</i>	Asteraceae
___ Hoary False Yarrow	<i>Chaenactis douglasii</i>	Asteraceae
___ Branching Chaenactis	<i>Chaenactis ramosa</i>	Asteraceae
___ Canada Thistle	<i>Cirsium arvense</i>	Asteraceae
___ Edible Thistle	<i>Cirsium edule</i> v. <i>wenatchense</i>	Asteraceae

___ Greene's Goldenweed	<i>Ericameria greenei</i>	Asteraceae
___ Cutleaf Daisy	<i>Erigeron compositus</i>	Asteraceae
___ Foreign Fleabane	<i>Erigeron glacialis</i>	Asteraceae
___ Yellow Desert Daisy	<i>Erigeron linearis</i>	Asteraceae
___ Northern Daisy	<i>Erigeron nivalis</i>	Asteraceae
___ Showy Daisy	<i>Erigeron speciosus</i>	Asteraceae
___ Engelmann's Aster	<i>Eucephalus engelmannii</i>	Asteraceae
___ Lowland Cudweed	<i>Gnaphalium palustre</i>	Asteraceae
___ White-flowered Hawkweed	<i>Hieracium albiflorum</i>	Asteraceae
___ Scouler's Hawkweed	<i>Hieracium scouleri</i>	Asteraceae
___ Slender Hawkweed	<i>Hieracium triste</i>	Asteraceae
___ Mountain Tarweed	<i>Madia glomerata</i>	Asteraceae
___ Slender Tarweed	<i>Madia gracilis</i>	Asteraceae
___ Nodding Microseris	<i>Microseris nutans</i>	Asteraceae
___ Falsegold Groundsel	<i>Packera pseud aurea v. pseud aurea</i>	Asteraceae
___ Rocky Mountain Butterweed	<i>Packera streptanthifolia</i>	Asteraceae
___ Sweet Coltsfoot	<i>Petasites frigidus</i>	Asteraceae
___ Western Groundsel	<i>Senecio integerrimus v. exaltatus</i>	Asteraceae
___ Tall Butterweed	<i>Senecio serra</i>	Asteraceae
___ Arrowleaf Butterweed	<i>Senecio triangularis</i>	Asteraceae
___ Cascade Canada Goldenrod	<i>Solidago elongata</i>	Asteraceae
___ Dwarf Goldenrod	<i>Solidago simplex v. nana</i>	Asteraceae
___ Leafy Aster	<i>Symphotrichum foliaceum v. parryi</i>	Asteraceae
___ Common Dandelion	<i>Taraxacum officinale</i>	Asteraceae
___ Yellow Salsify	<i>Tragopogon dubius</i>	Asteraceae
___ Lady Fern	<i>Athyrium filix-femina ssp. cyclosorum</i>	Athyriaceae
___ Shining Oregon Grape	<i>Berberis aquifolium</i>	Berberidaceae
___ Red Alder	<i>Alnus rubra</i>	Betulaceae
___ Jessica's Stickseed	<i>Hackelia micrantha</i>	Boraginaceae
___ Puccoon	<i>Lithospermum ruderales</i>	Boraginaceae
___ Black-flowered Rockcress	<i>Boechera atrorubens</i>	Brassicaceae
___ Large Mountain Bittercress	<i>Cardamine cordifolia v. lyallii</i>	Brassicaceae
___ Mountain Tansy-mustard	<i>Descurainia incisa ssp. incisa</i>	Brassicaceae
___ Heterocodon	<i>Heterocodon rariflorum</i>	Campanulaceae
___ Twinberry	<i>Lonicera involucrata</i>	Caprifoliaceae
___ Common Snowberry	<i>Symphoricarpos albus v. laevigatus</i>	Caprifoliaceae
___ Mountain Snowberry	<i>Symphoricarpos rotundifolus v. vaccinioides</i>	Caprifoliaceae
___ Slender Mountain Sandwort	<i>Arenaria capillaris ssp. americana</i>	Caryophyllaceae
___ Bigleaf Sandwort	<i>Moehringia macrophylla</i>	Caryophyllaceae
___ Sticky Starwort	<i>Pseudostellaria jamesiana</i>	Caryophyllaceae
___ Menzie's Campion	<i>Silene menziesii</i>	Caryophyllaceae
___ Parry's Campion	<i>Silene parryi</i>	Caryophyllaceae
___ Red Sandspurry	<i>Spergularia rubra</i>	Caryophyllaceae
___ Goldie's Starwort	<i>Stellaria longipes ssp. longipes</i>	Caryophyllaceae
___ Oregon Boxwood	<i>Paxistima myrsinites</i>	Celastraceae

___ Lanceleaf Stonecrop	<i>Sedum lanceolatum</i>	Crassulaceae
___ Wormleaf Stonecrop	<i>Sedum stenopetalum</i> ssp. <i>stenopetalum</i>	Crassulaceae
___ Common Juniper	<i>Juniperus communis</i> v. <i>kelleyi</i>	Cupressaceae
___ Elk Sedge	<i>Carex geyeri</i>	Cyperaceae
___ Small-fruited Bulrush	<i>Scirpus microcarpus</i>	Cyperaceae
___ Fragile Fern	<i>Cystopteris fragilis</i>	Cystopteridaceae
___ Soapberry	<i>Shepherdia canadensis</i>	Elaeagnaceae
___ Common Horsetail	<i>Equisetum arvense</i>	Equisetaceae
___ Pinemat Manzanita	<i>Arctostaphylos nevadensis</i>	Ericaceae
___ Little Prince's Pine	<i>Chimaphila menziesii</i>	Ericaceae
___ Pipsissewa	<i>Chimaphila umbellata</i>	Ericaceae
___ Wood Nymph	<i>Moneses uniflora</i>	Ericaceae
___ Sidebells Wintergreen	<i>Orthilia secunda</i>	Ericaceae
___ Pinedrops	<i>Pterospora andromedea</i>	Ericaceae
___ Grouse Whortleberry	<i>Vaccinium scoparium</i>	Ericaceae
___ Lanszwert's Pea	<i>Lathyrus lanszwertii</i> v. <i>lanszwertii</i>	Fabaceae
___ Sierra Pea	<i>Lathyrus nevadensis</i> v. <i>nevadensis</i>	Fabaceae
___ Spurred Lupine	<i>Lupinus arbustus</i>	Fabaceae
___ Broad-leaf Lupine	<i>Lupinus latifolius</i> v. <i>latifolius</i>	Fabaceae
___ Large-leaved Lupine	<i>Lupinus polyphyllus</i> v. <i>burkei</i>	Fabaceae
___ Longstalk Clover	<i>Trifolium longipes</i> v. <i>longipes</i>	Fabaceae
___ American Vetch	<i>Vicia americana</i>	Fabaceae
___ Northern Black Currant	<i>Ribes hudsonianum</i>	Grossulariaceae
___ Prickly Currant	<i>Ribes lacustre</i>	Grossulariaceae
___ Sticky Currant	<i>Ribes viscosissimum</i>	Grossulariaceae
___ Mock Orange	<i>Philadelphus lewisii</i>	Hydrangeaceae
___ Fendler's Waterleaf	<i>Hydrophyllum fendleri</i> v. <i>albifrons</i>	Hydrophyllaceae
___ Narrow-sepal Phacelia	<i>Phacelia hastata</i> v. <i>leptosepala</i>	Hydrophyllaceae
___ Tall Phacelia	<i>Phacelia procera</i>	Hydrophyllaceae
___ Western Blue Flag	<i>Iris missouriensis</i>	Iridaceae
___ Douglas' Grass Widow	<i>Olsynium douglasii</i> v. <i>douglasii</i>	Iridaceae
___ Daggerleaf Rush	<i>Juncus ensifolius</i>	Juncaceae
___ Hitchcock's Woodrush	<i>Luzula hitchcockii</i>	Juncaceae
___ Mountain Monardella	<i>Monardella odoratissima</i>	Lamiaceae
___ Glacier Lily	<i>Erythronium grandiflorum</i> v. <i>grandiflorum</i>	Liliaceae
___ Yellow Bells	<i>Fritillaria pudica</i>	Liliaceae
___ Claspig Twisted-stalk	<i>Streptopus amplexifolius</i>	Liliaceae
___ Oregon Checkermallow	<i>Sidalcea oregana</i> v. <i>procera</i>	Malvaceae
___ Panicked Death Camas	<i>Toxicoscordion paniculatum</i>	Melanthiaceae
___ Meadow Death Camas	<i>Toxicoscordion venenosum</i>	Melanthiaceae
___ California False Hellebore	<i>Veratrum californicum</i>	Melanthiaceae
___ Heart-leaf Spring Beauty	<i>Claytonia cordifolia</i>	Montiaceae
___ Fireweed	<i>Chamaenerion angustifolium</i>	Onagraceae
___ Enchanter's Nightshade	<i>Circaea alpina</i>	Onagraceae
___ Diamond Clarkia	<i>Clarkia rhomboidea</i>	Onagraceae

___ Tall Annual Willowherb	<i>Epilobium brachycarpum</i>	Onagraceae
___ Common Willowherb	<i>Epilobium glandulosum</i>	Onagraceae
___ Diffuse Groundsmoke	<i>Gayophytum diffusum</i>	Onagraceae
___ Western Rattlesnake Plantain	<i>Goodyera oblongifolia</i>	Orchidaceae
___ White Bog Candle	<i>Platanthera dilatata</i> v. <i>leucostachys</i>	Orchidaceae
___ Slender Bog Orchid	<i>Platanthera stricta</i>	Orchidaceae
___ Alaska Rein Orchid	<i>Platanthera unalascensis</i>	Orchidaceae
___ Elmer's Paintbrush	<i>Castilleja elmeri</i>	Orobanchaceae
___ Scarlet Paintbrush	<i>Castilleja miniata</i> v. <i>miniata</i>	Orobanchaceae
___ Hairy Indian Paintbrush	<i>Castilleja tenuis</i>	Orobanchaceae
___ Bracted Lousewort	<i>Pedicularis bracteosa</i>	Orobanchaceae
___ Sickle-top Lousewort	<i>Pedicularis racemosa</i>	Orobanchaceae
___ Short-flowered Monkeyflower	<i>Erythranthe breviflora</i>	Phrymaceae
___ Brewer's Monkeyflower	<i>Erythranthe breweri</i>	Phrymaceae
___ Common Monkeyflower	<i>Erythranthe guttata</i>	Phrymaceae
___ Lewis's Monkeyflower	<i>Erythranthe lewisii</i>	Phrymaceae
___ Musk Monkeyflower	<i>Erythranthe moschata</i>	Phrymaceae
___ Grand Fir	<i>Abies grandis</i>	Pinaceae
___ Subalpine Fir	<i>Abies lasiocarpa</i>	Pinaceae
___ Noble Fir	<i>Abies procera</i>	Pinaceae
___ Western Larch	<i>Larix occidentalis</i>	Pinaceae
___ Engelmann Spruce	<i>Picea engelmannii</i>	Pinaceae
___ Lodgepole Pine	<i>Pinus contorta</i> v. <i>latifolia</i>	Pinaceae
___ Ponderosa Pine	<i>Pinus ponderosa</i> v. <i>ponderosa</i>	Pinaceae
___ Douglas Fir	<i>Pseudotsuga menziesii</i> v. <i>menziesii</i>	Pinaceae
___ Small-flowered Blue-eyed Mary	<i>Collinsia parviflora</i>	Plantaginaceae
___ Yellow Penstemon	<i>Penstemon confertus</i>	Plantaginaceae
___ Shrubby Penstemon	<i>Penstemon fruticosus</i> v. <i>fruticosus</i>	Plantaginaceae
___ Small-flowered Penstemon	<i>Penstemon procerus</i> v. <i>procerus</i>	Plantaginaceae
___ American Brooklime	<i>Veronica americana</i>	Plantaginaceae
___ American Alpine Speedwell	<i>Veronica wormskjoldii</i>	Plantaginaceae
___ Needlegrass	<i>Achnatherum</i> sp.	Poaceae
___ Pinegrass	<i>Calamagrostis rubescens</i>	Poaceae
___ Orchard Grass	<i>Dactylis glomerata</i>	Poaceae
___ One-spike Oatgrass	<i>Danthonia unispicata</i>	Poaceae
___ Bottlebrush Squirreltail	<i>Elymus elymoides</i>	Poaceae
___ Idaho Fescue	<i>Festuca idahoensis</i>	Poaceae
___ Bulbous Bluegrass	<i>Poa bulbosa</i>	Poaceae
___ Bluebunch Wheatgrass	<i>Pseudoroegneria spicata</i> v. <i>spicata</i>	Poaceae
___ Narrowleaf Collomia	<i>Collomia linearis</i>	Polemoniaceae
___ Staining Collomia	<i>Collomia tinctoria</i>	Polemoniaceae
___ Scarlet Gilia	<i>Ipomopsis aggregata</i> ssp. <i>aggregata</i>	Polemoniaceae
___ Harkness' Linanthus	<i>Leptosiphon harknessii</i>	Polemoniaceae
___ Midget Phlox	<i>Microsteris gracilis</i>	Polemoniaceae
___ Needleleaf Navarretia	<i>Navarretia intertexta</i>	Polemoniaceae

___ Showy Jacob's Ladder	<i>Polemonium californicum</i>	Polemoniaceae
___ Western Jacob's Ladder	<i>Polemonium occidentale</i>	Polemoniaceae
___ Northern Buckwheat	<i>Eriogonum compositum</i> v. <i>leianthemum</i>	Polygonaceae
___ Douglas' Buckwheat	<i>Eriogonum douglasii</i> v. <i>douglasii</i>	Polygonaceae
___ Tall Buckwheat	<i>Eriogonum elatum</i>	Polygonaceae
___ Parsnip-flower Buckwheat	<i>Eriogonum heracleoides</i>	Polygonaceae
___ Sulfur Buckwheat	<i>Eriogonum umbellatum</i> v. <i>hypoleium</i>	Polygonaceae
___ Douglas' Knotweed	<i>Polygonum douglasii</i>	Polygonaceae
___ Kellogg's Knotweed	<i>Polygonum polygaloides</i> ssp. <i>kelloggii</i>	Polygonaceae
___ Sheep Sorrel	<i>Rumex acetosella</i>	Polygonaceae
___ White Shootingstar	<i>Dodecatheon dentatum</i>	Primulaceae
___ Lace Lip Fern	<i>Myriopteris gracillima</i>	Pteridaceae
___ Columbian Monkshood	<i>Aconitum columbianum</i> ssp. <i>columbianum</i>	Ranunculaceae
___ Baneberry	<i>Actaea rubra</i>	Ranunculaceae
___ Crimson Columbine	<i>Aquilegia formosa</i>	Ranunculaceae
___ Columbia Clematis	<i>Clematis occidentalis</i> v. <i>grosseserrata</i>	Ranunculaceae
___ Pale Larkspur	<i>Delphinium glaucum</i>	Ranunculaceae
___ Kittitas Larkspur	<i>Delphinium multiplex</i>	Ranunculaceae
___ Upland Larkspur	<i>Delphinium nuttallianum</i>	Ranunculaceae
___ Straightbeak Buttercup	<i>Ranunculus orthorhynchus</i> v. <i>platyphyllus</i>	Ranunculaceae
___ Little Buttercup	<i>Ranunculus uncinatus</i>	Ranunculaceae
___ Western Meadowrue	<i>Thalictrum occidentale</i>	Ranunculaceae
___ Globeflower	<i>Trollius albiflorus</i>	Ranunculaceae
___ Snow Brush	<i>Ceanothus velutinus</i> v. <i>velutinus</i>	Rhamnaceae
___ Serviceberry	<i>Amelanchier alnifolia</i>	Rosaceae
___ Broad-petal Strawberry	<i>Fragaria virginiana</i> ssp. <i>glauca</i>	Rosaceae
___ Large-leaved Avens	<i>Geum macrophyllum</i> v. <i>macrophyllum</i>	Rosaceae
___ Prairie Smoke	<i>Geum triflorum</i> v. <i>ciliatum</i>	Rosaceae
___ Creambush Oceanspray	<i>Holodiscus discolor</i>	Rosaceae
___ Cliff Cinquefoil	<i>Drymocallis glandulosa</i> ssp. <i>pseudorupestris</i>	Rosaceae
___ Slender Cinquefoil	<i>Potentilla gracilis</i> v. <i>gracilis</i>	Rosaceae
___ Bittercherry	<i>Prunus emarginata</i>	Rosaceae
___ Little Wild Rose	<i>Rosa gymnocarpa</i>	Rosaceae
___ Nootka Rose	<i>Rosa nutkana</i>	Rosaceae
___ Thimbleberry	<i>Rubus parviflorus</i>	Rosaceae
___ Cascade Mt. Ash	<i>Sorbus scopulina</i>	Rosaceae
___ Birchleaf Spiraea	<i>Spiraea lucida</i>	Rosaceae
___ Fragrant Bedstraw	<i>Galium triflorum</i>	Rubiaceae
___ Quaking Aspen	<i>Populus tremuloides</i>	Salicaceae
___ Black Cottonwood	<i>Populus trichocarpa</i>	Salicaceae
___ Scouler's Willow	<i>Salix scouleriana</i>	Salicaceae
___ Rocky Mt. Maple	<i>Acer glabrum</i> v. <i>douglasii</i>	Sapindaceae
___ Roundleaf Alumroot	<i>Heuchera cylindrica</i>	Saxifragaceae
___ Brook Saxifrage	<i>Micranthes odontoloma</i>	Saxifragaceae
___ Three-toothed Mitrewort	<i>Ozomelis trifida</i>	Saxifragaceae

- ___ Alpine Mitrewort
- ___ Common Mullein
- ___ Stinging Nettles
- ___ Mountain Heliotrope
- ___ Roundleaf Violet
- ___ Marsh Violet

- Pectiantia pentandra
- Verbascum thapsus
- Urtica dioica ssp. gracilis
- Valeriana sitchensis
- Viola orbiculata
- Viola palulstris

- Saxifragaceae
- Scrophulariaceae
- Urticaceae
- Valerianaceae
- Violaceae
- Violaceae