

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #1 Introduction

April 9, 10, 13, 2021

Low Elevation Riparian Zone and Coniferous Woods
1421', 1481', 2000'

Family	Genus	Name	Uses
Melanthiaceae (Liliaceae)	Trillium ovatum	Birth Root	No Pick
Papaveraceae (Fumariaceae)	Dicentra formosa	Bleeding Hearts	Poisonous
Ranunculaceae	Anemone lyallii	Small Windflower	Poisonous
Rosaceae	Oemleria cerasiformis	Osoberry	Edible
Oxalidaceae	Oxalis oregana	Oxalis	Edible (Choice)
Violaceae	Viola glabella	Woods Violet	Edible (Choice)
Plantaginaceae (Schrophulariaceae)	Synthyris reniformis	Snow Queen	Edibility unknown
Phrymaceae (Scrophulariaceae)	Erythranthe alsinoides (Mimulus a.)	Baby Monkey Flower	Edible
Asteraceae (Compositae)	Crocidium multicaule Petasites frigidus	Gold Fields Western Coltsfoot	Poisonous? Edible, Medicinal (PA's)
Valerianaceae	Valeriana scouleri	Low-elevation Valerian	Medicinal
Apiaceae (Umbelliferae)	Lomatium utriculatum	Spring Gold, Biscuit Root	Edible

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Field Trip #1
Introduction to Low Elevation

Social Distancing Protocols

Forest Service Road Numbers: What do they mean?

How to Poop in the Woods

Tasted *Valeriana scouleri*, *Oemleria cerasiformis*, *Oxalis oregana* and *Viola glabella*

Botany

Plant Names: Family, genus, species, common

Four Whorls of the Flower

Asteraceae Formally Known as Compositae: flowers in heads

Apiaceae Formally Known as Umbelliferae: flowers in umbels

Scrophulariaceae (in the broad sense, *sensu lato*): Two petals on the top, three on the bottom

Low Elevation Coniferous Woods

Oregon Grape/Salal Balance

Oregon Grape Locating

Low Elevation Riparian Zone

Valerian Locating

Valerian Ecology