

Columbines School of Botanical Studies
 Spring Apprenticeship Program
 Trip #5 Low Elevation Seepy Cliffs

May 10, 11, 14, 2019

Seepy Cliffs 1500', 2500'
 Low Elevation Coniferous Woods and Riparian 1500'
 Middle Elevation Coniferous Woods and Riparian 3100'

Family	Genus	Name	Uses
Orchidaceae			
	Calypso bulbosa	Calypso Orchid	No Pick
Ranunculaceae			
	Delphinium sp.	Larkspur	Poisonous
Grossulariaceae			
	Ribes sanguineum	Red Flowering Currant	Edible
Saxifragaceae			
	cf. Saxifraga sp. (2)	Saxifrage	Edible
Crassulaceae			
	Sedum oreganum	Stonecrop	Edible
Fabaceae (Leguminosae)			
	Cytisus scoparius	Scotch Broom	Poisonous
	Genista monspessulana (Cytisus monspessulanus)	Moonlight Broom	Poisonous
Rosaceae			
	Fragaria vesca	Wild Strawberry	Edible (Choice)
Sapindaceae (Aceraceae)			
	Acer circinatum	Vine Maple	Edible
	Acer macrophyllum	Big leaf Maple	Edible (Choice)
Ericaceae			
	Vaccinium parvifolium	Red Huckleberry	Edible, Medicinal
Hydrophyllaceae			
	Phacelia sp.	Phacelia	Edible
Plantaginaceae (Schrophulariaceae)			
	Collinsia parviflora	Small Blue-eyed Mary	Edibility unknown
Phrymaceae (Scrophulariaceae)			
	Erythranthe alsinoides (Mimulus a.)	Baby Monkey Flower	Edible
	Erythranthe guttata (Mimulus g.)	Common Monkey Flower	Edible
Valerianaceae			
	Valeriana scouleri	Low-elevation Valerian	Medicinal

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Botany

Phrymaceae family description

Erythranthe genus description

Keyed out *Erythranthe guttata* (*Mimulus guttatus*)

Scrophulariaceae in the broad sense: Bilabiate flower, two lobes on the top and three lobes on the bottom, gamopetalous (united corolla)

Hydrophyllaceae: Scorpioid inflorescence, exserted stamens

Fabaceae (Leguminosae): Uniquely zygomorphic, banner, wings, and keel

Saxifragaceae: Split ovary

Low Elevation Coniferous Woods

Changes from last week

Low to Middle Elevation Riparian Zone

Locating *Valeriana scouleri*

Exploring creeksides

Middle Elevation Coniferous Woods

Introduction to middle elevation