

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

June 20, 23, 2020

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			
	Calypso bulbosa	Calypso Orchid	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
	Berberis nervosa	Oregon Grape	Edible, Medicinal
Ranunculaceae			
	Actaea rubra	Baneberry	Poisonous, Medicinal
	Anemone deltoidea	Large Windflower	Poisonous
	Caltha biflora	Marsh Marigold	Edible, Medicinal

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

Family	Genus	Name	Uses
Ranuncul	<i>Coptis laciniata</i>	Gold thread	Medicinal
	<i>Ranunculus populago</i>	Marsh Buttercup	Poisonous
Grossulariaceae			
	<i>Ribes bracteosum</i>	Stinking Black Currant	Edible, Medicinal
	<i>Ribes lacustre</i>	Swamp Currant	Edible, Medicinal
Saxifragaceae			
	<i>Heuchera micrantha</i>	Alum Root	Edible, Medicinal
	<i>Pectiantia pentandra</i> (Mitella p.)	Bishop's Cap	Edibility Unknown
Crassulaceae			
	<i>Sedum oreganum</i>	Stonecrop	Edible
Rosaceae			
	<i>Rubus spectabilis</i>	Salmon Berry	Edible (Choice), Medicinal
Celastraceae			
	<i>Paxistima myrsinites</i> (Pachistima m.)	Oregon Box	Ornamental
Oxalidaceae			
	<i>Oxalis oregana</i>	Wood Sorrel	Edible
Violaceae			
	<i>Viola glabella</i>	Woods Violet	Edible
	<i>Viola palustris</i>	Marsh Violet	Edible
Montiaceae (Portulacaceae)			
	<i>Claytonia cordifolia</i> (Montia c.)	Heart Leafed Montia	Choice edible
	<i>Claytonia sibirica</i> (Montia s.)	Candy Flower	Edible
Cornaceae			
	<i>Cornus unalaschkensis</i> (C. canadensis)	Bunchberry	Edible, Medicinal
Primulaceae			
	<i>Dodecatheon jeffreyi</i>	Shooting Star	Edible
Ericaceae			
	<i>Chimaphila menziesii</i>	Small Pipsissewa	Medicinal
	<i>Orthilia secunda</i> (Pyrola s.)	One Sided Pyrola	Medicinal

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

Family	Genus	Name	Uses
	Rhododendron menziesii (Menziesia Ericacea ferruginea)	Fool's Huckleberry	Poisonous
	Vaccinium ovalifolium	Huckleberry	Edible (Choice), Medicinal
Boraginaceae			
	Mertensia paniculata	Oregon Bluebells	Edible, Medicinal
Hydrophyllaceae			
	Hydrophyllum tenuipes	Waterleaf	Edible
Plantaginaceae (Scrophulariaceae)			
	Penstemon sp.	Penstemon	Medicinal
Orobanchaceae (Scrophulariaceae)			
	Pedicularis groenlandica	Elephant's Head	Medicinal
Asteraceae (Compositae)			
	Senecio triangularis	Arrow Leafed Grounsel	Poisonous (PA's)
Araliaceae			
	Oplopanax horridus (O. horridum)	Devil's Club	Medicinal

Animal Interactions

Bear Scat
 Elk tracks
 Vole mounds

Columbines School of Botanical Studies
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 unalaschkensis*

Boraginaceae: Scorpioid inflorescence, alternate leaves

Middle Elevation Coniferous Woods

Located and tasted *Pedicularis racemosa*

Following game trails

Middle Elevation Meadows

Using game trails to find stands of *Pedicularis groenlandica*

Located and tasted *Pedicularis groenlandica*

Tasted *Dodecatheon jeffreyi*