

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

June 27-28, 29-30, July 2-3, 2019

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
Tofieldiaceae (Liliaceae)			
Triantha occidentalis (Tofieldia glutinosa)	Tofieldia	No Pick	
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
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 h.)	Fairy Bells	+/- Edible	
Streptopus amplexifolius	Twisted Stalk	+/- Edible	
Streptopus lanceolatus (S. roseus)	Rosy Twisted Stalk	+/- Edible	
Orchidaceae			
Calypso bulbosa	Calypso Orchid	No Pick	
Cephalanthera austiniiae (Eburophyton a.)	Phantom Orchid	No Pick	x
Corallorhiza maculata	Spotted Coral Root	No Pick	x
Corallorhiza mertensiana	Purple or Western Coral Root	No Pick	x

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

Family	Name	Uses	Seen
	Corallorhiza striata	Striped Coral Root	No Pick
	Goodyera oblongifolia	Rattlesnake Plantain	No Pick
	Neottia banksiana (Listera caurina)	Large Twayblade	No Pick
	Neottia cordata (Listera c.)	Twayblade	No Pick
	Platanthera dilatata (Habenaria d.)	White Rein Orchid	No Pick
	Platanthera sp. (Habenaria sp.)	Green Rein Orchid	No Pick
	Platanthera unalascensis (Habenaria u.)	Slender Spire Rein Orchid	No Pick
	Spiranthes romanzoffiana	Ladies Tresses, Twisted Sister	No Pick
Iridaceae			
	Iris chrysophylla	Slender Tubed Iris	Poisonous, Medicinal
	Iris tenax	Iris, Blue Flag	Poisonous, Medicinal
	Sisyrinchium bellum (S. angustifolium)	Blue-eyed Grass	
Asparagaceae (Liliaceae)			
	Brodiaea elegans	Elegant Brodiaea	No Pick
	Dichelostemma congestum (Brodiaea congesta)	Harvest Lily	No Pick
	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
Aristolochiaceae			
	Asarum caudatum	Wild Ginger	Edible, Medicinal
Papaveraceae (Fumariaceae)			
	Dicentra formosa	Bleeding Heart	Poisonous, Medicinal
	Dicentra uniflora	Steer's Head	Poisonous, Medicinal
Berberidaceae			
	Achlys triphylla	Vanilla Leaf	Edible
	Berberis aquifolium	Tall Oregon Grape	Edible, Medicinal
	Berberis nervosa	Mountain Oregon Grape	Edible, Medicinal
	Vancouveria hexandra	Inside Out Flower	Edible
Ranunculaceae			
	Aconitum columbianum	Monkshood	Poisonous, Medicinal
	Actaea rubra	Baneberry	Poisonous, Medicinal
	Anemone deltoidea	Large Windflower	Poisonous

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

Family	Name	Uses	Seen	
	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	
	Ranunculus populago	Marsh Buttercup	Poisonous	
	Ranunculus repens	Weedy Buttercup	Poisonous	x
	Ranunculus sp.	Marsh Buttercup	Poisonous	x
	Ranunculus uncinatus	Woods Buttercup	Poisonous	
	Thalictrum sp.	Meadow-rue	Poisonous	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
Saxifragaceae				
	Boykinia occidentalis (B. elata)	Boykinia	Edibility unknown	
	Heuchera micrantha	Alum Root	Edible, Medicinal	
	Micranthes sp.	Saxifrage	Edible	
	Mitellastrum caulescens (Mitella c.)	Large Bishops Cap	Edibility unknown	
	Pectiantia breweri (Mitella b.)	Bishop's Cap, Mitrewort	Edibility unknown	
	Pectiantia ovalis (Mitella o.)	Small Bishop's Cap	Edibility unknown	
	Saxifraga mertensiana	Saxifrage	Edible	
	Saxifraga sp.	Saxifrage	Edible	
	Tellima grandiflora	Fringecup	Edibility unknown	x
	Tiarella trifoliata spp. unifoliata	Coolwort	Edibility unknown	x
	Tolmiea menziesii	Youth on Age	Edibility unknown	x
Crassulaceae				
	Sedum sp.	Stonecrop	Edible	x
Fabaceae (Leguminosae)				
	Cytisus scoparius	Scotch Broom	Poisonous	
	Genista monspessulana (Cytisus monspessulanus)	Moonlight Broom	Poisonous	
	Lathyrus sp.	Pea	Poisonous	
	Lupinus polyphyllus	Big Leaf Lupine	Poisonous	x
	Lupinus sp.	Lupine	Poisonous	x

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

Family	Name	Uses	Seen
Trifolium longipes	Wild Clover	Edible, Medicinal	x
Trifolium pratense	Red Clover	Edible, Medicinal	
Trifolium repens	White Clover	Edible	x
Unidentified Fabaceae		Poisonous	
Vicia sp.	Vetch	Poisonous	x
Rosaceae			
Amelanchier alnifolia	Serviceberry	Choice edible	x
Aruncus sylvestris	Goatsbeard	Edibility unknown	
cf. Potentilla sp.	Potentilla	Medicinal	
Dryocallis glandulosa (Potentilla g.)	Lemon Yellow Potentilla	Medicinal	x
Fragaria vesca	Wild Strawberry	Choice Edible, Medicinal	
Geum macrophyllum	Avens	Medicinal	
Oemleria cerasiformis	Osoberry	Choice edible	x
Physocarpus capitatus	Ninebark	Fiber	
Potentilla gracilis	Potentilla	Medicinal	x
Prunus emarginata	Wild Cherry	Edible, Medicinal	
Rosa sp.	Wild Rose	Edible, Medicinal	x
Rubus lasiococcus	Trailing Raspberry	Edible, Medicinal	
Rubus nutkanus (R. 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.	Spirea	Medicinal	
Rhamnaceae			
Ceanothus integerrimus	Red Root	Soap/Medicinal	
Ceanothus velutinus	Red Root	Soap/Medicinal	x
Celastraceae			
Paxistima myrsinites (Pachistima m.)	Oregon Box	Ornamental	x
Oxalidaceae			
Oxalis oregana	Oxalis, Wood Sorrel	Choice edible	
Oxalis suksdorfii	Oxalis, Wood Sorrel	Choice edible	x
Hypericaceae			
Hypericum perforatum	St. John's Wort	Medicinal	
Hypericum scouleri (H. formosum)	Native St. John's Wort	Medicinal	
Violaceae			
Viola adunca	Field Violet	Choice edible	x
Viola glabella	Woods Violet	Choice edible	

Columbines School of Botanical Studies
Spring Apprenticeship Program
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Family	Name	Uses	Seen
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	
Salicaceae			
Salix sp.	Willow	Medicinal	
Onagraceae			
Chamaenerion angustifolium (Epilobium a.)	Fireweed	Edible, Medicinal	
Circaea alpina	Enchanter's Nightshade		
Clarkia amoena	Farewell to Spring		x
Clarkia gracilis	Farewell to Spring		x
Sapindaceae (Aceraceae)			
Acer circinatum	Vine Maple	Edible	x
Acer glabrum var. douglasii	Maple	Edible	
Acer macrophyllum	Big leaf Maple	Edible	
Malvaceae			
Sidalcea campestris	Meadow Checker Mallow	Edible, Medicinal	
Brassicaceae (Cruciferae)			
Yellow unidentified mustard		Poisonous	
Polygonaceae			
Bistorta bistortoides (Polygonum b.)	Mountain Bistort	Edible, Medicinal	x
Eriogonum umbellatum	Wild Buckwheat	Edible	
Rumex acetosella	Sheep Sorrel	Edible, Medicinal	
Caryophyllaceae			
Moehringia macrophylla (Arenaria m.)	Sandwort		
Montiaceae (Portulacaceae)			
Calyptidium umbellatum (Spraguea u.)	Pussy Paws	Medicinal	
Claytonia cordifolia (Montia c.)	Heart Leafed Montia	Choice edible	
Claytonia lanceolata	Spring Beauty	Edible	x
Claytonia perfoliata (Montia p.)	Miner's Lettuce	Choice edible	x
Claytonia sibirica (Montia s.)	Candy Flower	Choice edible	x
Montia parvifolia	Small Leaf Montia	Edible	

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

Family	Name	Uses	Seen
Hydrangeaceae			
	Whipplea modesta	Whipple Vine	Edibility unknown
Cornaceae			
	Cornus nuttallii	Dogwood	Medicinal x
	Cornus unalaschkensis (C. canadensis)	Bunchberry	Edible x
Polemoniaceae			
	Gilia capitata	Bluefield Gilia	Unknown Edibility
	Ipomopsis aggregata (Gilia a.)	Sky Rocket Gilia	Unknown Edibility
	Polemonium carneum	Jacob's Ladder	Unknown Edibility
Primulaceae			
	Dodecatheon jeffreyi	Shooting Star	Edible x
	Lysimachia latifolia (Trientalis l.)	Starflower	Edible 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 x
	Gaultheria ovatifolia	Slender Wintergreen	Edible, Medicinal x
	Gaultheria shallon	Salal	Edible, Medicinal
	Hemitomes congestum	Gnome-Plant	No Pick
	Kalmia microphylla var. occidentalis (K. occidentalis)	Swamp Laurel	Poisonous
	Monotropa hypopitys (Hypopitys m.)	Pinesap	No Pick
	Monotropa uniflora	Indian Pipe	No Pick
	Orthilia secunda (Pyrola s.)	Pyrola	Edible, Medicinal x
	Pleuricospora fimbriolata	Fringed Pinesap	No Pick
	Pterospora andromedea	Pinedrops	No Pick
	Pyrola asarifolia	Pyrola	Edible, Medicinal
	Pyrola picta	White-Veined Pyrola	Edible, Medicinal x
	Rhododendron macrophyllum	Rhododendron	Poisonous x
	Rhododendron menziesii (Menziesia ferruginea)	Fool's Huckleberry	Poisonous
	Vaccinium caespitosum	Dwarf Huckleberry	Choice Edible, Medicinal x
	Vaccinium membranaceum	Tall Huckleberry	Choice Edible, Medicinal x

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Family	Name	Uses	Seen
Vaccinium parvifolium	Red Huckleberry	Choice Edible, Medicinal	
Vaccinium scoparium	Grouseberry	Choice Edible, Medicinal	
Vaccinium uliginosum	Huckleberry	Choice Edible, Medicinal	x
Rubiaceae			
Gallium oreganum	Bedstraw, Cleavers	Edible, Medicinal	
Gallium sp.	Bedstraw, Cleavers	Edible, Medicinal	x
Gallium triflorum	Bedstraw, Cleavers	Edible, Medicinal	
Gentianaceae			
Centaurium erythraea (C. umbellatum)	Centaury	Medicinal	
Menyanthes trifoliata	Bogbean	Medicinal	
Boraginaceae			
Mertensia paniculata	Oregon Bluebells	Medicinal (PA's)	x
Mertensia sp.	Oregon Bluebells	Medicinal (PA's)	
unidentified forget me not like flower		Poisonous	
Hydrophyllaceae			
Hydrophyllum fendleri	Waterleaf	Choice edible	
Hydrophyllum tenuipes	Waterleaf	Choice edible	x
Nemophila parviflora	Wood Nemophila	Unknown Edibility	
Phacelia sp.	Phacelia	Edible	x
Romanzoffia sp.	Mist Maiden	Edible	
Plantaginaceae			
Plantago sp.	Plantain	Edible, Medicinal	
Plantaginaceae (Scrophulariaceae)			
Collinsia grandiflora	Large Blue Eyed Mary	Edibility unknown	
Collinsia parviflora	Small Blue Eyed Mary	Edibility unknown	
Digitalis purpurea	Foxglove	Poisonous	
Penstemon cardwellii	Penstemon	Medicinal	x
Penstemon sp.	Woodland Penstemon	Medicinal	
Synthyris reniformis	Snow Queen	Edibility unknown	
Veronica officinalis	Speedwell	Edible, Medicinal	x
Veronica sp.	Speedwell	Edible, Medicinal	
Scrophulariaceae			
Verbascum thapsus	Mullein	Medicinal	
Lamiaceae (Labiatae)			

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Family	Name	Uses	Seen	
	Clinopodium douglasii (Satureja d.)	Yerba Buena	Edible, Medicinal	x
	Prunella vulgaris	Self-Heal	Edible, Medicinal	x
	Stachys sp.	Woundwort	Edible, Medicinal	
Phrymaceae (Scrophulariaceae)				
	Erythranthe alsinoides (Mimulus a.)	Baby Monkey Flower	Edible	
	Erythranthe guttata (Mimulus g.)	Common Monkeyflower	Edible	x
	Erythranthe moschata (Mimulus moschatus)	Musk Monkeyflower	Edible	x
Orobanchaceae (Scrophulariaceae)				
	Castilleja miniata	Paintbrush	Edible w/ caution	x
	Castilleja tenuis (Orthocarpus hispidus)	Owl's Clover	Edible	
	Pedicularis bracteosa	Cobra's Head	Medicinal	x
	Pedicularis contorta	Lousewort	Medicinal	x
	Pedicularis groenlandica	Elephant's Head	Medicinal	x
	Pedicularis racemosa	Parrot's Beak	Medicinal	x
Campanulaceae				
	Campanula scouleri	Harebell	Edibility unknown	
Asteraceae (Compositae)				
	Achillea millefolium	Yarrow	Medicinal	x
	Adenocaulon bicolor	Pathfinder		x
	Agoseris aurantiaca	Orange Mountain Dandelion		
	Anaphalis margaritacea	Pearly Everlasting	Medicinal	
	Antennaria microphylla	Rosy Pussy-Toes	Medicinal	x
	Arnica sp.	Arnica	Medicinal	
	Bellis perennis	Field daisy	Edible	
	Cirsium sp.	Thistle	Edible	
	Crocidium multicaule	Goldfields	Edibility unknown	
	DYC	DYC	Poisonous	
	Eriophyllum lanatum	Oregon Sunshine	Edibility unknown	
	Hieracium albiflorum	Hawkweed	Edibility unknown	
	Hypochaeris radicata	Fake Dandelion	Edible	x
	Leucanthemum vulgare (Chrysanthemum l.)	Ox Eye Daisy	Edible, Medicinal	x
	Oreostemma alpinum (Aster alpigenus)	Aster	Poisonous	
	Petasites frigidus	Western Coltsfoot	Edible (PA's)	x
	Senecio sp.	Groundsel	Poisonous (PA's)	
	Senecio triangularis	Arrow Leaf Groundsel	Poisonous (PA's)	x
	Taraxacum officinale	Dandelion	Edible, Medicinal	
	Tragopogon pratensis	Oyster Plant	Edible	

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

Family	Name	Uses	Seen
Adoxaceae (Caprifoliaceae)			
	Sambucus racemosa	Red Elder	Medicinal
Caprifoliaceae			
	Lonicera ciliosa	Honeysuckle	Edibility unknown
	Lonicera involucrata	Twinberry	Edible
	Symphoricarpus albus	Snowberry	
Linnaeaceae (Caprifoliaceae)			
	Linnaea borealis var. longifolia	Twinflower	Edibility unknown
Valerianaceae			
	Plectritis congesta	Corn Salad	Edible, Medicinal
	Valeriana scouleri	Valerian	Edible, Medicinal x
	Valeriana sitchensis	Valerian	Edible, Medicinal x
Araliaceae			
	Oplopanax horridus (O. horridum)	Devil's Club	Medicinal
Apiaceae (Umbelliferae)			
	Angelica sp.	Angelica	Medicinal
	Heracleum maximum (H. lanatum)	Cow parsnip	Medicinal x
	Ligusticum grayi	Oshala	Edible, Medicinal
	Lomatium martindalei	Biscuit Root	Edible x
	Lomatium utriculatum	Biscuit Root	Edible
	Osmorhiza berteroi (O. chilensis)	Sweet Cicely	Edible, Spice, Medicinal x
	Osmorhiza occidentalis	Sweet Root	Spice, Medicinal

Columbines School of Botanical Studies
Spring Overnight
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: *Dichelostemma congestum*, *Cephalanthera austiniiae*, and *Rhododendron macrophyllum* from the family key.

Botanical words for dry fruits

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

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

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.

Low Elevation Coniferous Woods

Changes: Plants of early summer

Old Growth: Trees as big as small redwoods

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Spring Overnight
Field Trips #11-12

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*
Leucranthemum vulgare and *Hypochaeris radicata* association

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