

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

June 14, 15, 18, 2019

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
<b>Liliaceae</b>		
Clintonia uniflora	<b>Queen's Cup, Bead Lily</b>	Poisonous?
<b>Orchidaceae</b>		
Calypso bulbosa	<b>Calypso Orchid</b>	No pick
Corallorhiza maculata	<b>Spotted Coral Root</b>	No pick
Corallorhiza mertensiana	<b>Purple or Western Coral Root</b>	No pick
<b>Berberidaceae</b>		
Achlys triphylla	<b>Vanilla Leaf</b>	Edible
Berberis nervosa	<b>Mountain Oregon Grape</b>	Edible, Medicinal
<b>Rosaceae</b>		
Fragaria virginiana	<b>Wild Strawberry</b>	Edible, Medicinal
<b>Rhamnaceae</b>		
Ceanothus velutinus	<b>Red Root</b>	Medicinal
<b>Celastraceae</b>		
Paxistima myrsinites (Pachistima m.)	<b>Oregon Box</b>	Ornamental
<b>Caryophyllaceae</b>		
Moehringia macrophylla (Arenaria m.)	<b>Large Sandwort</b>	Edibility unknown
<b>Ericaceae</b>		
Arctostaphylos nevadensis	<b>Kinnikinnik</b>	Edible, Medicinal
Arctostaphylos patula	<b>Manzanita</b>	Edible, Medicinal
Chimaphila umbellata	<b>Pipsissewa</b>	Medicinal
Pyrola asarifolia	<b>Pyrola</b>	Medicinal
<b>Apiaceae (Umbelliferae)</b>		
Lomatium martindalei	<b>Biscuit Root</b>	Edible

**Columbines School of Botanical Studies**  
**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* sp., *Clintonia uniflora*

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 12 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