

Columbines School of Botanical Studies  
Spring Apprenticeship Program  
Trip #8 Advanced Meadow Locating

June 8, 9, 2018

Low Elevation Riparian Zone and Coniferous Woods 1500', 2570'  
Middle Elevation Coniferous Woods, Riparian, and Meadows 3750'  
<http://www.botanicalstudies.net/botany/plantlists.php>

Family	Genus	Name	Uses
<b>Araceae</b>	Lysichiton americanus (L. americanum)	<b>Skunk Cabbage</b>	+/- Edible
<b>Liliaceae</b>	Erythronium oregonum	<b>Fawn Lily</b>	No Pick
	Prosartes hookeri (Disporum hookeri)	<b>Fairy Bells</b>	+/- Edible berries
	Streptopus amplexifolius	<b>Twisted Stalk</b>	+/- Edible
<b>Asparagaceae (Liliaceae)</b>	Maianthemum dilitatum	<b>False Lily of the Valley</b>	Poisonous
	Maianthemum racemosum (Smilacina racemosa)	<b>Large False Solomon's Seal</b>	Medicinal
	Maianthemum stellatum (Smilacina stellata)	<b>Small False Solomon's Seal</b>	Medicinal
<b>Melanthiaceae (Liliaceae)</b>	Trillium ovatum	<b>Trillium</b>	No Pick
<b>Iridaceae</b>	Iris tenax	<b>Iris</b>	Medicinal
<b>Aristolochiaceae</b>	Asarum caudatum	<b>Wild Ginger</b>	Spice, Medicinal
<b>Portulacaceae</b>	Montia parvifolia	<b>Small Leaf Montia</b>	Edible
	Montia sibirica	<b>Candy Flower</b>	Edible
<b>Ranunculaceae</b>	Actaea rubra	<b>Baneberry</b>	Poisonous, Medicinal
	Anemone deltoidea	<b>Large Windflower</b>	Poisonous
	Anemone lyallii	<b>Small Windflower</b>	Poisonous
	Caltha biflora	<b>Marsh Marigold</b>	Edible, Medicinal
	Coptis laciniata	<b>Gold thread</b>	Medicinal
	Ranunculus populago	<b>Marsh Buttercup</b>	Poisonous
	Ranunculus uncinatus	<b>Woods Buttercup</b>	Poisonous

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Family	Genus	Name	Uses
<b>Berberidaceae</b>	Achlys triphylla	<b>Vanilla Leaf</b>	Edible
	Berberis nervosa	<b>Oregon Grape</b>	Edible, Medicinal
	Vancouveria hexandra	<b>Inside Out Flower</b>	Edible
<b>Fumariaceae</b>	Dicentra formosa	<b>Bleeding Hearts</b>	Poisonous
<b>Crassulaceae</b>	Sedum oreganum	<b>Stonecrop</b>	Edible
<b>Saxifragaceae</b>	Heuchera micrantha	<b>Alum Root</b>	Edible, Medicinal
	Saxifraga mertensiana	<b>Rock Saxifrage</b>	Edible
	Tellima grandiflora	<b>Fringecup</b>	Edibility Unknown
	Tiarella trifoliata ssp. unifoliata	<b>Coolwort</b>	Edibility Unknown
	Tolmiea menziesii	<b>Youth on Age</b>	Edibility Unknown
<b>Grossulariaceae</b>	Ribes bracteosum	<b>Stinking Black Currant</b>	Edible, Medicinal
	Ribes lacustre	<b>Swamp Currant</b>	Edible, Medicinal
<b>Rosaceae</b>	Geum macrophyllum	<b>Avens</b>	Medicinal
	Rosa sp.	<b>Wild Rose</b>	Edible, Medicinal
	Rubus parviflorus	<b>Thimbleberry</b>	Edible (Choice), Medicinal
	Rubus spectabilis	<b>Salmon Berry</b>	Edible (Choice), Medicinal
	Rubus ursinus	<b>Blackberry</b>	Edible (Choice), Medicinal
<b>Fabaceae (Leguminosae)</b>	Lupinus sp.	<b>Lupine</b>	Poisonous
<b>Oxalidaceae</b>	Oxalis oregana	<b>Wood Sorrel</b>	Edible
<b>Aceraceae</b>	Acer circinatum	<b>Vine Maple</b>	Edible
	Acer macrophyllum	<b>Big leaf Maple</b>	Edible
<b>Violaceae</b>	Viola glabella	<b>Woods Violet</b>	Edible

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Family	Genus	Name	Uses
<b>Violaceae</b>	<i>Viola palustris</i>	<b>Marsh Violet</b>	Edible
<b>Araliaceae</b>	<i>Oplopanax horridum</i>	<b>Devil's Club</b>	Medicinal
<b>Apiaceae (Umbelliferae)</b>	<i>Osmorhiza chilensis</i>	<b>Sweet Cicely</b>	Edible, Medicinal
<b>Ericaceae</b>	<i>Vaccinium ovalifolium</i>	<b>Huckleberry</b>	Edible (Choice), Medicinal
<b>Primulaceae</b>	<i>Dodecatheon jeffreyi</i>	<b>Shooting Star</b>	Edible
<b>Boraginaceae</b>	<i>Mertensia paniculata</i>	<b>Oregon Bluebells</b>	Edible, Medicinal
<b>Scrophulariaceae</b>	<i>Pedicularis groenlandica</i>	<b>Elephant's Head</b>	Medicinal
<b>Caprifoliaceae</b>	<i>Lonicera ciliosa</i>	<b>Trailing Honeysuckle</b>	Edible Nectar
<b>Asteraceae (Compositae)</b>	<i>Senecio triangularis</i>	<b>Arrow Leafed Grounel</b>	Poisonous (PA's)
<b>Animal Interactions</b>	<i>Taricha granulosa</i> Vole Mounds	<b>Orange Bellied Newt</b>	

**Columbines School of Botanical Studies  
Field Trip #8  
Advanced Meadow Locating Techniques**

**Botany**

- ☾ Keyed out: *Maianthemum dilatatum*
- ☾ Saxifragaceae: Herbs, split ovary, palmately lobed and veined leaves, 5 or 10 stamens on a floral cup
- ☾ Boraginaceae: Scorpioid inflorescence, alternate leaves

**Low Elevation Coniferous Woods**

- ☾ Many changes
- ☾ *Anemone deltoidea* replacing *A. lyallii*

**Middle Elevation Coniferous Woods**

- ☾ The Big Three of the middle elevation coniferous woods
- ☾ Introduction to *Oplopanax horridus*
- ☾ Old growth ecosystem
- ☾ Tasted *Pedicularis racemosa* and *Oxalis oregana*

**Middle Elevation Meadows**

- ☾ Big Three of the meadows: *Ranunculus sp.*, *Dodecatheon jeffreyi*, *Caltha biflora*.
- ☾ Tasted *Pedicularis groenlandica*
- ☾ 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 in the woods, but you might not be able to get back in the meadow.
- ☾ This time of year the meadows were getting harder to see because the deciduous shrub layer was standing tall and beginning to leaf out. We were still able to locate *Pedicularis groenlandica* stands.
- ☾ Locating and exploring meadows: We located a hidden meadow with *Pedicularis groenlandica* stands, well off the trails and completely invisible to hikers on the trails.