

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

June 2, 3, 6, 2017

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Middle Elevation Coniferous Woods, Meadows, and Riparian 3200'

Middle Elevation Coniferous Woods, Meadows, and Riparian 3600'

Middle Elevation Coniferous Woods, Meadows, and Riparian 3400'

Family	Genus	Name	Uses
<b>Araceae</b>	Lysichiton americanus (L. americanum)	<b>Skunk Cabbage</b>	+/- Edible
<b>Asparagaceae (Liliaceae)</b>	Maianthemum stellatum (Smilacina st	<b>Small False Solomon's Seal</b>	Medicinal
<b>Melanthiaceae (Liliaceae)</b>	Trillium ovatum	<b>Trillium</b>	No Pick
<b>Orchidaceae</b>	Calypso bulbosa	<b>Calypso Orchid</b>	No Pick
<b>Caryophyllaceae</b>	Arenaria macrophylla	<b>Large Sandwort</b>	
<b>Ranunculaceae</b>	Anemone lyallii Caltha biflora Ranunculus populago	<b>Small Windflower</b> <b>Marsh Marigold</b> <b>Marsh Buttercup</b>	Poisonous Edible, Medicinal Poisonous
<b>Berberidaceae</b>	Achlys triphylla	<b>Vanilla Leaf</b>	Edible, Medicinal
<b>Fumariaceae</b>	Dicentra formosa	<b>Bleeding Hearts</b>	Poisonous
<b>Grossulariaceae</b>	Ribes lacustre Ribes lobbii	<b>Swamp Currant</b> <b>Gummy gooseberry</b>	Edible Edible
<b>Rosaceae</b>	Fragaria cf. virginiana Rubus spectabilis	<b>Wild Strawberry</b> <b>Salmonberry</b>	Edible, Medicinal Edible, Medicinal
<b>Celastraceae</b>	Pachystima myrsinites	<b>Oregon Box</b>	Ornamental
<b>Aceraceae</b>	Acer circinatum	<b>Vine Maple</b>	Edible
<b>Violaceae</b>	Viola adunca Viola glabella Viola nutallii Viola orbiculata Viola palustris	<b>Field Violet</b> <b>Woods Violet</b> <b>Prairie Violet</b> <b>Dark Woods Violet</b> <b>Marsh Violet</b>	Choice Edible Choice Edible Choice Edible Choice Edible Choice Edible
<b>Apiaceae (Umbelliferae)</b>	Orogenia fusiformis	<b>Turkey-peas</b>	
<b>Ericaceae</b>	Kalmia occidentalis Vaccinium ovalifolium	<b>Swamp Laurel</b> <b>Huckleberry</b>	Poisonous Edible, Medicinal

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Family	Genus	Name	Uses
Primulaceae	Dodecatheon jeffreyi	Shooting Star	Edible
Scrophulariaceae	Pedicularis groenlandica	Elephant's Head	Medicinal
Valerianaceae	Valeriana sitchensis	Valerian	Medicinal
Asteraceae (Compositae)	Petasites frigidus	Western Coltsfoot	Edible w caution, Medicinal
<b>Animal Interactions</b>	Bear Cub Bear Scat Beaver constructions in creek Brown frogs Deer Print Elk ate Carex spp. Elk ate Lysichiton americanus Elk ate Veratrum sp. Elk hair Elk prints Elk scat Frog symphonies Giant ant hill (2) Natural oil slicks Vole mounds		

**Columbines School of Botanical Studies**  
**Meadow Locating Techniques**  
**Trip #8**

Wildcrafting Principle: Locate and explore meadows early for later harvesting. We are always wildcrafting, even when we do not harvest.

Time Travel: Remember that you can move north or south and up or down in elevation to locate a certain time in a plant's life cycle

Big Three is not only a plant association that can tell you the ecosystem; it is a point in time used as a reference for time traveling

Wilderness Areas: Concepts and discussion

**Botany**

Keyed out: *Viola glabella*, *Viola nutallii* and *Caltha biflora*

Sedges have edges; rushes are round, grasses have joints .....

**Middle Elevation Coniferous Woods**

The Big Three of the Middle Elevation Coniferous Woods

- 1.
- 2.
- 3.

**Middle Elevation Meadows**

Big Three of the Middle Elevation Meadows

- 1.
- 2.
- 3.

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 into the woods, but you might not be able to get back into the meadow

Locating *Pedicularis groenlandica*

Gazed at the viscid stalked glands of the insectivorous bog plant, *Drosera rotundifolia*

Introduction to *Valeriana sitchensis*

Introduction to *Veratrum* spp.

**Middle Elevation Riparian**

Introduction to *Artemisia douglasiana*