

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #5 Low Elevation Riparian Zone

May 5, 6, 9, 2017

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Seepy Cliffs 1500'

Low Elevation Coniferous Woods and Riparian 2000'

Middle Elevation Coniferous Woods 3700'

Family	Genus	Name	Uses
Araceae	Lysichiton americanus (L. americanum)	Skunk Cabbage	-/+ Edible
Melanthiaceae (Liliaceae)	Trillium ovatum	Birth Root	No Pick
Orchidaceae	Calypso bulbosa	Calypso Orchid	No Pick
	Neottia cordata (Listera cordata)	Twayblade	No Pick
Portulacaceae	Montia parvifolia	Small Leaf Montia	Edible
	Montia perfoliata	Miner's Lettuce	Edible (choice)
	Montia sibirica	Candyflower	Edible (choice)
Ranunculaceae	Thalictrum sp.	Meadow-rue	Poisonous
Crassulaceae	Sedum oreganum	Stonecrop	Edible
Grossulariaceae	Ribes sanguineum	Red Flowering Currant	Edible
Rosaceae	Fragaria vesca	Wild Strawberry	Edible (choice)
Fabaceae (Leguminosae)	Cytisus scoparius	Scotch Broom	Poison
Aceraceae	Acer circinatum	Vine Maple	Edible
Apiaceae (Umbelliferae)	Lomatium hallii	Biscuit Root	Edible
Ericaceae	Vaccinium parvifolium	Red Huckleberry	Edible, Medicinal
Hydrophyllaceae	Phacelia sp.	Phacelia	Edible
Scrophulariaceae	Mimulus alsinoides	Baby Monkey Flower	Edible
	Mimulus guttatus	Common Monkey Flower	Edible
Valerianaceae	Valeriana scouleri	Low-elevation Valerian	Medicinal
Asteraceae (Compositae)	Petasites frigidus	Western Coltsfoot	Edible, Medicinal w/caution (P)
Animal Interactions	Haliaeetus leucocephalus	Bald eagle	
	Osprey Nest		
	Philaenus spumarius	Spittle Bug	
	Tachycineta thalassina	Violet Green Swallows	

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Low Elevation Riparian Zones

Botany

Scrophulariaceae family description

Mimulus genus description

Keyed out *Mimulus guttatus*

Scrophulariaceae - bilabiate flower, two lobes on the top and three lobes on the bottom,
gamopetalous (united corolla); 2, 4, 5 stamens

Hydrophyllaceae – Scorpioid inflorescence, exserted stamens

Fabaceae (Leguminosae) – Uniquely zygomorphic, banner, wings, and keel

Low Elevation Coniferous Woods

Changes from last week

Low Elevation Riparian Zone

Locating *Valeriana scouleri*

Exploring creeksides

Middle Elevation Coniferous Woods

Introduction to middle elevation meadows