

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #9 Arcostaphylos

June 13, 16, 2020

Low Elevation Riparian Zone and Coniferous Woods 2000'
Middle Elevation Hudsonian Zone and Woods and Recovering Clear and Partial Cuts 4300'

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

Family	Genus	Name	Uses
Liliaceae			
-	Clintonia uniflora	Queen's Cup, Bead Lily	Poisonous?
Orchidaceae			
-	Corallorhiza maculata	Spotted Coral Root	No pick
-	Corallorhiza mertensiana	Purple or Western Coral Root	No pick
Berberidaceae			
-	Achlys triphylla	Vanilla Leaf	Edible
-	Berberis nervosa	Mountain Oregon Grape	Edible, Medicinal
Rosaceae			
-	Fragaria virginiana	Wild Strawberry	Edible, Medicinal
Rhamnaceae			
-	Ceanothus velutinus	Red Root	Medicinal
Celastraceae			
-	Paxistima myrsinites (Pachistima m.)	Oregon Box	Ornamental
Caryophyllaceae			
-	Moehringia macrophylla (Arenaria m.)	Large Sandwort	Edibility unknown
Ericaceae			
-	Allotropa virgata	Candy Stripe	No pick
-	Arctostaphylos nevadensis	Kinnikkinnik	Edible, Medicinal
-	Arctostaphylos patula	Manzanita	Edible, Medicinal
-	Chimaphila umbellata	Pipsissewa	Medicinal
-	Pyrola asarifolia	Pyrola	Medicinal
Apiaceae (Umbelliferae)			
-	Lomatium martindalei	Biscuit Root	Edible