

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #11-12 Spring Overnight

June 23-24, 25-26, 28-29 2016

Low Elevation Coniferous Woods and Disturbed Areas 1100'

Low Elevation Coniferous Woods and Seepy Cliffs 2000'

Low Elevation Coniferous Woods, Riparian, and Meadow 2400'

Low Elevation Coniferous Woods and Riparian 2500'

Middle Elevation Coniferous Woods and Meadow 3728'

Middle Elevation Coniferous Woods and Meadows 4800'

Middle Elevation Coniferous Woods and Beargrass Meadows 5620'

<http://www.botanicalstudies.net/botany/plantlists.php>

Family	Name	Uses
Araceae		
	<i>Lysichiton americanus</i> (L. americanum)	+/- Edible
Liliaceae		
	<i>Calochortus subalpinus</i>	No Pick
	<i>Calochortus tolmiei</i>	No Pick
	<i>Clintonia uniflora</i>	Poisonous?
	<i>Erythronium grandiflorum</i>	No Pick
	<i>Lilium columbianum</i>	No Pick
	<i>Prosartes hookeri</i> (<i>Disporum hookeri</i>)	+/- Edible
	<i>Streptopus lanceolatus</i> (<i>S. roseus</i>)	+/- Edible
Asparagaceae (Liliaceae)		
	<i>Dichelostemma congestum</i> (<i>Brodiaea congesta</i>)	No Pick
	<i>Maianthemum racemosum</i> (<i>Smilacina racemosa</i>)	
	<i>Maianthemum stellatum</i> (<i>Smilacina stellata</i>)	+/- Edible, Medicinal
Melanthiaceae (Liliaceae)		
	<i>Trillium ovatum</i>	No Pick
	<i>Xerophyllum tenax</i>	Edible
Iridaceae		
	<i>Sisyrinchium bellum</i> (<i>Sisyrinchium angustifolium</i>)	Blue-eyed Grass
Orchidaceae		
	<i>Calypso bulbosa</i>	No Pick
	<i>Cephalanthera austinae</i> (<i>Eburophyton austinae</i>)	No Pick
	<i>Corallorhiza maculata</i>	No Pick
	<i>Corallorhiza mertensiana</i>	Purple or Western Coral Root No Pick
	<i>Corallorhiza striata</i>	Striped Coral Root No Pick
	<i>Neottia banksiana</i> (<i>Listera caurina</i>)	Large Twayblade No Pick

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Family	Name	Uses
Neottia cordata (Listera cordata)	Twayblade	No Pick
Platanthera dilatata (Habenaria dilatata)	White Rein Orchid	No Pick
Aristolochiaceae		
Asarum caudatum	Wild Ginger	Edible, Medicinal
Polygonaceae		
Polygonum bistortoides	Mountain Bistort	Edible, Medicinal
Portulacaceae		
Claytonia lanceolata	Spring Beauty	Edible
Montia cordifolia	Heart Leafed Montia	Choice Edible
Montia parvifolia	Small Leaf Montia	Edible
Montia perfoliata	Miner's Lettuce	Choice Edible
Montia sibirica	Candy Flower	Choice Edible
Ranunculaceae		
Aconitum columbianum	Monkshood	Poisonous, Medicinal
Actaea rubra	Baneberry	Poisonous, Medicinal
Anemone deltoidea	Large Windflower	Poisonous
Anemone lyallii	Small Windflower	Poisonous
Aquilegia formosa	Columbine	Poisonous
Caltha biflora	Marsh Marigold	Edible, Medicinal
Delphinium menziesii	Larkspur	Poisonous
Ranunculus repens	Weedy Buttercup	Poisonous
Ranunculus sp.	Marsh Buttercup	Poisonous
Ranunculus uncinatus	Woods Buttercup	Poisonous
Thalictrum sp.	Meadow-rue	Poisonous
Berberidaceae		
Achlys triphylla	Vanilla Leaf	Edible
Berberis aquifolium	Tall Oregon Grape	Edible, Medicinal
Berberis nervosa	Mountain Oregon Grape	Edible, Medicinal
Vancouveria hexandra	Inside Out Flower	Edible
Fumariaceae		
Dicentra formosa	Bleeding Heart	Poisonous, Medicinal
Crassulaceae		
Sedum sp.	Stonecrop	Edible
Saxifragaceae		
Boykinia elata	Boykinia	Edibility unknown

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Family	Name	Uses	
	Mitella breweri	Bishop's Cap, Mitrewort	Edibility unknown
	Tellima grandiflora	Fringecup	Edibility unknown
	Tiarella trifoliata spp. unifoliata	Coolwort	Edibility unknown
	Tolmiea menziesii	Youth on Age	Edibility unknown
Grossulariaceae			
	Ribes lacustre	Swamp Currant	Edible, Medicinal
	Ribes viscosissimum	Sticky Currant	Edible, Medicinal
Rosaceae			
	Amelanchier alnifolia	Serviceberry	Choice Edible
	Aruncus sylvester	Goatsbeard	Edibility unknown
	Fragaria vesca	Wild Strawberry	Choice Edible, Medicinal
	Oemleria cerasiformis	Osoberry	Choice Edible
	Potentilla sp. (2)	Potentilla	Medicinal
	Rosa sp.	Wild Rose	Edible, Medicinal
	Rubus parviflorus	Thimbleberry	Edible, Medicinal
	Rubus ursinus	Blackberry	Edible, Medicinal
	Sorbus scopulina	Mountain Ash	Edible, Medicinal
Fabaceae (Leguminosae)			
	Cytisus scoparius	Scotch Broom	Poisonous
	Lathyrus sp.	Pea	Poisonous
	Lupinus sp. (3)	Lupine	Poisonous
	Trifolium pratense	Red Clover	Edible, Medicinal
	Trifolium repens	White Clover	Edible
	Trifolium wormskjoldii	Wild Clover	Edible, Medicinal
Oxalidaceae			
	Oxalis suksdorfii	Oxalis, Wood Sorrel	Choice Edible
Celastraceae			
	Pachystima myrsinites	Oregon Box	Ornamental
Aceraceae			
	Acer circinatum	Vine Maple	Edible
Rhamnaceae			
	Ceanothus velutinus	Red Root	Soap/Medicinal
Violaceae			
	Viola adunca	Field Violet	Choice Edible
	Viola orbiculata	Dark Woods Violet	Choice Edible

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Family	Name	Uses
Onagraceae		
<i>Circaea alpina</i>	Enchanter's Nightshade	
Apiaceae (Umbelliferae)		
<i>Heracleum lanatum</i>	Cow parsnip	Medicinal
<i>Lomatium martindalei</i>	Biscuit Root	Edible
<i>Osmorhiza chilensis</i>	Sweet Cicely	Edible, Spice, Medicinal
Unidentified white Umbelliferae	(blank)	Poisonous
Cornaceae		
<i>Cornus canadensis</i>	Bunchberry	Edible
<i>Cornus nuttallii</i>	Dogwood	Medicinal
Ericaceae		
<i>Allotropa virgata</i>	Candy Stripe	No Pick
<i>Arctostaphylos nevadensis</i>	Kinnikinnik	Edible, Medicinal
<i>Chimaphila menziesii</i>	Baby Pipsissewa	Edible, Medicinal
<i>Chimaphila umbellata</i>	Pipsissewa	Edible, Medicinal
<i>Gaultheria ovatifolia</i>	Slender Wintergreen	Edible, Medicinal
<i>Gaultheria shallon</i>	Salal	Edible, Medicinal
<i>Pterospora andromedea</i>	Pinedrops	No Pick
<i>Pyrola asarifolia</i> ssp. <i>aphylla</i>	Pyrola	Edible, Medicinal
<i>Pyrola picta</i>	White-Veined Pyrola	Edible, Medicinal
<i>Pyrola picta</i> spp. <i>aphylla</i>	Saprophytic Pyrola	No Pick
<i>Pyrola secunda</i>	Pyrola	Edible, Medicinal
<i>Rhododendron macrophyllum</i>	Rhododendron	Poisonous
<i>Vaccinium membranaceum</i>	Tall Huckleberry	Choice Edible, Medicinal
<i>Vaccinium parvifolium</i>	Red Huckleberry	Choice Edible, Medicinal
<i>Vaccinium</i> sp.	Huckleberry	Choice Edible, Medicinal
Primulaceae		
<i>Dodecatheon jeffreyi</i>	Shooting Star	Edible
<i>Trientalis latifolia</i>	Starflower	Edible
Polemoniaceae		
<i>Polemonium carneum</i>	Jacob's Ladder	Unknown Edibility
Hydrophyllaceae		
<i>Hydrophyllum tenuipes</i>	Waterleaf	Choice Edible
<i>Phacelia</i> sp.	Phacelia	Edible
Boraginaceae		

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Family	Name	Uses
Mertensia paniculata	Oregon Bluebells	Medicinal (PA's)
Lamiaceae (Labiatae)		
Prunella vulgaris	Self-Heal	Edible, Medicinal
Satureja douglasii	Yerba Buena	Edible, Medicinal
Scrophulariaceae		
Castilleja miniata	Paintbrush	Edible w/ caution
Mimulus guttatus	Common Monkeyflower	Edible
Pedicularis bracteosa	Cobra's Head	Medicinal
Pedicularis contorta	Lousewort	Medicinal
Pedicularis groenlandica	Elephant's Head	Medicinal
Pedicularis racemosa	Parrot's Beak	Medicinal
Penstemon cardwellii	Penstemon	Medicinal
Veronica officinalis	Speedwell	Edible, Medicinal
Rubiaceae		
Gallium oreganum	Bedstraw, Cleavers	Edible, Medicinal
Gallium triflorum	Bedstraw, Cleavers	Edible, Medicinal
Caprifoliaceae		
Linnaea borealis var. longifolia	Twinflower	Edibility unknown
Lonicera ciliosa	Honeysuckle	Edibility unknown
Lonicera involucrata	Twinberry	Edible
Sambucus racemosa	Red Elder	Medicinal
Valerianaceae		
Valeriana scouleri	Valerian	Edible, Medicinal
Valeriana sitchensis	Valerian	Edible, Medicinal
Companulaceae		
Companula scouleri	Harebell	Edibility unknown
Asteraceae (Compositae)		
Adenocaulon bicolor	Pathfinder	
Agoseris aurantiaca	Orange Mountain Dandelion	
Antennaria microphylla	Rosy Pussy-Toes	Medicinal
Chrysanthemum leucanthemum	Ox Eye Daisy	Edible, Medicinal
Hypochaeris radicata	False Dandelion	Edible
Petasites frigidus	Western Coltsfoot	Edible (PA's)
Senecio sp. (2)	Groundsel	Poisonous (PA's)
Senecio triangularis	Arrow Leaf Groundsel	Poisonous (PA's)

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Field Trip #11-12

Wildcrafting Principle: Timing is important for determining the size of the stand. This trip we saw an example with *Valeriana sitchensis* in full bloom and easily visible amidst the other plants.

Time Travel: An all-important point for locating harvestable stands of herbs. We traveled from summer up to mid-spring, and then from snowmelt, the big three, and early spring down to mid-spring. We saw every time from just after snowmelt to early summer. Use this technique for finding the right time and "proper elevation."

Botany

Keyed out: *Pterospora andromedea*, *Eburophyton austiniae*, and *Linnaea borealis* from the beginning of the artificial key.

Botanical words for dry fruits

Lamiaceae (Labiatae): Square stem, opposite leaves, bilabiate, four smooth nutlets

Scrophulariaceae: Bilabiate, three lobes on bottom and two on top, 2, 4, 5 stamens, superior ovary

Boraginaceae: Alternate leaves, four rough nutlets, scorpioid inflorescence

Fabaceae (Leguminosae): Uniquely zygomorphic, fruit a legume, one simple pistil

Apiaceae (Umbelliferae): Flowers in umbels, fruit a schizocarp, sheathing petioles

Caprifoliaceae: Woody at least at base, opposite leaves, gamopetalous, epigynous, twin flowers

Orchidaceae vs. Ericaceae capsules

Middle Elevation Coniferous Woods

The big three finishing up at the upper range

Middle Elevation "Prairies"

Native Americans burnt south facing slopes on ridges to create "prairies" full of food, medicine, and fiber. Fields of *Xerophyllum tenax* typify these.

Middle Elevation Meadows

Locating *Valeriana sitchensis*

Locating *Pedicularis groenlandica*

Middle Elevation Clearcuts

Locating *Valeriana sitchensis*

Wildcrafting principle: Don't harvest the natural meadows if clearcuts are close by. The clearcuts often contain the same plants. They can be easier to harvest during regeneration when the plants are in isolated clumps.

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Low Elevation Coniferous Woods

Changes: Plants of early summer
Old Growth: Trees as big as small redwoods

Low Elevation Riparian Zone

Valeriana scouleri is in seed
Many new plants

Low Elevation Disturbed Areas

Fake Dandelion, *Hypochaeris radicata*, from True Dandelion, *Taraxacum officinalis*
Chrysanthemum leucranthemum and *Hypochaeris radicata*