

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #7 Meadow Locating Techniques

June 1, 2, 2018

[Back to Plantlist Page](#)

Middle Elevation Coniferous Woods, Meadows, and Riparian 3200'

Middle Elevation Coniferous Woods, Meadows, and Riparian 3600'

Middle Elevation Coniferous Woods, Meadows, and Riparian 3400'

| Family | Genus | Name | Uses |
|----------------------------------|---|--|--|
| Araceae | Lysichiton americanus (L. americanum) | Skunk Cabbage | +/- Edible |
| Liliaceae | Prosartes hookeri (Disporum hookeri) | Fairy Bells | Cathartic |
| Melanthiaceae (Liliaceae) | Trillium ovatum | Trillium | No Pick |
| Caryophyllaceae | Arenaria macrophylla | Large Sandwort | |
| Ranunculaceae | Anemone lyallii Caltha biflora Ranunculus populago | Small Windflower Marsh Marigold Marsh Buttercup | Poisonous Edible, Medicinal Poisonous |
| Berberidaceae | Achlys triphylla | Vanilla Leaf | Edible, Medicinal |
| Fumariaceae | Dicentra formosa | Bleeding Hearts | Poisonous |
| Grossulariaceae | Ribes lacustre Ribes lobbii | Swamp Currant Gummy gooseberry | Edible Edible |
| Rosaceae | Fragaria cf. virginiana Rubus spectabilis | Wild Strawberry Salmonberry | Edible, Medicinal Edible, Medicinal |
| Celastraceae | Pachystima myrsinites | Oregon Box | Ornamental |
| Violaceae | Viola adunca Viola glabella Viola nutallii Viola palustris | Field Violet Woods Violet Prairie Violet Marsh Violet | Choice Edible Choice Edible Choice Edible Choice Edible |
| Ericaceae | Vaccinium membranaceum Vaccinium ovalifolium | Huckleberry Huckleberry | Edible, Medicinal Edible, Medicinal |
| Primulaceae | Dodecatheon jeffreyi | Shooting Star | Edible |
| Scrophulariaceae | Pedicularis groenlandica | Elephant's Head | Medicinal |
| Valerianaceae | Valeriana sitchensis | Valerian | Medicinal |

Columbines School of Botanical Studies
 Spring Apprenticeship Program
 Trip #7 Meadow Locating Techniques

| Family | Genus | Name | Uses |
|-------------------------|--------------------|-------------------|-----------------------------|
| Asteraceae (Compositae) | Petasites frigidus | Western Coltsfoot | Edible w caution, Medicinal |

- Animal Interactions**
- Beaver chews
 - Beaver constructions in creek
 - Bedding spots
 - Brown frogs
 - Elk ate Lysichiton americanus
 - Elk scat
 - Elk scat (Runny)
 - Frog symphonies
 - Giant ant hill (2)
 - Natural oil slicks
 - Vole mounds

Columbines School of Botanical Studies
Meadow Locating Techniques
Trip #7

Wildcrafting Principle: Locate and explore meadows early for later harvesting. We are always wildcrafting, even when we do not harvest

Time travel: You can move north or south, up or down in elevation, to a sunnier or shadier spot, or come back later or next year to locate a certain time in a plant's life cycle

Big Three is not only a plant association that can tell you the ecosystem; it is a point in time used as a reference for time traveling

Wilderness Areas: Concepts and discussion

Botany

Keyed out: *Viola glabella*, *Viola nutallii* and *Caltha biflora*

Violaceae: Uniquely irregular flower, two petals on top, three petals on the bottom, petals distinct or polypetalous, five stamens united by their anthers

Rosaceae: Many stamens, floral cup (perigynous), leaves have stipules

Ranunculaceae: Many stamens, no floral cup (hypogynous), sepals often petaloid

Sedges have edges; rushes are round, grasses have joints

Middle Elevation Coniferous Woods

The Big Three of the Middle Elevation Coniferous Woods

- 1.
- 2.
- 3.

Middle Elevation Meadows

Big Three of the Middle Elevation Meadows

- 1.
- 2.
- 3.

Exploring meadows

1. Creeks and waterways
2. Game trails
3. Fallen Trees

Locating and exploring meadows, careful about getting outside the deciduous layer, it may be easier going into the woods, but you might not be able to get back into the meadow

Locating *Pedicularis groenlandica*

Gazed at the viscid stalked glands of the insectivorous bog plant, *Drosera rotundifolia*

Introduction to *Valeriana sitchensis*

Introduction to *Veratrum* spp.

Middle Elevation Riparian

Introduction to *Artemisia douglasiana*