

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #10 Pedicularis

June 21, 22, 25, 2019

Middle Elevation Coniferous Woods, Riparian, and Meadow 3750'

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

Family	Genus	Name	Uses
Araceae	Lysichiton americanus (L. americanum)	Skunk Cabbage	+/- Edible
Melanthiaceae (Liliaceae)	Trillium ovatum	Trillium	No Pick
Liliaceae	Clintonia uniflora	Queen's Cup	Edibility Unknown
	Prosartes hookeri (Disporum h.)	Fairy Bells	+/- Edible berries
	Streptopus amplexifolius	Twisted Stalk	+/- Edible
	Streptopus lanceolatus (S. roseus)	Rosy Twisted Stalk	+/- Edible
Orchidaceae	Corallorhiza mertensiana	Purple Coral Root	No Pick
	Neottia banksiana (Listera caurina)	Large Twayblade	Edibility Unknown
Asparagaceae (Liliaceae)	Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal	Medicinal
	Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal	Medicinal
Aristolochiaceae	Asarum caudatum	Wild Ginger	Spice, Medicinal
Papaveraceae (Fumariaceae)	Dicentra formosa	Bleeding Hearts	Poisonous
Berberidaceae	Achlys triphylla	Vanilla Leaf	Edible
Ranunculaceae	Actaea rubra	Baneberry	Poisonous, Medicinal
	Anemone deltoidea	Large Windflower	Poisonous
	Caltha biflora	Marsh Marigold	Edible, Medicinal
	Ranunculus populago	Marsh Buttercup	Poisonous

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Family	Genus	Name	Uses
Grossulariaceae	Ribes bracteosum	Stinking Black Currant	Edible, Medicinal
	Ribes lacustre	Swamp Currant	Edible, Medicinal
Saxifragaceae	Tolmiea menziesii	Youth on Age	Edibility Unknown
Rosaceae	Rubus spectabilis	Salmon Berry	Edible (Choice), Medicinal
Oxalidaceae	Oxalis oregana	Wood Sorrel	Edible
Violaceae	Viola glabella	Woods Violet	Edible
	Viola palustris	Marsh Violet	Edible
Montiaceae (Portulacaceae)	Claytonia cordifolia (Montia c.)	Heart Leafed Montia	Choice edible
	Claytonia perfoliata (Montia p.)	Miner's Lettuce	
	Claytonia sibirica (Montia s.)	Candy Flower	Edible
Cornaceae	Cornus unalaschkensis (C. canadensis)	Bunchberry	Edible, Medicinal
Primulaceae	Dodecatheon jeffreyi	Shooting Star	Edible
Ericaceae	Chimaphila menziesii	Small Pipsisewa	Medicinal
	Chimaphila umbellata	Pipsisewa	Medicinal
	Orthilia secunda (Pyrola s.)	One Sided Pyrola	Medicinal
	Rhododendron menziesii (Menziesia ferruginea)	Fool's Huckleberry	Poisonous
	Vaccinium ovalifolium	Huckleberry	Edible (Choice), Medicinal
Boraginaceae	Mertensia paniculata	Oregon Bluebells	Edible, Medicinal
Hydrophyllaceae	Hydrophyllum tenuipes	Waterleaf	Edible

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Family	Genus	Name	Uses
Orobanchaceae (Scrophulariaceae)	Pedicularis groenlandica	Elephant's Head	Medicinal
Asteraceae (Compositae)	Senecio triangularis	Arrow Leafed Grousel	Poisonous (PA's)
Araliaceae	Oplopanax horridus (O. horridum)	Devil's Club	Medicinal
Animal Interactions	Aplodontia holes Bear Scat	Mountain Beaver	

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Field Trip #10
Pedicularis groenlandica

Cattle and elk graze the area we were in every year starting July. You can use this to help determine how fragile the ecosystem is, what plants can survive grazing, and other ecological information needed for determining how much and in what way to harvest. Also take into account the "damage" from the herds of elk sleeping and eating in these meadows. It may look like damage, but every year the plants come back fresh, with no sign of real damage.

It's easy to gather plants; the hard part is not gathering.

Botany

Keyed out: *Anemone deltoidea* to family, *Claytonia cordifolia*, and *Cornus unalaschensis*

Middle Elevation Coniferous Woods

Located and tasted *Pedicularis racemosa*
Following game trails

Middle Elevation Meadows

Hydrophyllum tenuipes vs. poison look alike Ranunculaceae genera (*Ranunculus* sp., *Aconitum columbianum*).

Using game trails to find stands of *Pedicularis groenlandica*

Located and tasted *Pedicularis groenlandica*

Tasted *Dodecatheon jeffreyi*