

PLANTS**IDENTIFICATION TIPS AND FACTS**

1	Blue Elderberry	<i>Sambucus cerulea</i> is a shrub with strongly pointed, sharp-toothed, and hairless leaves. Dark blue berries with a white coating ripen near the end of summer. Parts of this plant are poisonous, however cooking the berries removes what little toxin they have. Best harvested after the first frost, these berries are commonly used in jellies, candies and preserves.
2	Douglas fir	<i>Pseudotsuga menziesii</i> can be identified by its unusual cone: 3 pointed brackets between the scales. Although this is not a true fir, like all fir trees, has needles that are Friendly, Flat and Flexible, it is often used as a Christmas tree. However, the needles differ from other firs: they are like a bottle brush, the cone points down like an ornament, and the bud at the end of the branch is red with a sharp point.
3	Big tooth maple	<i>Acer grandidentatum</i> is a shrubby maple that has 3-5 lobes on the leaves. The leaves are dark green on top, pale green and hairy on the bottom. Most often the edges are smooth. Its common name is the literal translation of its scientific name. The leaves turn from green to yellow-orange-red in the fall. The sweet sap can be made into
4	White fir	<i>Abies concolor</i> cones and needles grow up toward the sky. The cones are plain and are found at the top of trees in clusters. Only one piece of the cone falls at one time. The bud is blunt. Often, the trunk is light gray and looks smooth.
5	Mallow Ninebark	<i>Physocarpus malvaceus</i> is known for its tough bark. It blooms with tiny white flowers in clusters and those blooms can be seen into the beginning of September. It is an important shrub for soil stabilization.
6	Gamble Oak	<i>Quercus gambellii</i> Nutt. leaves have many lobes and the bark is scaly and brown. It is an important food source for deer, turkey, squirrels and other wild life. The leaves change to yellow brown in the fall. This tree quickly reproduces after damage such as fire because of root sprouts under the ground called lignotubers.
7	Thimbleberry	<i>Rubus parviflorus</i> has large leaves with 5 lobes that can grow up to 20cm across. It produces a small edible red berry enjoyed by hikers and wild life. Native Americans used it to make a tea to treat burns, acne, wounds and digestive problems. The large leaves are known to be effective wilderness toilet paper.
8	False Solomon seal	<i>Smilacina racemosum</i> are commonly found under trees. White flowers blossom in the spring with green berries that turn red in the fall. Before flowering, young shoots are edible, tasting something like asparagus. After flowering, the plant becomes too tough and bitter for eating.
9	Choke cherries	<i>Prunus virginiana</i> leaves are shaped like an oblong ellipse. Small glands can be seen at the base of the leaves. The berries are very sour and bitter. Eating raw fruits can cause cyanide poisoning. Cooked berries are used in jellies and jams. The leaves, stems, and pits are toxic. Animals enjoy eating the leaves but not in excessive amounts. They are traditionally used to treat cold sores and canker sores.
10	Lupine	<i>Lupine sp.</i> is a member of the legume family. One leaf consists of 5-11 smaller leaves growing in a circle from a single point of the stem. These leaves are grey-green with silvery hairs. Blossoms grow up above the leaves like a spike surrounding the tall stem. This plant can fix nitrogen, fertilizing the soil for other plants. Though used around the world, including the ancient Roman Empire, many species are poisonous.
11	Goldenrod	<i>Solidago canadensis</i> has a long sturdy stem from 1-6 feet high. At the top are pale yellow to golden clusters of flowers that bloom from July to September. The leaves have no leaf stem and a distinct vein running parallel with the edges of the leaf. It was one plant used to make Liberty tea after the Boston Tea Party in 1773. As such, it was exported. Colonists also used it as a dye. It is one of the first plants to grow in disturbed ground. It can be seen at most all switchback turns. Its pollen is heavy and less able to cause allergies. It is known for its many healing properties.
12	Quaking Aspen	<i>Populus tremuloides</i> is the Utah state tree. Its bark is smooth and white. The leaves are bright green and thin, mostly round with a point at the top, edged with small teeth. The leaves turn brilliant yellow to red in the fall. The leaves tremble or quake in the slightest breeze because of the shape of the leaf stem, or petiole. It is elliptical, flat, and perpendicular to the stem, so the petiole is stronger in one direction than another. This allows the leaf to quake instead of sway with the branch. A grouping of Aspen trees is usually one large organism with each tree or sprout being genetically identical. These groupings are identified by identical branching and changing leaf color at the same time.
13	Rocky Mountain Maple	<i>Acer glabrum</i> can be identified from other maples by its leaves. These leaves edges are doubly serrate, looking like a saw with smaller teeth between each saw blade. The Native Americans used tea infused with the maple to treat swelling and diarrhea.
14	Dear Brush	<i>Ceanothus velutinus</i> is an evergreen shrub. The top of the leaf is shiny green while the bottom is velvety and more pale green. With fire or logging, seeds quickly sprout and stabilize the soil. This plant is able to fix nitrogen--absorb nitrogen in the air and turn it into solid nitrogen then deposited into the soil to help nearby plants. Parts of this plant contain saponins, a bitter tasting compound produced by the plant that can be used as a natural detergent. When it is crushed and mixed with water, it will produce a lather that is good at removing dirt. It has a cinnamon like odor.
15	Boxelder	<i>Acer negundo</i> is the only maple in N. America with compound leaves, meaning a leaf divided into 3-7 leaflets. The leaflets edges are roughly lobed and turn yellow in the fall. Boxelder bugs feed on the sap of this tree. Early pioneers tapped this tree for maple sugar. Anasazi flutes dating from 620 CE were made from this wood.
16	Curl Leaf Mt. Mahogany	<i>Cercocarpus ledifolius</i> (rose family), grows from a shrub to a tree as a mature adult, sometimes taking a century to reach full height. Its leaves are evergreen, leathery, dark, and sticky. The edges of the curl leaf toward the underside of the leaf. The wood is dense and does not float. The plant has a spicy and distinctive aroma.
17	Alder leaf Mt. Mahogany	<i>Cercocarpus montanus</i> is a deciduous shrub with smooth bark, part of the rose family. The edges of its leaves are serrate--look similar to a saw. It is a food source for wildlife. It fixes nitrogen. Its wood can be used for tool handles and arrow points. The roots and bark create a reddish brown dye, hence the common name mahogany.