

Columbines School of Botanical Studies  
Spring Apprenticeship Program  
Trip #7 Meadow Locating Techniques

May 30, June 2, 2020  
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Middle Elevation Coniferous Woods, Meadows, and Riparian 3200'  
Middle Elevation Coniferous Woods, Meadows, and Riparian 3600'  
Middle Elevation Coniferous Woods, Meadows, and Riparian 3400'

Family	Genus	Name	Uses
<b>Araceae</b>			
	<i>Lysichiton americanus</i> (L. americanum)	<b>Skunk Cabbage</b>	+/- Edible
<b>Melanthiaceae (Liliaceae)</b>			
	<i>Trillium ovatum</i>	<b>Trillium</b>	No Pick
<b>Liliaceae</b>			
	<i>Prosartes hookeri</i> (Disporum h.)	<b>Fairy Bells</b>	Cathartic
<b>Berberidaceae</b>			
	<i>Achlys triphylla</i>	<b>Vanilla Leaf</b>	Edible, Medicinal
<b>Ranunculaceae</b>			
	<i>Anemone oregana</i>	<b>Small Windflower</b>	Poisonous
	<i>Caltha biflora</i>	<b>Marsh Marigold</b>	Edible, Medicinal
	<i>Ranunculus populago</i>	<b>Marsh Buttercup</b>	Poisonous
<b>Grossulariaceae</b>			
	<i>Ribes lacustre</i>	<b>Swamp Currant</b>	Edible
<b>Rosaceae</b>			
	<i>Fragaria virginiana</i>	<b>Wild Strawberry</b>	Edible, Medicinal
	<i>Rubus spectabilis</i>	<b>Salmonberry</b>	Edible, Medicinal
<b>Celastraceae</b>			
	<i>Paxistima myrsinites</i> (Pachistima m.)	<b>Oregon Box</b>	Ornamental
<b>Violaceae</b>			
	<i>Viola adunca</i>	<b>Field Violet</b>	Choice edible
	<i>Viola glabella</i>	<b>Woods Violet</b>	Choice edible
	<i>Viola nutallii</i>	<b>Prairie Violet</b>	Choice edible
	<i>Viola palustris</i>	<b>Marsh Violet</b>	Choice edible
<b>Montiaceae (Portulacaceae)</b>			
	<i>Claytonia sibirica</i> (Montia s.)	<b>Candy Flower</b>	Choice edible
<b>Primulaceae</b>			
	<i>Dodecatheon jeffreyi</i>	<b>Shooting Star</b>	Edible

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Family	Genus	Name	Uses
<b>Ericaceae</b>			
	<i>Kalmia microphylla</i> var. <i>occidentalis</i> (K. <i>occidentalis</i> )	<b>Swamp Laurel</b>	Poisonous
	<i>Vaccinium caespitosum</i>	<b>Dwarf Huckleberry</b>	Choice Edible, Medicinal
	<i>Vaccinium membranaceum</i>	<b>Huckleberry</b>	Edible, Medicinal
	<i>Vaccinium ovalifolium</i>	<b>Huckleberry</b>	Edible, Medicinal
	<i>Vaccinium uliginosum</i>	<b>Huckleberry</b>	Choice Edible, Medicinal
<b>Orobanchaceae (Scrophulariaceae)</b>			
	<i>Pedicularis groenlandica</i>	<b>Elephant's Head</b>	Medicinal
<b>Valerianaceae</b>			
	<i>Valeriana sitchensis</i>	<b>Valerian</b>	Medicinal

**Animal Interactions**

- Beaver constructions in creek
- Elk ate *Lysichiton americanus*
- Elk scat
- Giant ant hill (2)
- Vole mounds

**Columbines School of Botanical Studies**  
**Meadow Locating Techniques**  
**Trip #7**

Wildcrafting Principle: Locate and explore meadows early for later harvesting. We are always wildcrafting, even when we do not harvest

Time travel: You can move north or south, up or down in elevation, to a sunnier or shadier spot, or come back later or next year to locate a certain time in a plant's life cycle

Big Three is not only a plant association that can tell you the ecosystem; it is a point in time used as a reference for time traveling

**Botany**

Keyed out: *Viola glabella* and *Viola nutallii*

Violaceae: Uniquely irregular flower, two petals on top, three petals on the bottom, petals distinct or polypetalous, five stamens united by their anthers

Rosaceae: Many stamens, floral cup, leaves have stipules

Ranunculaceae: Many stamens, no floral cup, sepals often petaloid

Sedges have edges; rushes are round, grasses have joints .....

**Middle Elevation Coniferous Woods**

The Big Three of the Middle Elevation Coniferous Woods

- 1.
- 2.
- 3.

**Middle Elevation Meadows**

Big Three of the Middle Elevation Meadows

- 1.
- 2.
- 3.

Exploring meadows

1. Creeks and waterways
2. Game trails
3. Fallen Trees

Locating and exploring meadows, careful about getting outside the deciduous layer, it may be easier going into the woods, but you might not be able to get back into the meadow

Locating *Pedicularis groenlandica*

Gazed at the viscid stalked glands of the insectivorous bog plant, *Drosera rotundifolia*

Introduction to *Valeriana sitchensis*

Introduction to *Veratrum* spp.

**Middle Elevation Riparian**

Introduction to *Artemisia douglasiana*