

Columbines School of Botanical Studies  
Spring Apprenticeship Program  
Trip #1 Introduction

April 13, 14, 2018

Low Elevation Riparian Zone and Coniferous Woods  
1421', 1481', 2000'

Family	Genus	Name	Uses
<b>Melanthiaceae (Liliaceae)</b>	Trillium ovatum	<b>Birth Root</b>	No Pick
<b>Aristolochiaceae</b>	Asarum caudatum	<b>Wild Ginger</b>	Edible, Medicinal
<b>Ranunculaceae</b>	Anemone lyallii	<b>Small Windflower</b>	Poisonous
<b>Fumariaceae</b>	Dicentra formosa	<b>Bleeding Hearts</b>	Poisonous
<b>Rosaceae</b>	Oemleria cerasiformis	<b>Osoberry</b>	Edible
<b>Oxalidaceae</b>	Oxalis oregana	<b>Oxalis</b>	Edible (Choice)
<b>Violaceae</b>	Viola glabella	<b>Woods Violet</b>	Edible (Choice)
<b>Apiaceae (Umbelliferae)</b>	Lomatium utriculatum	<b>Spring Gold, Biscuit Root</b>	Edible
<b>Scrophulariaceae</b>	Mimulus alsinoides	<b>Baby Monkey Flower</b>	Edible
	Synthyris reniformis	<b>Snow Queen</b>	Edibility unknown
<b>Valerianaceae</b>	Valeriana scouleri	<b>Low-elevation Valerian</b>	Medicinal
<b>Asteraceae (Compositae)</b>	Crocidium multicaule	<b>Gold Fields</b>	Poisonous?
	Petasites frigidus	<b>Western Coltsfoot</b>	Edible, Medicinal (PA's)

**Columbines School of Botanical Studies**  
**Field Trip #1**  
**Introduction to Low Elevation**

Forest Service Road Numbers: What do they mean?

Tasted *Viola glabella*, *Valeriana scouleri*, *Oemleria cerasiformis*, *Oxalis oregana*,  
*Mimulus alsinoides*, and *Asarum caudatum*

**Botany**

Plant Names: Family, genus, species, common

4 whorls of the flower

Asteraceae formally known as Compositae: flowers in heads

Apiaceae formally known as Umbelliferae: flowers in umbels

Scrophulariaceae: Two petals on the top, three on the bottom

**Low Elevation Coniferous Woods**

Oregon Grape/Salal balance

Oregon Grape locating

Big Three of the low elevation coniferous woods: *Trillium ovatum*, *Anemone lyallii*,  
and *Viola glabella*

**Low Elevation Riparian Zone**

Valerian Locating

Valerian Ecology