

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #10 Pedicularis

June 22, 23, 2018

Middle Elevation Coniferous Woods, Riparian, and Meadow 3900'

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

Family	Genus	Name	Uses
Araceae	Lysichiton americanus (L. americanum)	Skunk Cabbage	+/- Edible
Liliaceae	Clintonia uniflora	Queen's Cup	Edibility Unknown
	Prosartes hookeri (Disporum hookeri)	Fairy Bells	+/- Edible berries
	Streptopus amplexifolius	Twisted Stalk	+/- Edible
	Streptopus lanceolatus (S. roseus)	Rosy Twisted Stalk	+/- Edible
Asparagaceae (Liliaceae)	Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal	Medicinal
	Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal	Medicinal
Melanthiaceae (Liliaceae)	Trillium ovatum	Trillium	No Pick
Portulacaceae	Montia cordifolia	Heart Leafed Montia	Choice Edible
	Montia sibirica	Candy Flower	Edible
Ranunculaceae	Actaea rubra	Baneberry	Poisonous, Medicinal
	Anemone deltoidea	Large Windflower	Poisonous
	Caltha biflora	Marsh Marigold	Edible, Medicinal
	Coptis laciniata	Gold thread	Medicinal
	Ranunculus populago	Marsh Buttercup	Poisonous
Berberidaceae	Achlys triphylla	Vanilla Leaf	Edible
	Berberis nervosa	Oregon Grape	Edible, Medicinal
Fumariaceae	Dicentra formosa	Bleeding Hearts	Poisonous
Grossulariaceae	Ribes bracteosum	Stinking Black Currant	Edible, Medicinal

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Grossulariaceae	Ribes lacustre	Swamp Currant	Edible, Medicinal
Rosaceae	Rubus spectabilis	Salmon Berry	Edible (Choice), Medicinal
Violaceae	Viola glabella	Woods Violet	Edible
	Viola palustris	Marsh Violet	Edible
Araliaceae	Oplopanax horridum	Devil's Club	Medicinal
Cornaceae	Cornus canadensis	Bunchberry	Edible, Medicinal
Ericaceae	Chimaphila menziesii	Small Pipsisewa	Medicinal
	Menziesia ferruginea	Fool's Huckleberry	Poisonous
	Pyrola asarifolia	Pyrola	Medicinal
	Vaccinium ovalifolium	Huckleberry	Edible (Choice), Medicinal
Primulaceae	Dodecatheon jeffreyi	Shooting Star	Edible
Boraginaceae	Mertensia paniculata	Oregon Bluebells	Edible, Medicinal
Scrophulariaceae	Pedicularis groenlandica	Elephant's Head	Medicinal
Asteraceae (Compositae)	Senecio triangularis	Arrow Leafed Grounel	Poisonous (PA's)
Animal Interactions	Elk ate Lysitchiton		

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Field Trip #10
Pedicularis groenlandica

Wildcrafting Principle: The *Pedicularis groenlandica* was in full bloom in some spots, in bud in others, and in leaf in other spots in the same meadow. This meadow will not bloom all at once, If you miss the *Pedicularis* in one spot, it will be blooming in another. If you are late to harvest, look in the shadier spots of the meadow. If you are early, look in the sunnier spots.

Cattle and elk graze the area we were in every year starting July. You can use this to help determine how fragile the ecosystem is, what plants can survive grazing, and other ecological information needed for determining how much and in what way to harvest. Also take into account the "damage" from the herds of elk sleeping and eating in these meadows. It may look like damage, but every year the plants come back fresh, with no sign of real damage.

It's easy to gather plants; the hard part is not gathering.

Botany

Keyed out: *Anemone deltoidea* to family, *Montia cordifolia*, and *Cornus canadensis*

Middle Elevation Coniferous Woods

Located and tasted *Pedicularis racemosa*
Tasted *Coptis laciniata*
Following game trails

Middle Elevation Meadows

Hydrophyllum tenuipes vs. poison look alike Ranunculaceae genera (*Ranunculus* sp., *Aconitum columbianum*).

Using game trails to find stands of *Pedicularis groenlandica*.

Located and tasted *Pedicularis groenlandica*

Tasted *Dodecatheon jeffreyi*