

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #3 Orchidaceae

April 27, 28, 2018

Low Elevation Riparian Zone and Coniferous Woods 1500', 2000'

| Family | Genus | Name | Uses |
|----------------------------------|--------------------------------------|------------------------------|------------------------------------|
| Liliaceae | Prosartes hookeri (Disporum hookeri) | Fairy Bells | Edible, Cathartic |
| Melanthiaceae (Liliaceae) | Trillium ovatum | Birth Root | No Pick |
| Orchidaceae | Calypso bulbosa | Calypso Orchid | No Pick |
| | Neottia cordata (Listera cordata) | Twayblade | No Pick |
| Aristolochiaceae | Asarum caudatum | Wild Ginger | Edible, Medicinal, Spice |
| Portulacaceae | Montia perfoliata | Miner's Lettuce | Edible (choice) |
| | Montia sibirica | Candyflower | Edible (choice) |
| Ranunculaceae | Anemone lyallii | Small Windflower | Poisonous |
| Berberidaceae | Berberis nervosa | Mountain Oregon Grape | Edible, Medicinal |
| Fumariaceae | Dicentra formosa | Bleeding Hearts | Poisonous |
| Grossulariaceae | Ribes sanguineum | Red Flowering Currant | Edible |
| Rosaceae | Fragaria vesca | Wild Strawberry | Edible (choice) |
| | Oemleria cerasiformis | Osoberry | Edible |
| Oxalidaceae | Oxalis oregana | Oxalis | Edible (choice) |
| Aceraceae | Acer circinatum | Vine Maple | Edible |
| | Acer macrophyllum | Big leaf Maple | Edible (choice) |
| Violaceae | Viola glabella | Woods Violet | Edible (choice) |
| Cornaceae | Cornus nuttallii | Dogwood | Medicinal |
| Ericaceae | Vaccinium parvifolium | Red Huckleberry | Edible (Choice), Medicinal |
| Scrophulariaceae | Synthyris reniformis | Snow Queen | Edibility unknown |
| Asteraceae (Compositae) | Petasites frigidus | Western Coltsfoot | Edible, Medicinal w/caution (PA's) |

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Field Trip #3
Orchidaceae

Botany

Orchidaceae family description

Calypso genus description

Neottia (Listera) genus description

Keyed out: *Calypso bulbosa* and *Neottia cordata (Listera cordata)*

Cornaceae: Flowers in heads, a whorl of bracts that look like petals (petaloid)

Asteraceae: Flowers in heads, a whorl of bracts that look like sepals

Fumariaceae: two sets of three stamens

Violaceae: two petals on top, three petals on bottom; free or distinct; uniquely irregular

Scrophulariaceae: two lobes on top, three lobes on bottom; united, fused, or connate; uniquely irregular

Aceraceae: fruit is a double samara

Low Elevation Coniferous Woods

Changes from last week

Tasted *Acer macrophyllum* panicles

Scanning techniques for plant locating: *Calypso bulbosa*

“Although our orchids offer a strong temptation to the transplanter of native flora, they should be left strictly alone in their native habitat in the hope that they will somehow be preserved for others to see and enjoy. Most of the showy species, but especially *Calypso* and species of *Cypripedium*, are becoming rare if not already obliterated in most areas. The person who cannot resist the temptation to move native orchids into his garden will surely regret his covetousness if he has a conscience because they do not do well in cultivation, and will persist but a few seasons at best.”

--C. Leo Hitchcock