

**Pacific poison-oak** (*Toxicodendron diversiloba*) is a native plant found in Mt. Tabor Park. Poison-oak produces an oil that can cause irritation to skin. Please be aware, stay on the trails, and do not touch.

The native plant locations are based on surveys from spring of 2012. Each featured plant has been identified from the red, blue, or green trail. As you become familiar with these plants you may notice them all around Mt. Tabor Park and other areas in the Pacific Northwest.

1. Evergreen plants remain green throughout the year.
2. Deciduous plants stay alive throughout the year but lose their leaves during the winter.
3. Perennial plants retreat during the winter but live for more than 2 years.

**red-flowering currant**  
*Ribes sanguineum*  
Gooseberry Family  
herbaceous plant  
blooms: March-June  
berries: early-mid-summer

**licorice fern**  
*Polypodium glycyrrhiza*  
Fern Family  
herbaceous plant

**common snowberry**  
*Symphoricarpos albus*  
Honeysuckle Family  
shrub  
blooms: May-August  
berries: winter  
CAUTION: do not eat

**tall Oregon-grape**  
*Mahonia aquifolium*  
Barberry Family  
shrub  
blooms: March-May  
berries: Aug.-Sept.

**thimbleberry**  
*Rubus parviflorus*  
Rose Family  
shrub  
blooms: May-July  
berries: June-August

**western trillium**  
*Trillium ovatum*  
Lily Family  
herbaceous plant  
blooms: March-May

**false Solomon's seal**  
*Maianthemum racemosum*  
Lily Family  
herbaceous plant  
blooms: May-July

**Siberian springbeauty**  
*Claytonia sibirica*  
Purslane Family  
herbaceous plant  
blooms: April-Sept.

**vine maple**  
*Acer circinatum*  
Maple Family  
shrub  
blooms: March-July

**red alder**  
*Alnus rubra*  
Birch Family  
tree  
blooms: March-April  
catkins: winter

**Douglas-fir**  
*Pseudotsuga menziesii*  
Pine Family  
tree

**salal**  
*Gaultheria shallon*  
Heath Family  
shrub  
blooms: May-July  
berries: Aug.-Sept.

**Indian-plum**  
*Oemleria cerasiformis*  
Rose Family  
shrub  
blooms: February-April  
fruit: June-July

**oceanspray**  
*Holodiscus discolor*  
Rose Family  
shrub  
blooms: June-July

**sword fern**  
*Polystichum munitum*  
Fern Family  
herbaceous plant

**bigleaf maple**  
*Acer macrophyllum*  
Maple Family  
tree

**Hooker's fairybells**  
*Prosartes hookeri*  
Lily Family  
herbaceous plant  
blooms: spring

**stream violet**  
*Viola glabella*  
Lily Family  
herbaceous plant  
blooms: April-July

**trailing blackberry**  
*Rubus ursinus*  
Barberry Family  
shrub  
blooms: April-July  
berries: July-August

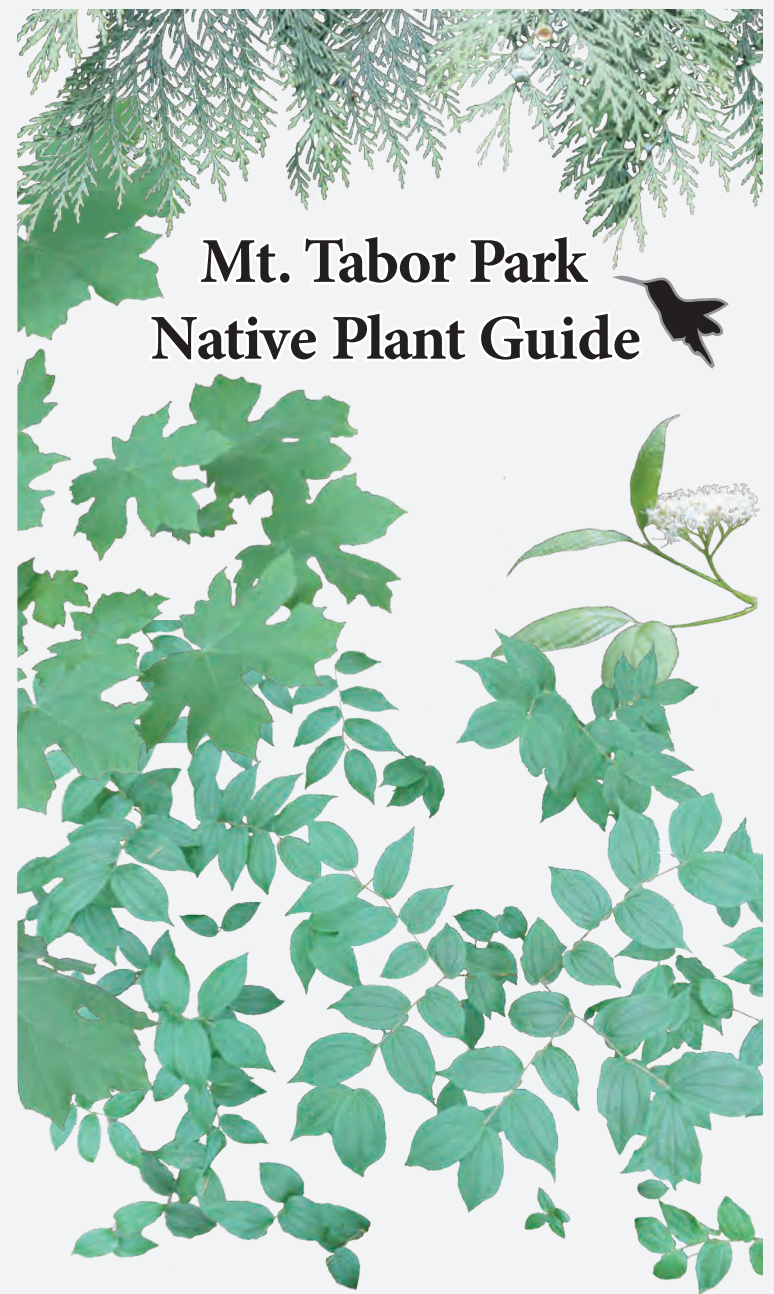
**inside-out flower**  
*Vancouveria hexandra*  
Barberry Family  
herbaceous plant  
blooms: May-July

**red elderberry**  
*Sambucus racemosa*  
Honeysuckle Family  
shrub  
blooms: March-July  
berries: Aug.-Sept.

**black cottonwood**  
*Populus balsamifera*  
spp. *trichocarpa*  
Willow Family  
tree  
blooms: April-May

**fringe-cup**  
*Tellima grandiflora*  
Saxifrage Family  
herbaceous plant  
blooms: spring

**western redcedar**  
*Thuja plicata*  
Cypress Family  
tree



# Mt. Tabor Park Native Plant Guide

Printing paid for by the Friends of Mt. Tabor Park (FMTP), Bureau of Environmental Services (BES), and Geography Department at Portland State University (PSU). Cartography, design, content compilation, and writing by Alexa Todd with input from David Banis (PSU). Photographs by A. Todd and Mitch Bixby (BES). Writing contributions from Mart Hughes (PP&R), Tom McNamara (FMTP), and Naomi Tsurumi (BES). Surveys by A. Todd with assistance identifying plants from Ryan Durocher (BES), M. Hughes, and Dominic Maze (BES). Review by Mary Bushman (BES), R. Durocher, Susan Hawes (PP&R), Colleen Keyes (PP&R), Paul Ketcham (BES), Mary Kinnick (FMTP), Joe Poracsky (PSU), and N. Tsurumi.



plants on cover: western redcedar, bigleaf maple, false Solomon's seal, blue elderberry



## HABITAT



Mt. Tabor Park is 196 acres and considered a hybrid park because it contains developed areas – i.e. playground, basketball court, parking lots, and a picnic shelter – as well as natural areas.

In a city park the natural areas are managed to ensure ecological health and integrity. Planned vegetative communities, or alliances, are combinations of trees, shrubs, and forbs that commonly grow together.

The natural areas of Mt. Tabor Park consist mostly of forest habitat with pockets of shrubland that serve as view corridors. On a clear day spectacular views from Mt. Tabor include Mt. Hood to the East, Mt. St. Helens and Mt. Adams to the North and Northwest, and downtown Portland to the West.



The map from the Mt. Tabor Park Master Plan (2000) represents the vision for park structure and improvement projects.

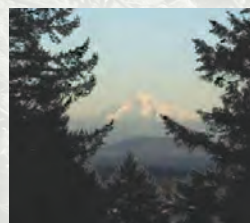
## Plant Communities

Most of the park **forest** has a canopy cover greater than 60% and individual trees as tall as 150 feet. The dominant species are Douglas-fir (*P. menziesii*) and bigleaf maple (*Acer macrophyllum*).

Trees in the forest understory are mostly western hemlock (*Tsuga heterophylla*) and western redcedar (*Thuja plicata*). Trees that grow in drier, open habitat on the south- and west- facing slopes include Oregon white oak (*Quercus garryana*) and madrone (*Arbutus menziesii*). In wetter sites and gaps you may find red alder (*Alnus rubra*), black cottonwood (*Populus balsamifera* ssp. *trichocarpa*), and Oregon ash (*Fraxinus latifolia*).

Shrubs and forbs in the Douglas-fir – bigleaf maple forest include Oregon grape (*Berberis nervosa*), salal (*Gaultheria shallon*), swordfern (*Polystichum munitum*), red huckleberry (*Vaccinium parvifolium*), vine maple (*Acer circinatum*), snowberry (*Symphoricarpos albus*), brackenfern (*Pteridium aquilinum*), and vanillaleaf (*Achlystriphyllum*).

Vine maple that grows up to 20 feet tall dominates the **shrubland/view corridors**. Common associates include lady fern (*Athyrium felix-femina*) and piggy-back plant (*Tolmeia menziesii*). In the Willamette Valley, additional species found in this alliance are baldhip rose (*Rosa gymnocarpa*), snowberry, oceanspray (*Holodiscus discolor*), serviceberry (*Amelanchier alnifolia*), and thimbleberry (*Rubus parviflorus*).



The view of Mt. Hood from atop Mt. Tabor is preserved with view corridors

## RESTORATION

City Nature is a division of Portland Parks & Recreation (PP&R) focused on keeping our natural area parks healthy. A vegetation survey of Mt. Tabor Park was conducted by City Nature in 2005 that revealed the natural areas to be in fair, poor, and severely degraded condition. Invasive plants (including Himalayan blackberry, English ivy, English hawthorn, sweet cherry, and Clematis vitalba) dominated the most degraded parts of the park thus reducing the species diversity and threatening native species.

Invasive species are a problem for many reasons such as they reduce biodiversity by creating monocultures, degrade soil health, and negatively impact watershed health and water quality.

### Tabor to the River

The Mt. Tabor Park Invasive Plant Control and Revegetation Project is multi-year project that began in Fall 2010 to restore a healthy native forest community by removing invasive plants and planting native plants on 73.5 acres in Mt. Tabor Park. The project is part of the Tabor to the River program, a Bureau of Environmental Services (BES) initiative that integrates hundreds of sewer, green stormwater management, tree planting and other watershed projects to solve sewage problems and restore watershed health.

Native plants in natural areas improve stormwater management and habitat, just as green streets do in urban areas. The result of Tabor to the River will be a sound, dependable sewer and stormwater infrastructure, which will give us healthier urban watersheds, more livable neighborhoods, and cleaner rivers and streams.

## The Weed Warriors

Volunteer efforts compliment the large-scale project necessary to restore the park's natural areas.

In reponse to the PP&R vegetation survey, the Friends of Mt Tabor Park (FMTP) in cooperation with PP&R, initiated volunteer efforts to restore health to the park by removing invasive species. In 2011, this group of volunteers adopted the name “Weed Warriors”.

The Weed Warriors volunteer efforts are focused on sensitive areas of the park where the presence of native plants makes hand removal necessary.

After removing invasive vegetation in a specified area on the north side of the park for a year, Weed Warriors successfully made room for re-introducing native plants. The first Weed Warrior planting was held in October 2012 where over 900 plants and 16 species were planted.

The Weed Warriors were recognized with the 2012 Spirit of Portland Sandy Deitrich Award for Environmental Stewardship.

Species planted by BES and the Weed Warriors:

bigleaf maple\*  
madrone  
serviceberry  
valley pine  
Douglas-fir\*  
Garry oak  
cascara  
vine maple\*  
oceanspray\*

tall Oregon-grape\*  
Indian-plum\*  
mock-orange  
baldhip rose  
thimbleberry\*  
trailing blackberry\*  
blue elderberry  
red elderberry\*  
snowberry\*

pearly-everlasting  
fireweed  
orange honeysuckle  
river-bank lupine  
big-leaf lupine  
chokecherry  
goldenrod

\* featured in this guide



## BIRDS/POLLINATORS

The diversity of habitats available in the park support a wide assortment of resident and migratory birds. Migratory birds journey to the Portland area to raise and feed their young, and Mt. Tabor Park is one of the best places in the city to observe them in the spring.

Removing invasive plants and restoring a healthy community of native plants will benefit birds by providing more diverse nesting and feeding options. Native plant communities provide a wider range of food and shelter than invasive plants over a longer period of time. For example, a hillside covered with Himalayan blackberry provides fruit in the late summer and early fall. The same hillside with a native plant community could provide salmonberry in early spring, thimbleberry in mid-summer, elderberries in late summer, and snowberries in winter.

Pollinators are a diverse assemblage of animals (such as bees and butterflies) that are an essential food source for nestlings. Native pollinators feed on native plants. Restoration efforts on Mt. Tabor will increase the quality and quantity of native plants, pollinators, and migratory bird species on Mt. Tabor as they are ecologically linked in complex predator-prey relationships.

### Bird surveys

To track bird use of Mt. Tabor Park and avoid potential negative impacts of the restoration on wildlife, bird surveys have been conducted at Mt. Tabor Park since 2009 (conducted by Audubon Society of Portland volunteers since 2010). Surveys are done in the spring (May - June) and winter (December – February). Preliminary analysis of the spring survey data indicates that the types of birds using the park has not changed

significantly before and after the restoration project. This is a good sign that birds have been able to maintain their homes in Mt. Tabor Park through the restoration work.



### Most abundant species:

American Robin  
House Finch  
Song Sparrow  
Lesser Goldfinch  
Dark-eyed Junco  
Pine Siskin  
Chestnut-backed Chickadee  
Black-headed Grosbeak  
Spotted Towhee  
American Crow

### Brush piles improve habitat for wildlife

Brush piles provide ground-level physical structure which birds such as the Pacific wren, Benwick's wren, and the song sparrow use for shelter, nesting niches, singing platforms for territorial song, and foraging sites. Some small mammals also benefit from them and in turn provide food for owls in the park.

FMTP coordinated with PP&R to organize a volunteer project to provide habitat improvement for birds and other animals in Mt. Tabor Park. Volunteers built brush piles at various natural area sites in the park. The piles were constructed from pre-cut vegetation - branches, boughs, and lengths of small-diameter logs - that were already laying on the ground as a result of the recent removal of invasive vegetation by BES.



## GET INVOLVED



FRIENDS OF  
MT. TABOR  
PARK

The purpose of the Friends of Mt. Tabor Park (FMTP), a non-profit organization, established in 1999, is to improve and help maintain Mt. Tabor Park for the benefit of individuals, organizations and the Park Bureau; to identify and help solve problems; and to participate in park planning projects. FMTP work with PP&R, the Mt. Tabor Neighborhood Association and other community and park user groups to help in the successful implementation of the park's goals and vision as stated in the Mt. Tabor Park Master Plan.

### How can you help?

1) Become a member - your membership fee supports:

- The Weed Warriors habitat restoration events
- Foot Patrol walks
- Visitor Center
- Winter educational program
- Summer family picnic
- Biannual newsletter
- Trail maps

2) Join the Weed Warriors

Get outside, meet people, and contribute to the restoration process.

The Weed Warriors meet at the Visitor Center the last Saturday of months March-October. (You don't need to be a member to participate)



Follow us on Facebook  
facebook.com/FMTP.WeedWarriors



For more information: [www.taborfriends.org](http://www.taborfriends.org)

## ADDITIONAL RESOURCES

### Mt. Tabor Park

#### Mt. Tabor Park Master Plan (2000):

[www.mttaborpdx.org/documents/mttaborpark\\_masterplan.pdf](http://www.mttaborpdx.org/documents/mttaborpark_masterplan.pdf)

#### Mt. Tabor Park Desired Future Conditions (2010):

[www.portlandoregon.gov/bes/article/317061](http://www.portlandoregon.gov/bes/article/317061)

#### BES Mt. Tabor Park Revveg Project:

[www.portlandoregon.gov/bes/mttabor](http://www.portlandoregon.gov/bes/mttabor)

### Native/Invasive Plants of Oregon

#### GardenSmart Oregon:

[www.nature.org/media/oregon/gardensmart-rev-2010.pdf](http://www.nature.org/media/oregon/gardensmart-rev-2010.pdf)

#### BES Invasive Species Management:

[www.portlandoregon.gov/bes/invasives](http://www.portlandoregon.gov/bes/invasives)

#### Portland Plant List:

[www.portlandoregon.gov/auditor/index.cfm?&a=322280&c=34460](http://www.portlandoregon.gov/auditor/index.cfm?&a=322280&c=34460)

### Portland Birds

#### Mt. Tabor Bird List:

[www.portlandoregon.gov/bes/article/398101](http://www.portlandoregon.gov/bes/article/398101)

#### Portland Birding Loop:

[www.oregonbirdingtrails.org/wvguide/Portland%20Loop.pdf](http://www.oregonbirdingtrails.org/wvguide/Portland%20Loop.pdf)

#### Portland, Oregon's Bird Agenda (2011):

[www.portlandoregon.gov/bes/article/354681](http://www.portlandoregon.gov/bes/article/354681)