

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #9 Arcostaphylos

June 10, 11, 14, 2016

Low Elevation Riparian Zone and Coniferous Woods 2000'
Middle Elevation Hudsonian Zone and Woods and Recovering Clearcuts 4300'
<http://www.botanicalstudies.net/botany/plantlists.php>

Family	Genus	Name	Uses
Orchidaceae	<i>Calypso bulbosa</i>	Calypso Orchid	No Pick
	<i>Corallorhiza maculata</i>	Spotted Coral Root	No Pick
Ranunculaceae	<i>Anemone deltoidea</i>	Large Windflower	Poisonous
Berberidaceae	<i>Achlys triphylla</i>	Vanilla Leaf	Edible
Celastraceae	<i>Pachystima myrsinites</i>	Oregon Box	Ornamental
Rhamnaceae	<i>Ceanothus velutinus</i>	Red Root	Medicinal
Apiaceae (Umbelliferae)	<i>Lomatium martindalei</i>	Biscuit Root	Edible
Ericaceae	<i>Arctostaphylos nevadensis</i>	Kinnikkinnik	Edible, Medicinal
	<i>Arctostaphylos patula</i>	Manzanita	Edible, Medicinal
	<i>Chimaphila menziesii</i>	Baby Pipsissewa	Medicinal
	<i>Chimaphila umbellata</i>	Pipsissewa	Medicinal
	<i>Pyrola asarifolia</i>	Pyrola	Medicinal
	<i>Pyrola asarifolia</i> ssp. <i>aphylla</i>	Pyrola	No Pick
Scrophulariaceae	<i>Penstemon</i> sp. (2)	Penstemon	Medicinal

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Field Trip #9
Astringents

Made urinary astringent tincture and facial astringent

Organoleptic testing of Ericaceous astringents

Green-faced fools fondling flowers forever

Botany

Keyed out: *Corallorhiza maculata*

Saprophytes: On the overnight, we will write by the light of the saprophyte.

Middle Elevation Hudsonian Coniferous Woods

Old Growth Ecosystem - old trees look smaller at the higher elevations and with the thinner soils.

Harvesting, locating, processing *Chimaphila umbellata*.

Middle Elevation Hudsonian Clear Cuts and Partial Cuts

Saw a variety of clear cuts and partial cuts in the 35-40 year old range and younger

Explored a 9 year old partial cut.

Look for "no picks" recovering from the pillage under regenerating young trees.

Harvesting, locating, processing *Arctostaphylos nevadensis* and *Arctostaphylos patula*.

Low Elevation Coniferous Woods

Changes