

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

June 27-28, 31-July 1, 2020

Low Elevation Coniferous Woods and Disturbed Areas 1100'  
 Low Elevation Coniferous Woods and Seepy Cliffs 2000'  
 Low Elevation Coniferous Woods, Riparian, and Meadow 2400'  
 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	
<b>Araceae</b>				
	Lysichiton americanus (L. americanum)	Skunk Cabbage	+/- Edible	x
<b>Tofieldiaceae (Liliaceae)</b>				
	Triantha occidentalis (Tofieldia glutinosa)	Tofieldia	No Pick	
<b>Melanthiaceae (Liliaceae)</b>				
	Anticlea occidentalis (Stenanthium occidentale)	Stenanthium	No Pick	
	Trillium ovatum	Trillium	No Pick	x
	Veratrum sp.	False Hellebore	Poisonous, Medicinal	
	Xerophyllum tenax	Beargrass	Edible	x
<b>Liliaceae</b>				
	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	x
	Streptopus amplexifolius	Twisted Stalk	+/- Edible	
	Streptopus lanceolatus (S. roseus)	Rosy Twisted Stalk	+/- Edible	x
<b>Orchidaceae</b>				
	Calypso bulbosa	Calypso Orchid	No Pick	x
		Phantom Orchid	No Pick	
	Cephalanthera austiniiae (Eburophyton a.)			
	Corallorhiza maculata	Spotted Coral Root	No Pick	x
	Corallorhiza mertensiana	Purple or Western Coral Root	No Pick	x

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Family	Name	Uses	Seen	
	Corallorhiza striata	Striped Coral Root	No Pick	x
	Goodyera oblongifolia	Rattlesnake Plantain	No Pick	
	Neottia banksiana (Listera caurina)	Large Twayblade	No Pick	x
	Neottia cordata (Listera c.)	Twayblade	No Pick	x
	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	
<b>Iridaceae</b>				
	Iris chrysophylla	Slender Tubed Iris	Poisonous, Medicinal	
	Iris tenax	Iris, Blue Flag	Poisonous, Medicinal	
	Sisyrinchium bellum (S. angustifolium)	Blue-eyed Grass		x
<b>Asparagaceae (Liliaceae)</b>				
	Brodiaea elegans	Elegant Brodiaea	No Pick	
	Dichelostemma congestum (Brodiaea congesta)	Harvest Lily	No Pick	x
	Maianthemum dilitatum	False Wild Lily of the Valley	Poisonous, Medicinal	
	Maianthemum racemosum (Smilacina racemosa)	Small False Solomon's Seal	+/- Edible, Medicinal	x
	Maianthemum stellatum (Smilacina stellata)			
<b>Aristolochiaceae</b>				
	Asarum caudatum	Wild Ginger	Edible, Medicinal	x
<b>Papaveraceae (Fumariaceae)</b>				
	Dicentra formosa	Bleeding Heart	Poisonous, Medicinal	x
	Dicentra uniflora	Steer's Head	Poisonous, Medicinal	
<b>Berberidaceae</b>				
	Achlys triphylla	Vanilla Leaf	Edible	x
	Berberis aquifolium	Tall Oregon Grape	Edible, Medicinal	x
	Berberis nervosa	Mountain Oregon Grape	Edible, Medicinal	x
	Vancouveria hexandra	Inside Out Flower	Edible	x
<b>Ranunculaceae</b>				
	Aconitum columbianum	Monkshood	Poisonous, Medicinal	x
	Actaea rubra	Baneberry	Poisonous, Medicinal	x
	Anemone deltoidea	Large Windflower	Poisonous	x
	Anemone lyallii	Small Windflower	Poisonous	x
	Aquilegia formosa	Columbine	Poisonous	x

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Family	Name	Uses	Seen
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	
<b>Grossulariaceae</b>			
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	
<b>Saxifragaceae</b>			
Boykinia occidentalis (B. elata)	Boykinia	Edibility unknown	x
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	x
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
<b>Crassulaceae</b>			
Sedum sp.	Stonecrop	Edible	x
<b>Fabaceae (Leguminosae)</b>			
Cytisus scoparius	Scotch Broom	Poisonous	
Genista monspessulana (Cytisus monspessulanus)	Moonlight Broom	Poisonous	
Lathyrus sp.	Pea	Poisonous	x
Lupinus polyphyllus	Big Leaf Lupine	Poisonous	
Lupinus sp.	Lupine	Poisonous	x
Trifolium longipes	Wild Clover	Edible, Medicinal	
Trifolium pratense	Red Clover	Edible, Medicinal	x

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Family	Name	Uses	Seen
Trifolium repens	White Clover	Edible	x
Unidentified Fabaceae		Poisonous	
Vicia sp.	Vetch	Poisonous	x
<b>Rosaceae</b>			
Amelanchier alnifolia	Serviceberry	Choice edible	x
Aruncus sylvestris	Goatsbeard	Edibility unknown	x
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	
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	
<b>Rhamnaceae</b>			
Ceanothus integerrimus	Red Root	Soap/Medicinal	
Ceanothus velutinus	Red Root	Soap/Medicinal	x
<b>Celastraceae</b>			
Paxistima myrsinites (Pachistima m.)	Oregon Box	Ornamental	x
<b>Oxalidaceae</b>			
Oxalis oregana	Oxalis, Wood Sorrel	Choice edible	
Oxalis suksdorfii	Oxalis, Wood Sorrel	Choice edible	x
<b>Hypericaceae</b>			
Hypericum perforatum	St. John's Wort	Medicinal	
Hypericum scouleri (H. formosum)	Native St. John's Wort	Medicinal	
<b>Violaceae</b>			
Viola adunca	Field Violet	Choice edible	x
Viola glabella	Woods Violet	Choice edible	
Viola nutallii	Prairie Violet	Choice edible	
Viola orbiculata	Dark Woods Violet	Choice edible	x

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Family	Name	Uses	Seen
Viola palustris	Marsh Violet	Choice edible	
Viola sp.	Violet	Choice edible	
<b>Salicaceae</b>			
Salix sp.	Willow	Medicinal	
<b>Onagraceae</b>			
	Fireweed	Edible, Medicinal	
Chamaenerion angustifolium (Epilobium a.)			
Circaea alpina	Enchanter's Nightshade		
Clarkia amoena	Farewell to Spring		
Clarkia gracilis	Farewell to Spring		
<b>Sapindaceae (Aceraceae)</b>			
Acer circinatum	Vine Maple	Edible	x
Acer glabrum var. douglasii	Maple	Edible	
Acer macrophyllum	Big leaf Maple	Edible	
<b>Malvaceae</b>			
Sidalcea campestris	Meadow Checker Mallow	Edible, Medicinal	
<b>Brassicaceae (Cruciferae)</b>			
Yellow unidentified mustard		Poisonous	
<b>Polygonaceae</b>			
Bistorta bistortoides (Polygonum b.)	Mountain Bistort	Edible, Medicinal	
Eriogonum umbellatum	Wild Buckwheat	Edible	
Rumex acetosella	Sheep Sorrel	Edible, Medicinal	
<b>Caryophyllaceae</b>			
Moehringia macrophylla (Arenaria m.)	Sandwort		
<b>Montiaceae (Portulacaceae)</b>			
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	
Claytonia sibirica (Montia s.)	Candy Flower	Choice edible	x
Montia parvifolia	Small Leaf Montia	Edible	x
<b>Hydrangeaceae</b>			
Whipplea modesta	Whipple Vine	Edibility unknown	

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Family	Name	Uses	Seen
<b>Cornaceae</b>			
Cornus nuttallii	Dogwood	Medicinal	x
Cornus unalaschensis (C. canadensis)	Bunchberry	Edible	x
<b>Polemoniaceae</b>			
Gilia capitata	Bluefield Gilia	Unknown Edibility	
Ipomopsis aggregata (Gilia a.)	Sky Rocket Gilia	Unknown Edibility	
Polemonium carneum	Jacob's Ladder	Unknown Edibility	
<b>Primulaceae</b>			
Dodecatheon jeffreyi	Shooting Star	Edible	x
Lysimachia latifolia (Trientalis l.)	Starflower	Edible	x
<b>Ericaceae</b>			
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	x
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	x
Pyrola asarifolia	Pyrola	Edible, Medicinal	x
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
Vaccinium parvifolium	Red Huckleberry	Choice Edible, Medicinal	x
Vaccinium scoparium	Grouseberry	Choice Edible, Medicinal	
Vaccinium uliginosum	Huckleberry	Choice Edible, Medicinal	

**Rubiaceae**

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Family	Name	Uses	Seen
Gallium oreganum	Bedstraw, Cleavers	Edible, Medicinal	x
Gallium sp.	Bedstraw, Cleavers	Edible, Medicinal	x
Gallium triflorum	Bedstraw, Cleavers	Edible, Medicinal	
<b>Gentianaceae</b>			
Centaurium erythraea (C. umbellatum)	Centaury	Medicinal	
Menyanthes trifoliata	Bogbean	Medicinal	
<b>Boraginaceae</b>			
Mertensia paniculata	Oregon Bluebells	Medicinal (PA's)	x
Mertensia sp.	Oregon Bluebells	Medicinal (PA's)	
unidentified forget me not like flower		Poisonous	
<b>Hydrophyllaceae</b>			
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	
<b>Plantaginaceae</b>			
Plantago sp.	Plantain	Edible, Medicinal	
<b>Plantaginaceae (Scrophulariaceae)</b>			
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	
<b>Scrophulariaceae</b>			
Verbascum thapsus	Mullein	Medicinal	
<b>Lamiaceae (Labiatae)</b>			
Clinopodium douglasii (Satureja d.)	Yerba Buena	Edible, Medicinal	x
Prunella vulgaris	Self-Heal	Edible, Medicinal	x
Stachys sp.	Woundwort	Edible, Medicinal	
<b>Phrymaceae (Scrophulariaceae)</b>			
Erythranthe alsinoides (Mimulus a.)	Baby Monkey Flower	Edible	

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Family	Name	Uses	Seen
Erythranthe guttata (Mimulus g.)	Common Monkeyflower	Edible	
	Musk Monkeyflower	Edible	x
Erythranthe moschata (Mimulus moschatus)			
<b>Orobanchaceae (Scrophulariaceae)</b>			
Castilleja hispida	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
<b>Campanulaceae</b>			
Campanula scouleri	Harebell	Edibility unknown	x
<b>Asteraceae (Compositae)</b>			
Achillea millefolium	Yarrow	Medicinal	
Adenocaulon bicolor	Pathfinder		x
Agoseris aurantiaca	Orange Mountain Dandelion		x
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	x
Eriophyllum lanatum	Oregon Sunshine	Edibility unknown	
Hieracium albiflorum	Hawkweed	Edibility unknown	
Hypochaeris radicata	Fake Dandelion	Edible	x
	Ox Eye Daisy	Edible, Medicinal	x
Leucanthemum vulgare (Chrysanthemum l.)			
Oreostemma alpigenum (Aster alpigenus)	Aster	Poisonous	
Petasites frigidus	Western Coltsfoot	Edible (PA's)	x
Senecio sp.	Groundsel	Poisonous (PA's)	x
Senecio triangularis	Arrow Leaf Groundsel	Poisonous (PA's)	x
Taraxacum officinale	Dandelion	Edible, Medicinal	
Tragopogon pratensis	Oyster Plant	Edible	
<b>Adoxaceae (Caprifoliaceae)</b>			
Sambucus racemosa	Red Elder	Medicinal	x
<b>Caprifoliaceae</b>			
Lonicera ciliosa	Honeysuckle	Edibility unknown	x



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Family	Name	Uses	Seen
Lonicera involucrata	Twinberry	Edible	
Symphoricarpus albus	Snowberry		
<b>Linnaeaceae (Caprifoliaceae)</b>			
Linnaea borealis var. longifolia	Twinflower	Edibility unknown	x
<b>Valerianaceae</b>			
Plectritis congesta	Corn Salad	Edible, Medicinal	
Valeriana scouleri	Valerian	Edible, Medicinal	x
Valeriana sitchensis	Valerian	Edible, Medicinal	x
<b>Araliaceae</b>			
Oplopanax horridus (O. horridum)	Devil's Club	Medicinal	
<b>Apiaceae (Umbelliferae)</b>			
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	
Unidentified white Umbelliferae		Poisonous	

**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*, 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 bilaterally symmetric, 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

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**Spring Overnight**  
**Field Trips #11-12**

Old Growth: Trees as big as small redwoods

**Low Elevation Riparian Zone**

*Valeriana scouleri*  
Many new plants

**Low Elevation Disturbed Areas**

Fake Dandelion, *Hypochaeris radicata*, from True Dandelion, *Taraxacum officinale*  
*Leucanthemum vulgare* and *Hypochaeris radicata* association