

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #9 Arcostaphylos

June 15, 16, 2018

Low Elevation Riparian Zone and Coniferous Woods 2000'
Middle Elevation Hudsonian Zone and Woods and Recovering Clear and Partial Cuts 4300'
<http://www.botanicalstudies.net/botany/plantlists.php>

Family	Genus	Name	Uses
Liliaceae	Clintonia uniflora	Queen's Cup, Bead Lily	Poisonous?
Orchidaceae	Calypso bulbosa	Calypso Orchid	No Pick
	Corallorhiza maculata	Spotted Coral Root	No Pick
	Corallorhiza mertensiana	Purple or Western Coral Roc	No Pick
Caryophyllaceae	Arenaria macrophylla	Large Sandwort	Edibility unknown
Ranunculaceae	Anemone deltoidea	Large Windflower	Poisonous
Berberidaceae	Achlys triphylla	Vanilla Leaf	Edible
Celastraceae	Pachystima myrsinites	Oregon Box	Ornamental
Rhamnaceae	Ceanothus velutinus	Red Root	Medicinal
Apiaceae (Umbelliferae)	Lomatium martindalei	Biscuit Root	Edible
Ericaceae	Arctostaphylos nevadensis	Kinnikkinnik	Edible, Medicinal
	Arctostaphylos patula	Manzanita	Edible, Medicinal
	Pyrola asarifolia	Pyrola	Medicinal
	Pyrola asarifolia ssp. aphylla	Pyrola	No Pick
Primulaceae	Trientalis latifolia	Starflower	Edible

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Field Trip #9
Astringents

Made urinary astringent tincture and external astringent

Organoleptic testing of Ericaceous astringents

Green-faced fools fondling flowers forever

Botany

Keyed out: *Corallorhiza maculata*

Saprophytes: On the overnight, we will write by the light of the saprophyte.

Middle Elevation Hudsonian Coniferous Woods

Old Growth Ecosystem - old trees look smaller at the higher elevations and with the thinner soils.

Harvesting, locating, processing *Chimaphila umbellata*.

Middle Elevation Hudsonian Clear Cuts and Partial Cuts

Saw a variety of clear cuts and partial cuts in the 35-40 year old range and younger

Explored a 11 year old partial cut.

Look for "no picks" recovering from the pillage under regenerating young trees.

Harvesting, locating, processing *Arctostaphylos nevadensis*.

Low Elevation Coniferous Woods

Changes