

The leaves are tasty and will make your mouth water. However, if your kidney stones are of oxalic type, you may not want to eat from this plant.

Site: Meadows and moist woods.

Range: From the western slope of the Cascades to the coast, reaching from southwest Washington to northwest California. To 4,000-6000 feet in the Cascades

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OTHER FOREST NATURE TRAILS YOU MAY WANT TO VISIT

TRAILS BY JERRY HUGHES:

Black Lake Forest Nature Trail, Black Lake Bible Camp, 6521 Fairview Rd SW, Olympia WA, near Tumwater WA, focus, coastal Douglas-fir forest

Butte Creek Forest Nature Trail, Triumphant Life Camp, Klamath Mts. CA, Hwy 36, 12 miles east of Bridgeville

Camp Attitude Forest Nature Trail, just west of this County Park, (five miles east of Sweethome OR along the South Santiam River)

Cedar Grove Forest Nature Trail, 3740 Blueball Road, Elkton MD 21921

Hess Creek Forest Nature Trail, Friendsview Retirement Community, 1301 E Fulton Street, Newberg, OR 97132.

River Bend Forest Nature Trail, River Bend County Park, Linn County Parks & Recreation Dept. 3010 Ferry Street SW, Albany OR 97332 Located just east of Camp Attitude

Royal Ridges Forest Nature Trail, Gabriel Rd at Kelly Rd, Yacolt WA

Sandy Cove Forest Nature Trail, Sandy Cove Ministries, 60 Sandy Cove Rd, North East MD

TRAILS BY OTHERS:

Grizzly Creek Redwoods State Park, CA, nearest towns, Carlotta and Bridgeville, focus, Redwoods

Miller Woods Forest Nature Trail, Yamhill Sdoil and Water Conservation District, 2200 SW 2nd Street, McMinnville, OR 97128-5444

Myrtle Creek Trail, CA, Six Rivers National Forest