

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

June 22-23, 24-25, 27-28 2017

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	Seen
Araceae			
	Lysichiton americanus (L. americanum)	+/- Edible	X
Liliaceae			
	Calochortus subalpinus	No Pick	X
	Calochortus tolmiei	No Pick	X
	Clintonia uniflora	Poisonous?	X
	Erythronium grandiflorum	No Pick	X
	Erythronium oregonum	No Pick	
	Lilium columbianum	No Pick	X
	Lilium washingtonianum	No Pick	
	Prosartes hookeri (Disporum hookeri)	+/- Edible	X
	Streptopus amplexifolius	+/- Edible	X
	Streptopus lanceolatus (S. roseus)	+/- Edible	
Asparagaceae (Liliaceae)			
	Brodiaea elegans	No Pick	
	Dichelostemma congestum (Brodiaea congesta)	No Pick	X
	Maianthemum dilatatum	False Wild Lily of the Valley	Poisonous, Medicinal
	Maianthemum racemosum (Smilacina racemosa)		
	Maianthemum stellatum (Smilacina stellata)	+/- Edible, Medicinal	X
Melanthiaceae (Liliaceae)			
	Anticlea occidentalis (Stenanthium occidentale)	No Pick	
	Trillium ovatum	No Pick	X

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Family	Name	Uses	Seen
Veratrum sp.	False Hellebore	Poisonous, Medicinal	
Xerophyllum tenax	Beargrass	Edible	X
Tofieldiaceae (Liliaceae)			
Triantha occidentalis (Tofieldia glutinosa)	Tofieldia	No Pick	
Iridaceae			
Iris chrysophylla	Slender Tubed Iris	Poisonous, Medicinal	
Iris tenax	Iris, Blue Flag	Poisonous, Medicinal	
Sisyrinchium bellum (Sisyrinchium angustifolium)	Blue-eyed Grass		X
Orchidaceae			
Calypso bulbosa	Calypso Orchid	No Pick	X
Cephalanthera austinae (Eburophyton austinae)	Phantom Orchid	No Pick	
Corallorhiza maculata	Spotted Coral Root	No Pick	X
Corallorhiza mertensiana	Purple or Western Coral Root	No Pick	
Corallorhiza striata	Striped Coral Root	No Pick	X
Goodyera oblongifolia	Rattlesnake Plantain	No Pick	
Neottia banksiana (Listera caurina)	Large Twayblade	No Pick	X
Neottia cordata (Listera cordata)	Twayblade	No Pick	X
Platanthera dilatata (Habenaria dilatata)	White Rein Orchid	No Pick	
Platanthera sp. (Habenaria sp.)	Green Rein Orchid	No Pick	
Platanthera unalascensis (Habenaria unalascensis)	Slender Spire Rein Orchid	No Pick	
Spiranthes romanzoffiana	Ladies Tresses, Twisted Sister	No Pick	
Aristolochiaceae			
Asarum caudatum	Wild Ginger	Edible, Medicinal	X
Salicaceae			
Salix sp.	Willow	Medicinal	
Polygonaceae			
Eriogonum umbellatum	Wild Buckwheat	Edible	
Polygonum bistortoides	Mountain Bistort	Edible, Medicinal	X
Rumex acetosella	Sheep Sorrel	Edible, Medicinal	
Portulacaceae			
Claytonia lanceolata	Spring Beauty	Edible	X

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Family	Name	Uses	Seen
	Lewisia triphylla	Alpine Lewisia	Edible
	Montia cordifolia	Heart Leafed Montia	Choice Edible
	Montia parvifolia	Small Leaf Montia	Edible X
	Montia perfoliata	Miner's Lettuce	Choice Edible X
	Montia sibirica	Candy Flower	Choice Edible X
	Spraguea umbellata	Pussy Paws	Medicinal
Caryophyllaceae			
	Arenaria macrophylla	Sandwort	X
Ranunculaceae			
	Aconitum columbianum	Monkshood	Poisonous, Medicinal X
	Actaea rubra	Baneberry	Poisonous, Medicinal X
	Anemone deltoidea	Large Windflower	Poisonous X
	Anemone lyallii	Small Windflower	Poisonous X
	Aquilegia formosa	Columbine	Poisonous X
	Caltha biflora	Marsh Marigold	Edible, Medicinal X
	Coptis laciniata	Goldthread	Medicinal
	Delphinium menziesii	Larkspur	Poisonous X
	Delphinium sp.	Larkspur	Poisonous
	Ranunculus occidentalis var occidentalis	Western Buttercup	Poisonous X
	Ranunculus populago	Marsh Buttercup	Poisonous X
	Ranunculus repens	Weedy Buttercup	Poisonous X
	Ranunculus sp.	Marsh Buttercup	Poisonous
	Ranunculus uncinatus	Woods Buttercup	Poisonous
	Thalictrum sp.	Meadow-rue	Poisonous X
Berberidaceae			
	Achlys triphylla	Vanilla Leaf	Edible X
	Berberis aquifolium	Tall Oregon Grape	Edible, Medicinal X
	Berberis nervosa	Mountain Oregon Grape	Edible, Medicinal X
	Vancouveria hexandra	Inside Out Flower	Edible X
Fumariaceae			
	Dicentra formosa	Bleeding Heart	Poisonous, Medicinal
	Dicentra uniflora	Steer's Head	Poisonous, Medicinal
Brassicaceae (Cruciferae)			
	Yellow unidentified mustard		Poisonous
Crassulaceae			
	Sedum sp.	Stonecrop	Edible X

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Family	Name	Uses	Seen	
Saxifragaceae				
	Boykinia elata	Boykinia	Edibility unknown	X
	Heuchera micrantha	Alum Root	Edible, Medicinal	
	Mitella breweri	Bishop's Cap, Mitrewort	Edibility unknown	X
	Mitella caulescens	Large Bishops Cap	Edibility unknown	
	Mitella ovalis	Small Bishop's Cap	Edibility unknown	
	Saxifraga mertensiana	Saxifrage	Edible	
	Saxifraga sp.	Saxifrage	Edible	
	Tellima grandiflora	Fringecup	Edibility unknown	
	Tiarella trifoliata spp. unifoliata	Coolwort	Edibility unknown	X
	Tolmiea menziesii	Youth on Age	Edibility unknown	X
Grossulariaceae				
	Ribes bracteosum	Stinking Black Currant	Edible, Medicinal	
	Ribes lacustre	Swamp Currant	Edible, Medicinal	X
	Ribes lobbbii	Gummy Gooseberry	Edible, Medicinal	
	Ribes sanguineum	Red Flowering Currant	Edible, Medicinal	
	Ribes viscosissimum	Sticky Currant	Edible, Medicinal	X
Hydrangeaceae				
	Whipplea modesta	Whipple Vine	Edibility unknown	X
Rosaceae				
	Amelanchier alnifolia	Serviceberry	Choice Edible	X
	Aruncus sylvester	Goatsbeard	Edibility unknown	X
	Fragaria vesca	Wild Strawberry	Choice Edible, Medicinal	X
	Geum macrophyllum	Avens	Medicinal	
	Oemleria cerasiformis	Osoberry	Choice Edible	X
	Physocarpus capitatus	Ninebark	Fiber	
	Potentilla sp. (2)	Potentilla	Medicinal	X
	Prunus emarginata	Wild Cherry	Edible, Medicinal	
	Rosa sp.	Wild Rose	Edible, Medicinal	X
	Rubus lasiococcus	Trailing Raspberry	Edible, Medicinal	
	Rubus parviflorus	Thimbleberry	Edible, Medicinal	X
	Rubus spectabilis	Salmonberry	Edible, Medicinal	
	Rubus ursinus	Blackberry	Edible, Medicinal	X
	Sorbus scopulina	Mountain Ash	Edible, Medicinal	X
	Spiraea sp.	Spirea	Medicinal	
Fabaceae (Leguminosae)				
	Cytisus monspessulanus	Moonlight Broom	Poisonous	
	Cytisus scoparius	Scotch Broom	Poisonous	X

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Family	Name	Uses	Seen
Lathyrus sp.	Pea	Poisonous	X
Lupinus sp. (2)	Lupine	Poisonous	X
Trifolium pratense	Red Clover	Edible, Medicinal	X
Trifolium repens	White Clover	Edible	
Trifolium wormskjoldii	Wild Clover	Edible, Medicinal	X
Unidentified Fabaceae		Poisonous	
Vicia sp.	Vetch	Poisonous	X
Oxalidaceae			
Oxalis oregana	Oxalis, Wood Sorrel	Choice Edible	
Oxalis suksdorfii	Oxalis, Wood Sorrel	Choice Edible	X
Celastraceae			
Pachystima myrsinites	Oregon Box	Ornamental	X
Aceraceae			
Acer circinatum	Vine Maple	Edible	X
Acer glabrum var. douglasii	Maple	Edible	
Acer macrophyllum	Big leaf Maple	Edible	
Rhamnaceae			
Ceanothus integerrimus	Red Root	Soap/Medicinal	
Ceanothus velutinus	Red Root	Soap/Medicinal	X
Hypericaceae			
Hypericum formosum	Native St. John's Wort	Medicinal	
Hypericum perforatum	St. John's Wort	Medicinal	
Violaceae			
Viola adunca	Field Violet	Choice Edible	X
Viola glabella	Woods Violet	Choice Edible	X
Viola nutallii	Prairie Violet	Choice Edible	
Viola orbiculata	Dark Woods Violet	Choice Edible	X
Viola palustris	Marsh Violet	Choice Edible	
Viola sp.	Violet	Choice Edible	
Onagraceae			
Circaea alpina	Enchanter's Nightshade		X
Clarkia sp.	Farewell to Spring		
Epilobium angustifolium	Fireweed	Edible, Medicinal	
Araliaceae			
Oplopanax horridum	Devil's Club	Medicinal	

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Family	Name	Uses	Seen
Apiaceae (Umbelliferae)			
	Angelica sp.	Angelica	Medicinal
	Heracleum lanatum	Cow parsnip	Medicinal X
	Ligusticum grayi	Oshala	Edible, Medicinal
	Lomatium martindalei	Biscuit Root	Edible X
	Lomatium utriculatum	Biscuit Root	Edible
	Osmorhiza chilensis	Sweet Cicely	Edible, Spice, Medicinal X
	Osmorhiza occidentalis	Sweet Root	Spice, Medicinal X
	Unidentified white Umbelliferae	Poisonous	
Cornaceae			
	Cornus canadensis	Bunchberry	Edible X
	Cornus nuttallii	Dogwood	Medicinal X
Ericaceae			
	Allotropa virgata	Candy Stripe	No Pick
	Arbutus menziesii	Madrone	Edible, Medicinal
	Arctostaphylos columbiana	Hairy Manzanita	Edible, Medicinal
	Arctostaphylos nevadensis	Kinnikkinnik	Edible, Medicinal X
	Arctostaphylos patula	Manzanita	Edible, Medicinal
	Chimaphila menziesii	Baby Pipsissewa	Edible, Medicinal X
	Chimaphila umbellata	Pipsissewa	Edible, Medicinal
	Gaultheria ovatifolia	Slender Wintergreen	Edible, Medicinal X
	Gaultheria shallon	Salal	Edible, Medicinal X
	Hemitomes congestum	Gnome-Plant	No Pick
	Hypopitys monotropa	Pinesap	No Pick
	Kalmia occidentalis	Swamp Laurel	Poisonous
	Menziesia ferruginea	Fool's Huckleberry	Poisonous
	Monotropa uniflora	Indian Pipe	No Pick
	Pleuricospora fimbriolata	Fringed Pinesap	No Pick
	Pterospora andromedea	Pinedrops	No Pick X
	Pyrola asarifolia ssp. aphylla	Pyrola	Edible, Medicinal
	Pyrola picta	White-Veined Pyrola	Edible, Medicinal X
	Pyrola picta spp. aphylla	Saprophytic Pyrola	No Pick X
	Pyrola secunda	Pyrola	Edible, Medicinal X
	Rhododendron macrophyllum	Rhododendron	Poisonous X
	Vaccinium caespitosum	Dwarf Huckleberry	Choice Edible, Medicinal X
	Vaccinium membranaceum	Tall Huckleberry	Choice Edible, Medicinal X
	Vaccinium parvifolium	Red Huckleberry	Choice Edible, Medicinal X
	Vaccinium scoparium	Grouseberry	Choice Edible, Medicinal
	Vaccinium uliginosum	Huckleberry	Choice Edible, Medicinal X

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Family	Name	Uses	Seen
Primulaceae			
	<i>Dodecatheon jeffreyi</i>	Shooting Star	Edible X
	<i>Trientalis latifolia</i>	Starflower	Edible X
Gentianaceae			
	<i>Centaureum umbellatum</i>	Centaury	Medicinal
	<i>Menyanthes trifoliata</i>	Bogbean	Medicinal
Polemoniaceae			
	<i>Gilia aggregata</i>	Sky Rocket Gilia	Unknown Edibility
	<i>Gilia capitata</i>	Bluefield Gilia	Unknown Edibility
	<i>Polemonium carneum</i>	Jacob's Ladder	Unknown Edibility X
Hydrophyllaceae			
	<i>Hydrophyllum fendleri</i>	Waterleaf	Choice Edible X
	<i>Hydrophyllum tenuipes</i>	Waterleaf	Choice Edible
	<i>Nemophila parviflora</i>	Wood Nemophila	Unknown Edibility
	<i>Phacelia</i> sp.	Phacelia	Edible
	<i>Romanzoffia</i> sp.	Mist Maiden	Edible
Boraginaceae			
	<i>Mertensia paniculata</i>	Oregon Bluebells	Medicinal (PA's) X
	<i>Mertensia</i> sp.	Oregon Bluebells	Medicinal (PA's)
	unidentified forget me not like flower		Poisonous
Lamiaceae (Labiatae)			
	<i>Prunella vulgaris</i>	Self-Heal	Edible, Medicinal X
	<i>Prunella vulgaris forma alba</i>	Albino Self-Heal	Edible, Medicinal
	<i>Satureja douglasii</i>	Yerba Buena	Edible, Medicinal X
	<i>Stachys</i> sp.	Woundwort	Edible, Medicinal
Scrophulariaceae			
	<i>Castilleja miniata</i>	Paintbrush	Edible w/ caution X
	<i>Collinsia grandiflora</i>	Large Blue Eyed Mary	Edibility unknown
	<i>Collinsia parviflora</i>	Small Blue Eyed Mary	Edibility unknown
	<i>Digitalis purpurea</i>	Foxglove	Poisonous
	<i>Mimulus alsinoides</i>	Baby Monkey Flower	Edible
	<i>Mimulus guttatus</i>	Common Monkeyflower	Edible X
	<i>Mimulus moschatus</i>	Musk Monkeyflower	Edible X
	<i>Orthocarpus hispidus</i>	Owl's Clover	Edible
	<i>Pedicularis bracteosa</i>	Cobra's Head	Medicinal X
	<i>Pedicularis contorta</i>	Lousewort	Medicinal X

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Family	Name	Uses	Seen	
	<i>Pedicularis groenlandica</i>	Elephant's Head	Medicinal	X
	<i>Pedicularis racemosa</i>	Parrot's Beak	Medicinal	X
	<i>Penstemon cardwellii</i>	Penstemon	Medicinal	X
	<i>Penstemon</i> sp.	Woodland Penstemon	Medicinal	
	<i>Synthyris reniformis</i>	Snow Queen	Edibility unknown	
	<i>Verbascum thapsus</i>	Mullein	Medicinal	
	<i>Veronica officinalis</i>	Speedwell	Edible, Medicinal	X
	<i>Veronica</i> sp.	Speedwell	Edible, Medicinal	
Plantaginaceae				
	<i>Plantago</i> sp.	Plantain	Edible, Medicinal	
Rubiaceae				
	<i>Gallium oreganum</i>	Bedstraw, Cleavers	Edible, Medicinal	X
	<i>Gallium</i> sp.	Bedstraw, Cleavers	Edible, Medicinal	
	<i>Gallium triflorum</i>	Bedstraw, Cleavers	Edible, Medicinal	X
Caprifoliaceae				
	<i>Linnaea borealis</i> var. <i>longifolia</i>	Twinflower	Edibility unknown	
	<i>Lonicera ciliosa</i>	Honeysuckle	Edibility unknown	X
	<i>Lonicera involucrata</i>	Twinberry	Edible	X
	<i>Sambucus racemosa</i>	Red Elder	Medicinal	X
	<i>Symphoricarpos albus</i>	Snowberry		
Valerianaceae				
	<i>Plectritis congesta</i>	Corn Salad	Edible, Medicinal	
	<i>Valeriana scouleri</i>	Valerian	Edible, Medicinal	X
	<i>Valeriana sitchensis</i>	Valerian	Edible, Medicinal	X
Campanulaceae				
	<i>Campanula scouleri</i>	Harebell	Edibility unknown	X
Asteraceae (Compositae)				
	<i>Achillea millefolium</i>	Yarrow	Medicinal	
	<i>Adenocaulon bicolor</i>	Pathfinder		X
	<i>Agoseris aurantiaca</i>	Orange Mountain Dandelion		X
	<i>Anaphalis margaritacea</i>	Pearly Everlasting	Medicinal	
	<i>Antennaria microphylla</i>	Rosy Pussy-Toes	Medicinal	X
	<i>Arnica</i> sp.	Arnica	Medicinal	
	<i>Aster alpigenus</i>	Aster	Poisonous	
	<i>Bellis perennis</i>	Field daisy	Edible	
	<i>Chrysanthemum leucanthemum</i>	Ox Eye Daisy	Edible, Medicinal	X
	<i>Cirsium</i> sp.	Thistle	Edible	

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Family	Name	Uses	Seen
Crocidium multicaule	Goldfields	Edibility unknown	
DYC	DYC	Poisonous	
Eriophyllum lanatum	Oregon Sunshine	Edibility unknown	
Hieracium albiflorum	Hawkweed	Edibility unknown	
Hypochaeris radicata	Fake Dandelion	Edible	X
Petasites frigidus	Western Coltsfoot	Edible (PA's)	
Senecio sp.	Groundsel	Poisonous (PA's)	X
Senecio triangularis	Arrow Leaf Groundsel	Poisonous (PA's)	X
Taraxacum officinale	Dandelion	Edible, Medicinal	
Tragopogon pratensis	Oyster Plant	Edible	

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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: *Brodiaea congesta* and *Rhododendron macrophyllum* from the beginning of the synoptical 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 burn south facing slopes on ridges to create "prairies" full of food, medicine, and fiber. Fields of *Xerophyllum tenax* typify these.

Tasted *Claytonia lanceolata* corms

Middle Elevation Meadows

Locating *Valeriana sitchensis*

Locating *Pedicularis groenlandica*

Locating *Pedicularis bracteosa*

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 Walk: Trees as big as small redwoods

Low Elevation Riparian Zone

Many new plants

Low Elevation Disturbed Areas

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