

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #3 Orchidaceae

April 26, 27, 29, 2019

Low Elevation Riparian Zone and Coniferous Woods 1500', 2000'

Family	Genus	Name	Uses
Melanthiaceae (Liliaceae)	<i>Trillium ovatum</i>	Birth Root	No Pick
-			
Liliaceae	<i>Prosartes hookeri</i> (Disporum h.)	Fairy Bells	Edible, Cathartic
-			
Orchidaceae	<i>Calypso bulbosa</i>	Calypso Orchid	No Pick
-	<i>Neottia cordata</i> (Listera c.)	Twayblade	No Pick
-			
Aristolochiaceae	<i>Asarum caudatum</i>	Wild Ginger	Edible, Medicinal, Spice
-			
Papaveraceae (Fumariaceae)	<i>Dicentra formosa</i>	Bleeding Hearts	Poisonous
-			
Berberidaceae	<i>Berberis nervosa</i>	Mountain Oregon Grape	Edible, Medicinal
-			
Ranunculaceae	<i>Anemone lyallii</i>	Small Windflower	Poisonous
-			
Grossulariaceae	<i>Ribes sanguineum</i>	Red Flowering Currant	Edible
-			
Rosaceae	<i>Fragaria vesca</i>	Wild Strawberry	Edible (Choice)
-	<i>Oemleria cerasiformis</i>	Osoberry	Edible
-			
Oxalidaceae	<i>Oxalis oregana</i>	Oxalis	Edible (Choice)
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Violaceae	<i>Viola glabella</i>	Woods Violet	Edible (Choice)
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Sapindaceae (Aceraceae)	<i>Acer circinatum</i>	Vine Maple	Edible
-	<i>Acer macrophyllum</i>	Big leaf Maple	Edible (Choice)
-			
Montiaceae (Portulacaceae)	<i>Claytonia perfoliata</i> (Montia p.)	Miner's Lettuce	Edible (Choice)
-	<i>Claytonia sibirica</i> (Montia s.)	Candyflower	Edible (Choice)
-			
Cornaceae	<i>Cornus nuttallii</i>	Dogwood	Medicinal
-			
Plantaginaceae (Schrophulariaceae)	<i>Synthyris reniformis</i>	Snow Queen	Edibility unknown
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Spring Apprenticeship Program
Trip #2 Liliaceae

Family	Genus	Name	Uses
Asteraceae (Compositae)	<i>Petasites frigidus</i>	Western Coltsfoot	Edible, Medicinal w/caution (PA's)

Columbines School of Botanical Studies
Field Trip #3
Orchidaceae

Botany

Orchidaceae family description

Calypso genus description

Neottia (Listera) genus description

Keyed out: *Calypso bulbosa* and *Neottia cordata (Listera cordata)*

Cornaceae: Flowers in heads, a whorl of bracts that look like petals (petaloid)

Asteraceae: Flowers in heads, a whorl of bracts that look like sepals

Fumariaceae: two sets of three stamens

Violaceae: two petals on top, three petals on bottom; free or distinct; uniquely irregular

Scrophulariaceae: two lobes on top, three lobes on bottom; united, fused, or connate; uniquely irregular

Aceraceae: fruit is a double samara

Low Elevation Coniferous Woods

Changes from last week

Tasted *Acer macrophyllum* panicles, *Ribes sanguineum* flowers

Scanning techniques for plant locating: *Calypso bulbosa*

“Although our orchids offer a strong temptation to the transplanter of native flora, they should be left strictly alone in their native habitat in the hope that they will somehow be preserved for others to see and enjoy. Most of the showy species, but especially *Calypso* and species of *Cypridium*, are becoming rare if not already obliterated in most areas. The person who cannot resist the temptation to move native orchids into his garden will surely regret his covetousness if he has a conscience because they do not do well in cultivation, and will persist but a few seasons at best.”

--C. Leo Hitchcock