

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

June 9, 10, 13, 2017

Low Elevation Riparian Zone and Coniferous Woods 2000'
Middle Elevation Hudsonian Zone and Woods and Recovering Clear and Partial Cuts 4300'

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

Family	Genus	Name	Uses
Liliaceae	Clintonia uniflora	Queen's Cup, Bead Lily	Poisonous?
	Prosartes hookeri (Disporum hookeri)	Fairy Bells	+/- Edible
Asparagaceae (Liliaceae)	Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal	+/- Edible, Medicinal
	Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal	+/- Edible, Medicinal
Orchidaceae	Calypso bulbosa	Calypso Orchid	No Pick
	Corallorhiza maculata	Spotted Coral Root	No Pick
	Corallorhiza mertensiana	Purple or Western Coral Root	No Pick
	Neottia cordata (Listera cordata)	Twayblade	No Pick
Caryophyllaceae	Arenaria macrophylla	Large Sandwort	Edibility unknown
Ranunculaceae	Anemone deltoidea	Large Windflower	Poisonous
Berberidaceae	Achlys triphylla	Vanilla Leaf	Edible
	Vancouveria hexandra	Inside Out Flower	Edible
Saxifragaceae	Tiarella trifoliata spp. unifoliata	Coolwort	Edibility unknown
Celastraceae	Pachystima myrsinites	Oregon Box	Ornamental
Rhamnaceae	Ceanothus velutinus	Red Root	Medicinal
Apiaceae (Umbelliferae)	Lomatium martindalei	Biscuit Root	Edible
Ericaceae	Arctostaphylos nevadensis	Kinnikinnik	Edible, Medicinal
	Arctostaphylos patula	Manzanita	Edible, Medicinal
	Chimaphila menziesii	Baby Pipsissewa	Medicinal
	Chimaphila umbellata	Pipsissewa	Medicinal
	Pyrola asarifolia	Pyrola	Medicinal
Primulaceae	Trientalis latifolia	Starflower	Edible

Columbines School of Botanical Studies
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* and *Clintonia uniflora*

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*.

Low Elevation Coniferous Woods

Changes