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Lynnwood Plants and Animals Key

1. Ladybug
2. Damselfly
3. Northern Spotted Owl
4. Maple Tree Leaf
5. Oak Tree Leaf
6. Anna's Hummingbird
7. Bald Eagle
8. Lupine Blue butterfly
9. Honeybee
10. Dandelion: edible leaves, medicinal roots
11. Wild Rose: edible flowers, edible and medicinal rose-hips
12. Skunk Cabbage: treatment for burns, leaves used in food storage
13. Bracken Fern (Fiddlehead): Edible shoots, medicinal fronds (skin soothing)
14. Pacific Rhododendron: State flower, used for decoration and adornment
15. Orca Whale
16. River Otter
17. Coastal Cutthroat Trout
18. Henderson's Shooting Star: Edible roots and leaves when cooked
19. Pacific Fireweed: edible (high vitamin C), medicinal (digestive tonic)
20. Redwood Sorrel: edible and medicinal leaves, anti-inflammatory, respiratory tonic
21. Pacific Stonecrop: edible leaves
22. Broadleaf Cattail: Edible rhizomes, can be dried into flour, roasted
23. Gingko Biloba Tree Leaves
24. Common Raccoon
25. Western Red Squirrel
26. Red Columbine: Astringent for hair and skin care
27. Henderson's Checker Mallow (native Hollyhock): medicinal, respiratory tonic
28. Pacific Burdock: edible, medicinal roots
29. Quaking Aspen Tree leaves
30. Northwest Garter Snake
31. Grey Wolf- Common throughout Washington until the1800s. Currently being reintroduced.
32. Western Spotted Skunk
33. Chum Salmon
34. Maidenhair Fern: Used as hair-wash and respiratory tonic
35. Puget Sound Gumweed: Medicinal resins used to treat asthma, bronchitis
36. Snowberry: Edible berries, cleansing saponins,
37. Pacific Bleeding Heart: medicinal, pain relief
38. Plantain: Medicinal leaves for burns and infection
39. Nettle: Edible leaves, medicinal for immunity
40. Stream Violet: Edible Flowers
41. Clover: medicinal immunity
42. Foxglove: Medicinal for heart disease
43. Trillium: Medicinal for uterine and stomach issues
44. Oregon Grape: Medicinal berries for immunity
45. Blue Elderberry: Medicinal berries for immunity
46. Devil's Club: All part medicinal, in particular for menstruation and childbirth
47. Salal: Edible berries, used of dye and medicine
48. Camas: edible root tubers a winter food source
49. Red-flowering currant: Edible berries
50. Yarrow: Medical, leaves stop bleeding, immunity boosting
51. Salmonberry: Edible berries
52. Cedar Tree Needles
53. Douglas Fir Tree Needles
54. Coho Salmon