

Columbines School of Botanical Studies  
Spring Apprenticeship Program  
Trip #8 Advanced Meadow Locating Techniques

June 3, 4, 7, 2016

[Plantlist Page](#)

Low Elevation Riparian Zone and Coniferous Woods 1500', 2570'  
Middle Elevation Coniferous Woods, Riparian, and Meadows 3750'

Family	Genus	Name	Uses
<b>Araceae</b>	Lysichiton americanus (L. americanum)	<b>Skunk Cabbage</b>	+/- Edible
<b>Liliaceae</b>	Prosartes hookeri (Disporum hookeri)	<b>Fairy Bells</b>	+/- Edible
	Streptopus amplexifolius	<b>Twisted Stalk</b>	+/- Edible
	Streptopus roseus	<b>Rosy Twisted Stalk</b>	+/- Edible
<b>Asparagaceae (Liliaceae)</b>	Maianthemum dilatum	<b>False Lily of the Valley</b>	Poisonous
	Maianthemum racemosum (Smilacina racemosa)	<b>Large False Solomon's Seal</b>	Medicinal
	Maianthemum stellatum (Smilacina stellata)	<b>Small False Solomon's Seal</b>	Medicinal
<b>Melanthiaceae (Liliaceae)</b>	Trillium ovatum	<b>Trillium</b>	No Pick
<b>Iridaceae</b>	Iris tenax	<b>Iris</b>	Poisonous
<b>Orchidaceae</b>	Neottia cordata (Listera cordata)	<b>Twayblade</b>	No Pick
<b>Aristolochiaceae</b>	Asarum caudatum	<b>Wild Ginger</b>	Spice, Medicinal
<b>Portulacaceae</b>	Montia parvifolia	<b>Small Leaf Montia</b>	Edible
	Montia sibirica	<b>Candy Flower</b>	Edible
<b>Ranunculaceae</b>	Actaea rubra	<b>Baneberry</b>	Poisonous
	Anemone deltoidea	<b>Large Windflower</b>	Poisonous
	Caltha biflora	<b>Marsh Marigold</b>	Edible, Medicinal
	Coptis laciniata	<b>Gold Thread</b>	Medicinal
	Ranunculus populago	<b>Marsh Buttercup</b>	Poisonous
	Ranunculus uncinatus	<b>Woods Buttercup</b>	Poisonous
<b>Berberidaceae</b>	Achlys triphylla	<b>Vanilla Leaf</b>	Edible
	Berberis nervosa	<b>Oregon Grape</b>	Edible, Medicinal
	Vancouveria hexandra	<b>Inside Out Flower</b>	Edible
<b>Fumariaceae</b>	Dicentra formosa	<b>Bleeding Hearts</b>	Poisonous, Medicinal
<b>Crassulaceae</b>	Sedum oreganum	<b>Stonecrop</b>	Edible

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<b>Saxifragaceae</b>	<i>Heuchera micrantha</i>	<b>Alum Root</b>	Edible, Medicinal
	<i>Mitella breweri</i>	<b>Small Bishop's Cap</b>	Edibility Unknown
	<i>Mitella ovalis</i>	<b>Small Bishop's Cap</b>	Edibility Unknown
	<i>Saxifraga mertensiana</i>	<b>Rocky Saxifrage</b>	Edible
	<i>Tellima grandiflora</i>	<b>Fringecup</b>	Edibility Unknown
	<i>Tiarella trifoliata</i> ssp. <i>unifoliata</i>	<b>Coolwort</b>	Edibility Unknown
	<i>Tolmiea menziesii</i>	<b>Youth on Age</b>	Edibility Unknown
<b>Grossulariaceae</b>	<i>Ribes bracteosum</i>	<b>Stinking Black Currant</b>	Edible, Medicinal
	<i>Ribes lacustre</i>	<b>Swamp Currant</b>	Edible, Medicinal
<b>Rosaceae</b>	<i>Fragaria vesca</i>	<b>Wild Strawberry</b>	Edible (Choice), Medicinal
	<i>Geum macrophyllum</i>	<b>Avens</b>	Medicinal
	<i>Rosa</i> sp.	<b>Wild Rose</b>	Edible, Medicinal
	<i>Rubus parviflorus</i>	<b>Thimbleberry</b>	Edible (Choice), Medicinal
	<i>Rubus spectabilis</i>	<b>Salmon Berry</b>	Edible (Choice), Medicinal
	<i>Rubus ursinus</i>	<b>Blackberry</b>	Edible (Choice), Medicinal
<b>Leguminosae (Fabaceae)</b>	<i>Lupinus</i> sp.	<b>Lupine</b>	Poisonous
<b>Oxalidaceae</b>	<i>Oxalis oregana</i>	<b>Wood Sorrel</b>	Edible
<b>Aceraceae</b>	<i>Acer circinatum</i>	<b>Vine Maple</b>	Edible
<b>Violaceae</b>	<i>Viola glabella</i>	<b>Woods Violet</b>	Edible
	<i>Viola orbiculata</i>	<b>Dark Woods Violet</b>	Edible
	<i>Viola palustris</i>	<b>Marsh Violet</b>	Edible
<b>Araliaceae</b>	<i>Oplopanax horridus</i>	<b>Devil's Club</b>	Medicinal
<b>Umbelliferae (Apiaceae)</b>	<i>Osmorhiza chilensis</i>	<b>Sweet Cicely</b>	Edible, Medicinal
<b>Ericaceae</b>	<i>Gaultheria shallon</i>	<b>Salal</b>	Edible
	<i>Menziesia ferruginea</i>	<b>Fool's Huckleberry</b>	Poisonous
	<i>Vaccinium ovalifolium</i>	<b>Huckleberry</b>	Edible (Choice), Medicinal
<b>Primulaceae</b>	<i>Dodecatheon jeffreyi</i>	<b>Shooting Star</b>	Edible
<b>Boraginaceae</b>	<i>Mertensia paniculata</i>	<b>Oregon Bluebells</b>	Edible, Medicinal
<b>Scrophulariaceae</b>	<i>Mimulus alsinoides</i>	<b>Baby Monkey Flower</b>	Edible
	<i>Pedicularis groenlandica</i>	<b>Elephant's Head</b>	Medicinal

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Family	Genus	Name	Uses
Scrophulariaceae	Penstemon sp.	Penstemon	Medicinal
Caprifoliaceae	Lonicera ciliosa	Trailing Honeysuckle	Edible Nectar
Compositae (Asteraceae)	Senecio triangularis	Arrow Leafed Grounsel	Poisonous (PA's)
<b>Animal Interactions</b>	Elk ate the Lysitchiton Elk Trails Harpaphe haydeniana Vole mounds	<b>Orange and Black Millepede</b>	Poisonous

# Field Trip #8

## Advanced Meadow Locating Techniques

### Botany

- ☾ Keyed out: *Maianthemum dilatatum* and *Smilacina stellata*
- ☾ Saxifragaceae: Herbs, split ovary, palmately lobed and veined leaves, 5 or 10 stamens on a floral cup
- ☾ Boraginaceae: Scorpioid inflorescence, alternate leaves

### Low Elevation Coniferous Woods

- ☾ Many changes
- ☾ *Anemone deltoidea* replacing *A. lyallii*

### Middle Elevation Coniferous Woods

- ☾ The Big Three of the middle elevation coniferous woods
- ☾ Introduction to *Oplopanax horridus*
- ☾ Old growth ecosystem
- ☾ Tasted *Pedicularis racemosa* and *Oxalis oregana*

### Middle Elevation Meadows

- ☾ Big Three of the meadows: *Ranunculus sp.*, *Dodecatheon jeffreyi*, *Caltha biflora*.
- ☾ Tasted *Pedicularis groenlandica*
- ☾ Exploring meadows -
  1. Creeks and waterways
  2. Game trails
  3. Fallen Trees
- ☾ Locating and exploring meadows: Careful about getting outside the deciduous layer, it may be easier going in the woods, but you might not be able to get back in the meadow.
- ☾ This time of year the meadows were getting harder to see because the deciduous shrub layer was standing tall and beginning to leaf out. We were still able to locate *Pedicularis groenlandica* stands.
- ☾ Locating and exploring meadows: We located two hidden meadows with *Pedicularis groenlandica* stands, well off the trails and completely invisible to hikers on the trails.