OHA tour of the woods highlights useful plants

BY KATIE TEACHOUT
Katie Teachout/staff photo

Twenty participants enjoyed the Lost Lake trail. In hike from the trailhead, the group stopped often to identify plants they don’t know they’ve got it. “They can’t value something if they don’t know it.” said Thornton.

The trail took a leisurely pace, stopping often to identify plants, geological features; and pausing quietly to listen for and identify the woods’ inhabitants. For a Watershed Program Manager, the mosquitoes and what the specific pollinators are, “Thorton

“Don’t pick them; plucking the flower will kill the plant,” said OHA Conservation Coordinator Julie Ashmore. “It’s one of my favorite plants to use when my daughter hurts herself. It stops the bleeding and cleans the wound, all in one.”

“aromatic herbalists smoke yarrow, or Achillea millefolium, which, like Pearly Everlasting, also has clusters of small white flowers and long, slender leaves. “The leaves of yarrow make an antiseptic and also a cough syrup,” said OHA Education Coordinator Julie Admsome. “It’s currently being researched at the University of Washington.”

They are pollinated by mo- quitos, so researchers from the UW were here trying to deter- mine what these pollinators are, and what the specific polinators are.” Thornton said.

“Don’t pick them, plucking the flower will kill the plant,” said OHA Conservation Coordinator Julie Ashmore. “Our daughter uses them, when they shift, the weak stem will and reproduce the area.”

The strawberries and pearly everlasting were bordering an area described as good Great Gray Owl habitat, consisting of mature trees with good views. The strawberries and pearly everlasting were bordering an area described as good Great Gray Owl habitat, consisting of mature trees with good views. The strawberries and pearly everlasting were bordering an area described as good Great Gray Owl habitat, consisting of mature trees with good views. The strawberries and pearly everlasting were bordering an area described as good Great Gray Owl habitat, consisting of mature trees with good views. The strawberries and pearly everlasting were bordering an area described as good Great Gray Owl habitat, consisting of mature trees with good views.