

Columbines School of Botanical Studies

Spring Apprenticeship Program

Trip #8 Advanced Meadow Locating

June 6, 9, 2020

Low Elevation Riparian Zone and Coniferous Woods 1500', 2570'

Middle Elevation Coniferous Woods, Riparian, and Meadows 3750'

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

Family	Genus	Name	Uses
<b>Araceae</b>			
	Lysichiton americanus (L. americanum)	<b>Skunk Cabbage</b>	+/- Edible
<b>Melanthiaceae (Liliaceae)</b>			
	Trillium ovatum	<b>Trillium</b>	No Pick
<b>Liliaceae</b>			
	Prosartes hookeri (Disporum h.)	<b>Fairy Bells</b>	+/- Edible berries
	Streptopus amplexifolius	<b>Twisted Stalk</b>	+/- Edible
<b>Orchidaceae</b>			
	Calypso bulbosa	<b>Calypso Orchid</b>	No Pick
<b>Iridaceae</b>			
	Iris tenax	<b>Iris</b>	Medicinal
<b>Asparagaceae (Liliaceae)</b>			
	Maianthemum dilatatum	<b>False Lily of the Valley</b>	Poisonous
	Maianthemum racemosum (Smilacina racemosa)	<b>Large False Solomon's Seal</b>	Medicinal
	Maianthemum stellatum (Smilacina stellata)	<b>Small False Solomon's Seal</b>	Medicinal
<b>Aristolochiaceae</b>			
	Asarum caudatum	<b>Wild Ginger</b>	Spice, Medicinal
<b>Papaveraceae (Fumariaceae)</b>			
	Dicentra formosa	<b>Bleeding Hearts</b>	Poisonous
<b>Berberidaceae</b>			
	Achlys triphylla	<b>Vanilla Leaf</b>	Edible
	Berberis nervosa	<b>Oregon Grape</b>	Edible, Medicinal
	Vancouveria hexandra	<b>Inside Out Flower</b>	Edible
<b>Ranunculaceae</b>			
	Anemone deltoidea	<b>Large Windflower</b>	Poisonous
	Anemone lyallii	<b>Small Windflower</b>	Poisonous
	Caltha biflora	<b>Marsh Marigold</b>	Edible, Medicinal

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Family	Genus	Name	Uses
Ranuncul	<i>Coptis laciniata</i>	<b>Gold thread</b>	Medicinal
	<i>Ranunculus populago</i>	<b>Marsh Buttercup</b>	Poisonous
	<i>Ranunculus uncinatus</i>	<b>Woods Buttercup</b>	Poisonous
<b>Grossulariaceae</b>			
	<i>Ribes bracteosum</i>	<b>Stinking Black Currant</b>	Edible, Medicinal
	<i>Ribes lacustre</i>	<b>Swamp Currant</b>	Edible, Medicinal
<b>Saxifragaceae</b>			
	<i>Heuchera micrantha</i>	<b>Alum Root</b>	Edible, Medicinal
	<i>Saxifraga mertensiana</i>	<b>Rock Saxifrage</b>	Edible
	<i>Tellima grandiflora</i>	<b>Fringecup</b>	Edibility Unknown
	<i>Tiarella trifoliata</i> ssp. <i>unifoliata</i>	<b>Coolwort</b>	Edibility Unknown
	<i>Tolmiea menziesii</i>	<b>Youth on Age</b>	Edibility Unknown
<b>Crassulaceae</b>			
	<i>Sedum oreganum</i>	<b>Stonecrop</b>	Edible
<b>Fabaceae (Leguminosae)</b>			
	<i>Lupinus</i> sp.	<b>Lupine</b>	Poisonous
<b>Rosaceae</b>			
	<i>Fragaria</i> sp.	<b>Wild Strawberry</b>	Choice Edible, Medicinal
	<i>Geum macrophyllum</i>	<b>Avens</b>	Medicinal
	<i>Oemleria cerasiformis</i>	<b>Oso Berry</b>	Edible
	<i>Rosa</i> sp.	<b>Wild Rose</b>	Edible, Medicinal
	<i>Rubus nutkanus</i> (R. <i>parviflorus</i> )	<b>Thimbleberry</b>	Choice Edible, Medicinal
	<i>Rubus spectabilis</i>	<b>Salmon Berry</b>	Choice Edible, Medicinal
	<i>Rubus ursinus</i>	<b>Blackberry</b>	Choice Edible, Medicinal
<b>Celastraceae</b>			
	<i>Paxistima myrsinites</i> ( <i>Pachistima</i> m.)	<b>Oregon Box</b>	Ornamental
<b>Oxalidaceae</b>			
	<i>Oxalis oregana</i>	<b>Wood Sorrel</b>	Edible
<b>Violaceae</b>			
	<i>Viola glabella</i>	<b>Woods Violet</b>	Edible
	<i>Viola orbiculata</i>	<b>Dark Woods Violet</b>	Edible
<b>Sapindaceae (Aceraceae)</b>			
	<i>Acer circinatum</i>	<b>Vine Maple</b>	Edible

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Family	Genus	Name	Uses
Sapindac	Acer macrophyllum	<b>Big leaf Maple</b>	Edible
<b>Montiaceae (Portulacaceae)</b>			
	Claytonia sibirica (Montia s.)	<b>Candy Flower</b>	Choice edible
	Montia parvifolia	<b>Small Leaf Montia</b>	Edible
<b>Primulaceae</b>			
	Dodecatheon jeffreyi	<b>Shooting Star</b>	Edible

**Columbines School of Botanical Studies**  
**Field Trip #8**  
**Advanced Meadow Locating Techniques**

**Botany**

- ☾ Keyed out: *Maianthemum dilatatum*
- ☾ Saxifragaceae: Herbs, split ovary, palmately lobed and veined leaves, 5 or 10 stamens on a floral cup

**Low Elevation Coniferous Woods**

- ☾ Many changes
- ☾ *Anemone deltoidea* replacing *A. lyallii*

**Middle Elevation Coniferous Woods**

- ☾ The Big Three of the middle elevation coniferous woods
- ☾ Introduction to *Oplopanax horridus*
- ☾ Old growth ecosystem
- ☾ Tasted *Pedicularis racemosa* and *Oxalis oregana*

**Middle Elevation Meadows**

- ☾ Big Three of the meadows: *Ranunculus* sp., *Dodecatheon jeffreyi*, *Caltha biflora*.
- ☾ *Hydrophyllum tenuipes* vs. poison look alike Ranunculaceae genera (*Ranunculus* sp., *Aconitum columbianum*).
- ☾ Tasted *Pedicularis groenlandica*
- ☾ 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 in the woods, but you might not be able to get back in the meadow.
- ☾ This time of year the meadows were getting harder to see because the deciduous shrub layer was standing tall and beginning to leaf out. We were still able to locate *Pedicularis groenlandica* stands.
- ☾ Locating and exploring meadows: We located a hidden meadow with *Pedicularis groenlandica* stands, well off the trails and completely invisible to hikers on the trails.