

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #4 *Berberis nervosa*

April 29, 30, May 3 2016
Low Elevation Coniferous Woods 2000'

Family	Genus	Name	Uses
Liliaceae	Prosartes hookeri (Disporum hookeri)	Fairy Bells	Edible
	Streptopus amplexifolius	Twisted Stalk	Edible (Cathartic)
Melanthiaceae (Liliaceae)	Trillium ovatum	Birth Root	No Pick
Orchidaceae	Calypso bulbosa	Calypso Orchid	No Pick
	Neottia cordata (Listera cordata)	Twayblade	No Pick
Portulacaceae	Montia sibirica	Candyflower	Edible (choice)
Ranunculaceae	Anemone lyallii	Small Windflower	Poisonous
Berberidaceae	Berberis nervosa	Mountain Oregon Grape	Edible, Medicinal
Fumariaceae	Dicentra formosa	Bleeding Hearts	Poisonous
Grossulariaceae	Ribes sanguineum	Red Flowering Currant	Edible
Rosaceae	Oemleria cerasiformis	Osoberry	Edible
Aceraceae	Acer circinatum	Vine Maple	Edible
	Acer macrophyllum	Big leaf Maple	Edible (choice)
Cornaceae	Cornus nuttallii	Dogwood	Medicinal
Ericaceae	Vaccinium parvifolium	Red Huckleberry	Edible, Medicinal
Scrophulariaceae	Synthyris reniformis	Snow Queen	Edibility unknown
Valerianaceae	Valeriana scouleri	Low-elevation Valerian	Medicinal
Asteraceae (Compositae)	Petasites frigidus	Western Coltsfoot	Edible, Medicinal (PA's)

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Field Trip #4

Wildcrafting Principles

Scanning techniques for plant locating: *Neottia cordata* (*Listera cordata*)

Botany

Keyed out: *Berberis nervosa*

Low Elevation Coniferous Woods

Tasted *Valeriana scouleri* root

Tasted *Berberis nervosa* root bark

Locating, harvesting, and processing *Berberis nervosa*

Made *Berberis nervosa* tincture

Animal Interactions

Two deer remains (bones)