

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #1 Introduction

April 8, 9, 12, 2016

Low Elevation Riparian Zone and Coniferous Woods
1421', 1481', 2000'

Family	Genus	Name	Uses
Melanthiaceae (Liliaceae)	Trillium ovatum	Birth Root	No Pick
Orchidaceae	Calypso bulbosa	Calypso Orchid	No Pick
Ranunculaceae	Anemone lyallii	Small Windflower	Poisonous
Berberidaceae	Berberis nervosa	Mountain Oregon Grape	Edible, Medicinal
Fumariaceae	Dicentra formosa	Bleeding Hearts	Poisonous
Rosaceae	Oemleria cerasiformis	Osoberry	Edible
Oxalidaceae	Oxalis oregana	Oxalis	Edible (Choice)
Violaceae	Viola glabella	Woods Violet	Edible (Choice)
Apiaceae (Umbelliferae)	Lomatium utriculatum	Spring Gold, Biscuit Root	Edible
Scrophulariaceae	Collinsia parviflora	Small Blue-eyed Mary	Edibility unknown
	Mimulus alsinoides	Baby Monkey Flower	Edible
	Synthyris reniformis	Snow Queen	Edibility unknown
Valerianaceae	Valeriana scouleri	Low-elevation Valerian	Medicinal
Asteraceae (Compositae)	Crocidium multicaule	Gold Fields	Poisonous?
	Petasites frigidus	Western Coltsfoot	Edible, Medicinal (PA's)

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Field Trip #1
Introduction to Low Elevation

Forest Service Road Numbers: What do they mean?

Tasted *Viola glabella*, *Valeriana scouleri*, *Oemleria cerasiformis*, *Oxalis oregana*,
Mimulus alsinoides, and *Asarum caudatum*

Botany

Plant Names: Family, genus, species, common

4 whorls of the flower

Asteraceae formally known as Compositae: flowers in heads

Apiaceae formally known as Umbelliferae: flowers in umbels

Scrophulariaceae: Two petals on the top, three on the bottom

Low Elevation Coniferous Woods

Oregon Grape/Salal balance

Oregon Grape locating

Big Three of the low elevation coniferous woods: *Trillium ovatum*, *Anemone lyallii*,
and *Viola glabella*

Low Elevation Riparian Zone

Valerian Locating

Valerian Ecology