

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #11-12 Spring Overnight

June 28-28, June 30-July 1

Low Elevation Coniferous Woods, Meadows, and Disturbed Areas 2000'

Low Elevation Coniferous Woods and Riparian 2500'

Middle Elevation Coniferous Woods and Meadow 3728'

Middle Elevation Coniferous Woods and Meadows 4800'

Middle Elevation Coniferous Woods and Beargrass Meadows 5620'

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

Family	Name	Uses	Seen	
Araceae				
	Lysichiton americanus (L. americanum)	Skunk Cabbage	+/- Edible	X
Liliaceae				
	Calochortus subalpinus	Alpine Cat's Ears	No Pick	X
	Calochortus tolmiei	Cat's Ears	No Pick	X
	Clintonia uniflora	Queen's Cup, Bead Lily	Poisonous?	X
	Erythronium grandiflorum	Glacier Lily	No Pick	X
	Erythronium oregonum	Fawn Lily	No Pick	
	Lilium columbianum	Tiger Lily	No Pick	X
	Lilium washingtonianum	Cascade Lily	No Pick	
	Prosartes hookeri (Disporum hookeri)	Fairy Bells	+/- Edible	X
	Streptopus amplexifolius	Twisted Stalk	+/- Edible	X
	Streptopus lanceolatus (S. roseus)	Rosy Twisted Stalk	+/- Edible	
Asparagaceae (Liliaceae)				
	Brodiaea elegans	Elegant Brodiaea	No Pick	
	Dichelostemma congestum (Brodiaea congesta)	Harvest Lily	No Pick	X
	Maianthemum dilatatum	False Wild Lily of the Valley	Poisonous, Medicinal	
	Maianthemum racemosum (Smilacina racemosa)			
	Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal	+/- Edible, Medicinal	X
Melanthiaceae (Liliaceae)				
	Anticlea occidentalis (Stenanthium occidentale)	Stenanthium	No Pick	
	Trillium ovatum	Trillium	No Pick	X
	Veratrum sp.	False Hellebore	Poisonous, Medicinal	
	Xerophyllum tenax	Beargrass	Edible	X

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Family	Name	Uses	Seen
Tofieldiaceae (Liliaceae)			
	<i>Triantha occidentalis</i> (Tofieldia glutinosa)	Tofieldia	No Pick
Iridaceae			
	<i>Iris chrysophylla</i>	Slender Tubed Iris	Poisonous, Medicinal
	<i>Iris tenax</i>	Iris, Blue Flag	Poisonous, Medicinal
	<i>Sisyrinchium bellum</i> (<i>Sisyrinchium angustifolium</i>)	Blue-eyed Grass	X
Orchidaceae			
	<i>Calypso bulbosa</i>	Calypso Orchid	No Pick X
	<i>Cephalanthera austinae</i> (<i>Eburophyton austinae</i>)	Phantom Orchid	No Pick
	<i>Corallorhiza maculata</i>	Spotted Coral Root	No Pick X
	<i>Corallorhiza mertensiana</i>	Purple or Western Coral Root	No Pick
	<i>Corallorhiza striata</i>	Striped Coral Root	No Pick X
	<i>Goodyera oblongifolia</i>	Rattlesnake Plantain	No Pick
	<i>Neottia banksiana</i> (<i>Listera caurina</i>)	Large Twayblade	No Pick X
	<i>Neottia cordata</i> (<i>Listera cordata</i>)	Twayblade	No Pick X
	<i>Platanthera dilatata</i> (<i>Habenaria dilatata</i>)	White Rein Orchid	No Pick
	<i>Platanthera</i> sp. (<i>Habenaria</i> sp.)	Green Rein Orchid	No Pick
	<i>Platanthera unalascensis</i> (<i>Habenaria unalascensis</i>)	Slender Spire Rein Orchid	No Pick
	<i>Spiranthes romanzoffiana</i>	Ladies Tresses, Twisted Sister	No Pick
Aristolochiaceae			
	<i>Asarum caudatum</i>	Wild Ginger	Edible, Medicinal X
Salicaceae			
	<i>Salix</i> sp.	Willow	Medicinal
Polygonaceae			
	<i>Eriogonum umbellatum</i>	Wild Buckwheat	Edible
	<i>Polygonum bistortoides</i>	Mountain Bistort	Edible, Medicinal X
	<i>Rumex acetosella</i>	Sheep Sorrel	Edible, Medicinal
Portulacaceae			
	<i>Claytonia lanceolata</i>	Spring Beauty	Edible X
	<i>Lewisia triphylla</i>	Alpine Lewisia	Edible
	<i>Montia cordifolia</i>	Heart Leafed Montia	Choice Edible

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Family	Name	Uses	Seen
Montia parvifolia	Small Leaf Montia	Edible	X
Montia perfoliata	Miner's Lettuce	Choice Edible	X
Montia sibirica	Candy Flower	Choice Edible	X
Spraguea umbellata	Pussy Paws	Medicinal	
Caryophyllaceae			
Arenaria macrophylla	Sandwort		X
Ranunculaceae			
Aconitum columbianum	Monkshood	Poisonous, Medicinal	X
Actaea rubra	Baneberry	Poisonous, Medicinal	X
Anemone deltoidea	Large Windflower	Poisonous	X
Anemone lyallii	Small Windflower	Poisonous	X
Aquilegia formosa	Columbine	Poisonous	X
Caltha biflora	Marsh Marigold	Edible, Medicinal	X
Coptis laciniata	Goldthread	Medicinal	
Delphinium menziesii	Larkspur	Poisonous	X
Delphinium sp.	Larkspur	Poisonous	
Ranunculus occidentalis var occidentalis	Western Buttercup	Poisonous	X
Ranunculus populago	Marsh Buttercup	Poisonous	X
Ranunculus repens	Weedy Buttercup	Poisonous	X
Ranunculus sp.	Marsh Buttercup	Poisonous	
Ranunculus uncinatus	Woods Buttercup	Poisonous	
Thalictrum sp.	Meadow-rue	Poisonous	X
Berberidaceae			
Achlys triphylla	Vanilla Leaf	Edible	X
Berberis aquifolium	Tall Oregon Grape	Edible, Medicinal	X
Berberis nervosa	Mountain Oregon Grape	Edible, Medicinal	X
Vancouveria hexandra	Inside Out Flower	Edible	X
Fumariaceae			
Dicentra formosa	Bleeding Heart	Poisonous, Medicinal	
Dicentra uniflora	Steer's Head	Poisonous, Medicinal	
Brassicaceae (Cruciferae)			
	Yellow unidentified mustard	Poisonous	
Crassulaceae			
Sedum sp.	Stonecrop	Edible	X
Saxifragaceae			

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Family	Name	Uses	Seen	
	Boykinia elata	Boykinia	Edibility unknown	X
	Heuchera micrantha	Alum Root	Edible, Medicinal	
	Mitella breweri	Bishop's Cap, Mitrewort	Edibility unknown	X
	Mitella caulescens	Large Bishops Cap	Edibility unknown	
	Mitella ovalis	Small Bishop's Cap	Edibility unknown	
	Saxifraga mertensiana	Saxifrage	Edible	
	Saxifraga sp.	Saxifrage	Edible	
	Tellima grandiflora	Fringecup	Edibility unknown	
	Tiarella trifoliata spp. unifoliata	Coolwort	Edibility unknown	X
	Tolmiea menziesii	Youth on Age	Edibility unknown	X
Grossulariaceae				
	Ribes bracteosum	Stinking Black Currant	Edible, Medicinal	
	Ribes lacustre	Swamp Currant	Edible, Medicinal	X
	Ribes lobbii	Gummy Gooseberry	Edible, Medicinal	
	Ribes sanguineum	Red Flowering Currant	Edible, Medicinal	
	Ribes viscosissimum	Sticky Currant	Edible, Medicinal	X
Hydrangeaceae				
	Whipplea modesta	Whipple Vine	Edibility unknown	X
Rosaceae				
	Amelanchier alnifolia	Serviceberry	Choice Edible	X
	Aruncus sylvestris	Goatsbeard	Edibility unknown	X
	Fragaria vesca	Wild Strawberry	Choice Edible, Medicinal	X
	Geum macrophyllum	Avens	Medicinal	
	Oemleria cerasiformis	Osoberry	Choice Edible	X
	Physocarpus capitatus	Ninebark	Fiber	
	Potentilla sp. (2)	Potentilla	Medicinal	X
	Prunus emarginata	Wild Cherry	Edible, Medicinal	
	Rosa sp.	Wild Rose	Edible, Medicinal	X
	Rubus lasiococcus	Trailing Raspberry	Edible, Medicinal	
	Rubus parviflorus	Thimbleberry	Edible, Medicinal	X
	Rubus spectabilis	Salmonberry	Edible, Medicinal	
	Rubus ursinus	Blackberry	Edible, Medicinal	X
	Sorbus scopulina	Mountain Ash	Edible, Medicinal	X
	Spiraea sp.	Spiraea	Medicinal	
Fabaceae (Leguminosae)				
	Cytisus monspessulanus	Moonlight Broom	Poisonous	
	Cytisus scoparius	Scotch Broom	Poisonous	X
	Lathyrus sp.	Pea	Poisonous	X
	Lupinus sp. (2)	Lupine	Poisonous	X

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Family	Name	Uses	Seen	
	Trifolium pratense	Red Clover	Edible, Medicinal	X
	Trifolium repens	White Clover	Edible	
	Trifolium wormskjoldii	Wild Clover	Edible, Medicinal	X
	Unidentified Fabaceae		Poisonous	
	Vicia sp.	Vetch	Poisonous	X
Oxalidaceae				
	Oxalis oregana	Oxalis, Wood Sorrel	Choice Edible	
	Oxalis suksdorfii	Oxalis, Wood Sorrel	Choice Edible	X
Celastraceae				
	Pachystima myrsinites	Oregon Box	Ornamental	X
Aceraceae				
	Acer circinatum	Vine Maple	Edible	X
	Acer glabrum var. douglasii	Maple	Edible	
	Acer macrophyllum	Big leaf Maple	Edible	
Rhamnaceae				
	Ceanothus integerrimus	Red Root	Soap/Medicinal	
	Ceanothus velutinus	Red Root	Soap/Medicinal	X
Hypericaceae				
	Hypericum formosum	Native St. John's Wort	Medicinal	
	Hypericum perforatum	St. John's Wort	Medicinal	
Violaceae				
	Viola adunca	Field Violet	Choice Edible	X
	Viola glabella	Woods Violet	Choice Edible	X
	Viola nutallii	Prairie Violet	Choice Edible	
	Viola orbiculata	Dark Woods Violet	Choice Edible	X
	Viola palustris	Marsh Violet	Choice Edible	
	Viola sp.	Violet	Choice Edible	
Onagraceae				
	Circaea alpina	Enchanter's Nightshade		X
	Clarkia sp.	Farewell to Spring		
	Epilobium angustifolium	Fireweed	Edible, Medicinal	
Araliaceae				
	Oplopanax horridum	Devil's Club	Medicinal	
Apiaceae (Umbelliferae)				

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Family	Name	Uses	Seen
	Angelica sp.	Angelica	Medicinal
	Heracleum lanatum	Cow parsnip	Medicinal X
	Ligusticum grayi	Oshala	Edible, Medicinal
	Lomatium martindalei	Biscuit Root	Edible X
	Lomatium utriculatum	Biscuit Root	Edible
	Osmorhiza chilensis	Sweet Cicely	Edible, Spice, Medicinal X
	Osmorhiza occidentalis	Sweet Root	Spice, Medicinal X
	Unidentified white Umbelliferae		Poisonous
Cornaceae			
	Cornus canadensis	Bunchberry	Edible X
	Cornus nuttallii	Dogwood	Medicinal X
Ericaceae			
	Allotropa virgata	Candy Stripe	No Pick
	Arbutus menziesii	Madrone	Edible, Medicinal
	Arctostaphylos columbiana	Hairy Manzanita	Edible, Medicinal
	Arctostaphylos nevadensis	Kinnikinnik	Edible, Medicinal X
	Arctostaphylos patula	Manzanita	Edible, Medicinal
	Chimaphila menziesii	Baby Pipsissewa	Edible, Medicinal X
	Chimaphila umbellata	Pipsissewa	Edible, Medicinal
	Gaultheria ovatifolia	Slender Wintergreen	Edible, Medicinal X
	Gaultheria shallon	Salal	Edible, Medicinal X
	Hemitomes congestum	Gnome-Plant	No Pick
	Hypopitys monotropa	Pinesap	No Pick
	Kalmia occidentalis	Swamp Laurel	Poisonous
	Menziesia ferruginea	Fool's Huckleberry	Poisonous
	Monotropa uniflora	Indian Pipe	No Pick
	Pleuricospora fimbriolata	Fringed Pinesap	No Pick
	Pterospora andromedea	Pinedrops	No Pick X
	Pyrola asarifolia ssp. aphylla	Pyrola	Edible, Medicinal
	Pyrola picta	White-Veined Pyrola	Edible, Medicinal X
	Pyrola picta spp. aphylla	Saprophytic Pyrola	No Pick X
	Pyrola secunda	Pyrola	Edible, Medicinal X
	Rhododendron macrophyllum	Rhododendron	Poisonous X
	Vaccinium caespitosum	Dwarf Huckleberry	Choice Edible, Medicinal X
	Vaccinium membranaceum	Tall Huckleberry	Choice Edible, Medicinal X
	Vaccinium parvifolium	Red Huckleberry	Choice Edible, Medicinal X
	Vaccinium scoparium	Grouseberry	Choice Edible, Medicinal
	Vaccinium uliginosum	Huckleberry	Choice Edible, Medicinal X
Primulaceae			
	Dodecatheon jeffreyi	Shooting Star	Edible X

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Family	Name	Uses	Seen	
	<i>Trientalis latifolia</i>	Starflower	Edible	X
Gentianaceae				
	<i>Centaurium umbellatum</i>	Centaury	Medicinal	
	<i>Menyanthes trifoliata</i>	Bogbean	Medicinal	
Polemoniaceae				
	<i>Gilia aggregata</i>	Sky Rocket Gilia	Unknown Edibility	
	<i>Gilia capitata</i>	Bluefield Gilia	Unknown Edibility	
	<i>Polemonium carneum</i>	Jacob's Ladder	Unknown Edibility	X
Hydrophyllaceae				
	<i>Hydrophyllum fendleri</i>	Waterleaf	Choice Edible	X
	<i>Hydrophyllum tenuipes</i>	Waterleaf	Choice Edible	
	<i>Nemophila parviflora</i>	Wood Nemophila	Unknown Edibility	
	<i>Phacelia</i> sp.	Phacelia	Edible	
	<i>Romanzoffia</i> sp.	Mist Maiden	Edible	
Boraginaceae				
	<i>Mertensia paniculata</i>	Oregon Bluebells	Medicinal (PA's)	X
	<i>Mertensia</i> sp.	Oregon Bluebells	Medicinal (PA's)	
	unidentified forget me not like flower		Poisonous	
Lamiaceae (Labiatae)				
	<i>Prunella vulgaris</i>	Self-Heal	Edible, Medicinal	X
	<i>Prunella vulgaris</i> forma alba	Albino Self-Heal	Edible, Medicinal	
	<i>Satureja douglasii</i>	Yerba Buena	Edible, Medicinal	X
	<i>Stachys</i> sp.	Woundwort	Edible, Medicinal	
Scrophulariaceae				
	<i>Castilleja miniata</i>	Paintbrush	Edible w/ caution	X
	<i>Collinsia grandiflora</i>	Large Blue Eyed Mary	Edibility unknown	
	<i>Collinsia parviflora</i>	Small Blue Eyed Mary	Edibility unknown	
	<i>Digitalis purpurea</i>	Foxglove	Poisonous	
	<i>Mimulus alsinoides</i>	Baby Monkey Flower	Edible	
	<i>Mimulus guttatus</i>	Common Monkeyflower	Edible	X
	<i>Mimulus moschatus</i>	Musk Monkeyflower	Edible	X
	<i>Orthocarpus hispidus</i>	Owl's Clover	Edible	
	<i>Pedicularis bracteosa</i>	Cobra's Head	Medicinal	X
	<i>Pedicularis contorta</i>	Lousewort	Medicinal	X
	<i>Pedicularis groenlandica</i>	Elephant's Head	Medicinal	X
	<i>Pedicularis racemosa</i>	Parrot's Beak	Medicinal	X

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Family	Name	Uses	Seen
	Penstemon cardwellii	Medicinal	X
	Penstemon sp.	Medicinal	
	Synthyris reniformis	Edibility unknown	
	Verbascum thapsus	Medicinal	
	Veronica officinalis	Edible, Medicinal	X
	Veronica sp.	Edible, Medicinal	
Plantaginaceae			
	Plantago sp.	Edible, Medicinal	
Rubiaceae			
	Gallium oreganum	Edible, Medicinal	X
	Gallium sp.	Edible, Medicinal	
	Gallium triflorum	Edible, Medicinal	X
Caprifoliaceae			
	Linnaea borealis var. longifolia	Edibility unknown	
	Lonicera ciliosa	Edibility unknown	X
	Lonicera involucrata	Edible	X
	Sambucus racemosa	Medicinal	X
	Symphoricarpos albus		
Valerianaceae			
	Plectritis congesta	Edible, Medicinal	
	Valeriana scouleri	Edible, Medicinal	X
	Valeriana sitchensis	Edible, Medicinal	X
Campanulaceae			
	Campanula scouleri	Edibility unknown	X
Asteraceae (Compositae)			
	Achillea millefolium	Medicinal	
	Adenocaulon bicolor		X
	Agoseris aurantiaca		X
	Anaphalis margaritacea	Medicinal	
	Antennaria microphylla	Medicinal	X
	Arnica sp.	Medicinal	
	Aster alpigenus	Poisonous	
	Bellis perennis	Edible	
	Chrysanthemum leucanthemum	Edible, Medicinal	X
	Cirsium sp.	Edible	
	Crocidium multicaule	Edibility unknown	
	DYC	Poisonous	

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Family	Name	Uses	Seen
Eriophyllum lanatum	Oregon Sunshine	Edibility unknown	
Hieracium albiflorum	Hawkweed	Edibility unknown	
Hypochaeris radicata	Fake Dandelion	Edible	X
Petasites frigidus	Western Coltsfoot	Edible (PA's)	
Senecio sp.	Groundsel	Poisonous (PA's)	X
Senecio triangularis	Arrow Leaf Groundsel	Poisonous (PA's)	X
Taraxacum officinale	Dandelion	Edible, Medicinal	
Tragopogon pratensis	Oyster Plant	Edible	

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Field Trips #11-12

Wildcrafting Principle: Timing is important for determining the size of the stand. This trip we saw an example with *Valeriana sitchensis* in full bloom and easily visible amidst the other plants.

Time Travel: An all-important point for locating harvestable stands of herbs. We traveled from summer up to mid-spring, and then from snowmelt, the big three, and early spring down to mid-spring. We saw every time from just after snowmelt to early summer. Use this technique for finding the right time and proper elevation.

Botany

Keyed out: *Brodiaea congesta*, *Eburophyton austinae*, and *Linnaea borealis* from the beginning of the artificial key.

Botanical words for dry fruits

Lamiaceae (Labiatae): Square stem, opposite leaves, bilabiate, four smooth nutlets

Scrophulariaceae: Bilabiate, three lobes on bottom and two on top, 2, 4, 5 stamens, superior ovary

Boraginaceae: Alternate leaves, four rough nutlets, scorpioid inflorescence

Fabaceae (Leguminosae): Uniquely zygomorphic, fruit a legume, one simple pistil

Apiaceae (Umbelliferae): Flowers in umbels, fruit a schizocarp, sheathing petioles

Caprifoliaceae: Woody at least at base, opposite leaves, gamopetalous, epigynous, twin flowers

Orchidaceae vs. Ericaceae capsules

Middle Elevation Coniferous Woods

The big three finishing up at the upper range

Middle Elevation "Prairies"

Native Americans burn south facing slopes on ridges to create "prairies" full of food, medicine, and fiber. Fields of *Xerophyllum tenax* typify these.

Middle Elevation Meadows

Locating *Valeriana sitchensis*

Locating *Pedicularis groenlandica*

Middle Elevation Clearcuts

Locating *Valeriana sitchensis*

Wildcrafting principle: Don't harvest the natural meadows if clearcuts are close by. The clearcuts often contain the same plants. They can be easier to harvest during regeneration when the plants are in isolated clumps.

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Low Elevation Coniferous Woods

Changes: Plants of early summer
Old Growth: Trees as big as small redwoods

Low Elevation Riparian Zone

Valeriana scouleri is in seed
Many new plants

Low Elevation Disturbed Areas

Fake Dandelion, *Hypochaeris radicata*, from True Dandelion, *Taraxacum officinalis*
Chrysanthemum leucranthemum and *Hypochaeris radicata*