

Columbines School of Botanical Studies
 Second Year Apprenticeship Program
 Trip #9-10 Alpine Zone

Date: August 1-2, 2020
 Trip 9-10

Subalpine to Alpine Zone 6225' to 8002'
<http://www.botanicalstudies.net/botany/plantlists.php>

Family	Name	Ecosystem	Seen
Tofieldiaceae (Liliaceae)			
<i>Triantha occidentalis</i> (Tofieldia o.)	Tofieldia	H	
Melanthiaceae (Liliaceae)			
<i>Trillium ovatum</i>	Trillium	Lower H, mostly C & T	
<i>Veratrum viride</i>	False Hellebore	H	x
Liliaceae			
<i>Clintonia uniflora</i>	Queen's Cup	Lower H to T	
<i>Erythronium grandiflorum</i>	Glacier Lily	H & C	
Orchidaceae			
<i>Platanthera dilatata</i> (<i>Habenaria dilatata</i> spp. leucostachys)	White Rein Orchid	H to T	x
<i>Platanthera stricta</i> (<i>Habenaria saccata</i>)	Green Rein Orchid	H to T	
<i>Spiranthes romanzoffiana</i>	Twisted Sister	H to T	x
Asparagaceae (Liliaceae)			
<i>Maianthemum stellatum</i> (<i>Smilacina stellata</i>)	Small False Solomon's Seal	Lower H to T	
Cyperaceae			
<i>Carex</i> spp.	Sedge		
Ophioglossaceae			
<i>Sceptridium multifidum</i> (<i>Botrychium silaifolium</i>)	Grape Fern	H	
Pinaceae			
<i>Pinus albicaulis</i>	Whitebark Pine	H	x
Papaveraceae (Fumariaceae)			
<i>Dicentra formosa</i>	Bleeding Heart	H to HT	
Ranunculaceae			
<i>Aconitum columbianum</i>	Monkshood	A to AT	
<i>Anemone drummondii</i>	Drummond's Anemone	H to A	x
<i>Anemone lyallii</i>	Small Windflower	H to T	
<i>Anemone occidentalis</i>	Mountain Pasque Flower	H	

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Family	Name	Ecosystem	Seen
Aquilegia formosa	Columbine	H to T	
Caltha biflora (C. leptosepala)	Marsh Marigold	H	x
Delphinium menziesii	Larkspur	H to T	x
Delphinium sp.	Larkspur		
Ranunculus alismaefolius	Marsh Buttercup	C to H	
Ranunculus sp.	Marsh Buttercup		
Saxifragaceae			
Micranthes oregana (Saxifraga o.)	Oregon Saxifrage	H to HT	x
Micranthes tolmiei (Saxifraga t.)	Alpine Saxifrage	A and upper H	
Pectiantia breweri (Mitella b.)	Small Bishop's Cap	H & C	
Pectiantia pentandra (Mitella p.)	Five Point Mitrewort	H & C	
Crassulaceae			
Sedum sp.	Stonecrop		
Fabaceae (Leguminosae)			
Lupinus andersonii	Lupine	H to AT	
Lupinus lepidus spp. iyallii	Lupine	H to A	x
Lupinus sp.	Lupine		
Trifolium longipes	Wild Clover	H to T	x
Trifolium spp.	Clover		
Rosaceae			
cf. Potentilla sp.	Potentilla		
Comarum palustre (Potentilla p.)	Swamp Potentilla		
Fragaria spp.	Strawberry		
Leutkea pectinata	Partridge Foot	H to A	x
Potentilla breweri	Cinquefoil	Lower H and C	
Potentilla flabellifolia	Cinquefoil	H	x
Sibbaldia procumbens	Creeping Sibbaldia	A & H	
Sorbus sitchensis (S. occidentalis)	Mountain Ash	H	
Celastraceae (Saxifragaceae)			
Parnassia cirrata (intermedia)	Grass of Parnassus	H & C	
Hypericaceae			
Hypericum anagaloides	Bog St. John's Wort	Lower H to HT	
Violaceae			
Viola sp.	Violet		
Salicaceae			

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Family	Name	Ecosystem	Seen
Salix spp.	Willow		
Onagraceae			
Boisduvalia sp. or Epilobium sp.	Willow Herb		x
	Fireweed	Lower H to T	
Chamaenerion angustifolium (Epilobium a.)			
Brassicaceae (Cruciferae)			
Arabis sp.	Rock Cress		
Draba sp.	Draba		
Polygonaceae			
Bistorta bistortoides (Polygonum b.)	Mountain Bistort	H & C	
Eriogonum pyrolifolium	Alpine Buckwheat	H to A	x
Eriogonum umbellatum	Sulfur Flower	H to T	x
Polygonum newberryi	Newberry's Knotweed	A & H	x
Montiaceae (Portulacaceae)			
Calyptidium umbellatum (Spraguea u.)	Pussy Paws	A & H	x
Claytonia perfoliata (Montia p.)	Miner's Lettuce	Lower H to T	
Lewisia triphylla	Lewisia	H	
Cornaceae			
Cornus unalaschkensis (C. canadensis)	Bunch Berry	H to HT	
Polemoniaceae			
Polemonium spp.	Polemonium		
Primulaceae			
Dodecatheon jeffreyi	Shooting Star	H	x
Ericaceae			
Arctostaphylos nevadensis	Kinnikinnik	H & C	
Cassiope mertensiana	Mountain Heather	A to Lower H	
Chimaphila umbellata	Pipsissewa	Lower H to T	
Gaultheria humifusa	Alpine Gaultheria	H	
Kalmia microphylla	Kalmia	H	
Orthilia secunda (Pyrola s.)	One Sided Pyrola	H & C	
Phyllodoce empetriformis	Pink Mountain Heather	A to H	x
Pleuricospora fimbriolata (Hypopitys fimbriata)	Fringed Pine Sap	H to T	
Pterospora andromedea	Pine Drops		
Vaccinium scoparium	Grouse Berry	H & C	x

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Family	Name	Ecosystem	Seen
Vaccinium spp.	Huckleberry		
Adoxaceae (Caprifoliaceae)			
Sambucus racemosa	Red Elderberry	H to HT	x
Hydrophyllaceae			
Phacelia sp.	Phacelia		
Plantaginaceae (Scrophulariaceae)			
Penstemon cinicola	Penstemon	H to mostly AT	x
Penstemon davidsonii	Penstemon	A to H	x
Veronica sp.	Veronica, Speedwell		
Veronica worms kjoldii	Veronica, Speedwell	H	
Phrymaceae (Scrophulariaceae)			
Erythranthe guttata (Mimulus g.)	Monkeyflower	H to T	x
Erythranthe lewisii (Mimulus l.)	Great Purple Monkeyflower	H & C	x
	Musk Monkeyflower	Lower H to T	
Erythranthe moschata (Mimulus moschatus)			
Erythranthe primuloides (Mimulus p.)	Primrose Monkeyflower	H to T	
Orobanchaceae (Scrophulariaceae)			
Castilleja arachnoidea	Paintbrush	H to A	x
Castilleja miniata	Paintbrush	H	x
Castilleja parviflora ssp. oreopola (C. o.)	Paintbrush	A & H	x
Castilleja suksdorfii	Paintbrush	H	x
Pedicularis attollens	Baby Elephant's Head	H & C	x
Pedicularis bracteosa	Cobra's Head	H & C	x
Pedicularis groenlandica	Elephant's Head	H & C	x
Asteraceae (Compositae)			
Achillea millefolium	Yarrow	H to T	x
Agoseris aurantiaca	Orange Mountain Dandelion	H	
Anaphalis margaritacea	Pearly Everlasting	H to T	
Antennaria sp.	Everlasting		x
Arnica mollis	Hairy Arnica	H	x
Aster sp.	Aster		x
cf. Senecio sp.	Groundsel		x
	Shasta Aster	H	
Dieteria canescens var. shastensis (Aster s.)			
DYC	Damn Yellow Compositae		
Erigeron peregrinus	Daisy	H	
Hieracium albiflorum	White Hawkweed	H to T	

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Family	Name	Ecosystem	Seen
Hieracium gracile	Alpine Hawkweed Ox Eye Daisy	H	
Leucanthemum vulgare (Chrysanthemum l.)			
Nothocalais alpestris (Microseris a.)	Alpine Dandelion	H	x
Oreostemma alpigenum (Aster alpigenus)	Aster	A to H	
Raillardella scaposa	Raillardella	H to A	
Senecio triangularis	Arrow Leaf Groundsel	Lower H & C	
Linnaeaceae (Caprifoliaceae)			
Linnaea borealis	Twinflower	C	
Valerianaceae			
Valeriana sitchensis	Valerian	H	x
Apiaceae (Umbelliferae)			
Ligusticum grayi	Oshala	H & C	x
Lomatium martindalei	Biscuit Root	H	x
Osmorhiza berteroi (O. chilensis)	Sweet Cicely	H to T	
Unidentified white Umbelliferae			

Columbines School of Botanical Studies
Second Year Field Program
Trip # 9-10 Highlights
Arctic-Alpine Zone
August 1-2, 2020

Middle Elevation Coniferous Woods and Riparian, Subalpine, and Arctic-Alpine Zones

Located, harvested, processed *Anemone drummondii* for tincture

Uses and tasting *Anemone drummondii*

Keyed out numerous plants in the *Flora of the Three Sisters Region*

Adrenaline Stress Review

Ecology of the Subalpine and Arctic Alpine Zones