

Columbines School of Botanical Studies
 Summer Apprenticeship Program
 Trip #17 - 18 Economic Botanical Survey

Date: August 20-21, 22-23, 2020

Middle Elevation Coniferous Woods and Riparian 4800'

Food: Roots

Cirsium sp.	Thistle	
Dodecatheon jeffreyi	Shooting Star	
Lilium columbianum	Tiger Lily	No Pick
Osmorhiza berteroi (O. chilensis)	Sweet Cicely	
Platanthera sp.	Green Rein Orchid	No Pick
Platanthera sp.	White Rein Orchid	No Pick
Xerophyllum tenax	Beargrass	

Food: Greens and Potherbs

Achlys triphylla	Vanilla Leaf	
Caltha biflora	Marsh Marigold	Pot Herb
Castilleja sp.	Paintbrush	Concentrates Toxins
Chamaenerion angustifolium (Epilobium a.)	Fireweed	
Cirsium sp.	Thistle	
Claytonia sibirica (Montia s.)	Candyflower	
Cornus unalaschensis (C. canadensis)	Bunchberry	
Dodecatheon jeffreyi	Shooting Star	
Erythranthe guttata (Mimulus g.)	Yellow Monkeyflower	
Erythranthe moschata (Mimulus moschatus)	Musk Monkeyflower	
Gallium sp.	Bedstraw, Cleavers	
Leucanthemum vulgare (Chrysanthemum l.)	Ox Eye Daisy	
Ligusticum grayi	Oshala	
Lilium columbianum	Tiger Lily	No Pick
Orthocarpus imbricatus	Owls Clover	
Osmorhiza berteroi (O. chilensis)	Sweet Cicely	
Phacelia sp.	Phacelia	
Plantago major	Plantain	
Platanthera sp.	Green Rein Orchid	No Pick
Platanthera sp.	White Rein Orchid	No Pick
Rosa sp.	Wild Rose	
Stachys cooleyae	Hedge Nettle	
Trifolium repens	White Clover	
Trifolium wormskjoldii	Native Clover	
Trillium ovatum	Trillium	No Pick
Viola glabella	Woods Violet	
Viola orbiculata	Dark Woods Violet	
Xerophyllum tenax	Beargrass	

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Food: Fruits

Amelanchier alnifolia	Serviceberry	
Chamaenerion angustifolium (Epilobium a.)	Fireweed	
Chimaphila umbellata	Pipsissewa	Unripe
Cornus unalaschkensis (C. canadensis)	Bunchberry	
Dodecatheon jeffreyi	Shooting Star	
Fragaria sp.	Wild Strawberry	
Lilium columbianum	Tiger Lily	No Pick
Lonicera involucrata	Twinberry	
Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal	Cathartic
	Small False Solomon's Seal	Cathartic
Maianthemum stellatum (Smilacina stellata)		
Nuphar polysepala	Water lily	
Orthilia secunda (Pyrola s.)	One-sided Pyrola	
Ribes lacustre	Swamp Currant	
Ribes sp.	Currant, Gooseberry	
Ribes viscosissimum	Sticky Currant	
Rosa sp.	Rosehips	
Rubus lasiococcus	Dwarf Bramble	
Rubus nutkanus (R. parviflorus)	Thimbleberry	
Rubus sp.(2)	Blackberry	
Rubus spectabilis	Salmonberry	
Sorbus sp.	Mountain Ash	
Trillium ovatum	Trillium	No Pick
Vaccinium membranaceum	Mountain Huckleberry	
Vaccinium ovalifolium	Oval Leaf Huckleberry	
Xerophyllum tenax	Beargrass	

Food: Spices/Teas

Achlys triphylla	Vanilla Leaf	
Angelica arguta	Angelica	
Angelica genuflexa	Angelica	
Ceanothus velutinus	Red Root	Leaf
Fragaria sp.	Wild Strawberry	
Heracleum maximum (H. lanatum)	Cow Parsnip	Strong
Ligusticum grayi	Oshala	
Osmorhiza berteroi (O. chilensis)	Sweet Cicely	
Rosa sp.	Wild Rose	
Rubus lasiococcus	Dwarf Bramble	
Rubus nutkanus (R. parviflorus)	Thimbleberry	
Rubus sp.(2)	Blackberry	
Rubus spectabilis	Salmonberry	

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Trifolium repens
 Trifolium wormskjoldii

White Clover
Native Clover

Alteratives incl. Diaphoretics and Diuretics

Angelica arguta	Angelica	Reproductive
Angelica genuflexa	Angelica	Reproductive
Ceanothus velutinus	Red Root	Alterative
Chimaphila umbellata	Pipsissewa	Diuretic
Gallium sp.	Bedstraw	Diuretic
Ligusticum grayi	Oshala	
Orthilia secunda (Pyrola s.)	One-sided Pyrola	Diuretic
Rudbeckia occidentalis	Coneflower	Diuretic
Sambucus racemosa	Red Elder	Diaphoretic
Vaccinium membranaceum	Mountain Huckleberry	Diuretic
Vaccinium ovalifolium	Oval Leaf Huckleberry	Diuretic

Aromatic/Bitters

Angelica arguta	Angelica	
Angelica genuflexa	Angelica	
Heracleum maximum (H. lanatum)	Cow Parsnip	Strong
Ligusticum grayi	Oshala	
Osmorhiza berteroi (O. chilensis)	Sweet Cicely	
Pedicularis bracteosa	Cobrahead	Bitter
Pedicularis groenlandica	Elephant's Head	Bitter
Pedicularis racemosa	Parrot's Beak	Bitter

Astringents

Amelanchier alnifolia	Serviceberry
Anaphalis margaritacea	Pearly Everlasting
Bistorta bistortoides (Polygonum b.)	Mountain Bistort
Ceanothus velutinus	Red Root
cf. Potentilla sp.	Potentilla
Chamaenerion angustifolium (Epilobium a.)	Fireweed
Chimaphila umbellata	Pipsissewa
Cornus unalaschkensis (C. canadensis)	Bunchberry
Fragaria sp.	Wild Strawberry
Geum macrophyllum	Geum, Avens
Orthilia secunda (Pyrola s.)	One-sided Pyrola
Populus trichocarpa	Cottonwood Buds
Ribes lacustre	Swamp Currant
Ribes viscosissimum	Sticky Currant
Rosa sp.	Wild Rose
Rubus lasiococcus	Dwarf Bramble

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Rubus nutkanus (R. parviflorus)	Thimbleberry
Rubus sp.(2)	Blackberry
Rubus spectabilis	Salmonberry
Salix sp.	Willow
Sorbus sp.	Mountain Ash
Spirea sp.	Spirea
Stachys cooleyae	Hedge Nettle
Vaccinium membranaceum	Mountain Huckleberry
Vaccinium ovalifolium	Oval Leaf Huckleberry

Calming Herbs, Nervines

Corallorhiza sp.	Coral Root	No Pick
Hypericum perforatum	St. John's Wort	
Hypericum scouleri (H. formosum)	St. John's Wort	
Pedicularis bracteosa	Cobrahead	
Pedicularis groenlandica	Elephant's Head	
Pedicularis racemosa	Parrot's Beak	
Stachys cooleyae	Hedge Nettle	Mild
Valeriana sitchensis	Valerian	

Demulcents, Emollients

Goodyera oblongifolia	Rattlesnake Plantain	No Pick
Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal	
	Small False Solomon's Seal	
Maianthemum stellatum (Smilacina stellata)	Oregon Bluebells	External (PA's)
Mertensia paniculata	Penstemon	Emollient
Penstemon sp.		

Analgesics, Anesthetics

Heracleum maximum (H. lanatum)	Cow Parsnip	Nerve Pain
Populus trichocarpa	Cottonwood Buds	
Salix sp.	Willow	
Spirea sp.	Spirea	

Misc.

Anaphalis margaritacea	Pearly Everlasting	Pretty
Ceanothus velutinus	Red Root	Soap
Chimaphila umbellata	Pipsissewa	Root Beer, Smoke
Gallium sp.	Bedstraw	Burns
Hypericum perforatum	St. John's Wort	Anti-viral
Hypericum scouleri (H. formosum)	St. John's Wort	Anti-viral

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Leucanthemum vulgare (Chrysanthemum l.)	Ox Eye Daisy	Allergies
Pedicularis bracteosa	Cobrahead	Smoke
Pedicularis groenlandica	Elephant's Head	Smoke
Pedicularis racemosa	Parrot's Beak	Smoke
Plantago major	Plantain	Drawing Poultice, Burns
Trillium ovatum	Trillium	No Pick, Uterine Astringent
Vaccinium membranaceum	Mountain Huckleberry	Blood Sugar
Vaccinium ovalifolium	Oval Leaf Huckleberry	Blood Sugar
Xerophyllum tenax	Beargrass	Fiber

Topics of Botanical Interest

Aconitum columbianum	Monkshood	Very Poison
Actaea rubra	Baneberry	
Boykinia major	Boykinia	Possible Valerian Indicator
Lysichiton americanus (L. americanum)	Skunk Cabbage	Very Big Leaves
Senecio triangularis	Arrow Leaf Groundsel	PA's
Veratrum viride	Veratrum	Very Poison

Animal Interactions

Caterpillar

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Class Highlights Trip 17-18

Places Visited:

Middle elevation coniferous woods, meadows, clearcuts, riparian
Low elevation roadside

Topics covered:

Apiaceae (Umbelliferae) taxonomy

Keyed: *Heracleum maximum*, *Ligusticum grayi*, *Daucus carota*

Poisons: *Conium maculatum*, *Aconitum columbianum*, *Cicuta douglasii*

Wildcrafting Principle: If you find an undisturbed meadow with harvestable herbs, look for a nearby clearcut for the same plants without the competition of a mature meadow. This is safer for root harvests. This leaves the meadow undisturbed to enjoy and study.

Located, harvested, processed the roots of *Valeriana sitchensis*

Located, harvested, processed the roots of *Ligusticum grayi*

Root washing: You can filter out dirt but you can't filter out poisons. Be 100% sure of identification and cleanliness when washing wildcrafted roots. Poisonous plant seeds or *Aconitum columbiana* bulbils and roots can hide in cracks in the wild roots.

Root Identification: We learned to identify a variety of our meadow flora by their roots.

Tasted the berries from 3 different kinds of *Vaccinium* spp.

Special lecture on wild edibles by Heron Brae