

Columbines School of Botanical Studies  
Spring Apprenticeship Program  
Trip #4 *Berberis nervosa*

April 30, May 1, 4, 2021

Low Elevation Coniferous Woods 2000'

Family	Genus	Name	Uses
<b>Melanthiaceae (Liliaceae)</b>	Trillium ovatum	<b>Birth Root</b>	No Pick
<b>Orchidaceae</b>	Calypso bulbosa	<b>Calypso Orchid</b>	No Pick
	Neottia cordata (Listera c.)	<b>Twayblade</b>	No Pick
<b>Papaveraceae (Fumariaceae)</b>	Dicentra formosa	<b>Bleeding Hearts</b>	Poisonous
<b>Berberidaceae</b>	Mahonia nervosa (Berberis n.)	<b>Mountain Oregon Grape</b>	Edible, Medicinal
<b>Ranunculaceae</b>	Anemone lyallii	<b>Small Windflower</b>	Poisonous
<b>Grossulariaceae</b>	Ribes sanguineum	<b>Red Flowering Currant</b>	Edible
<b>Violaceae</b>	Viola glabella	<b>Woods Violet</b>	Edible (Choice)
<b>Aceraceae</b>	Acer circinatum	<b>Vine Maple</b>	Edible
	Acer macrophyllum	<b>Big leaf Maple</b>	Edible (Choice)
<b>Montiaceae (Portulacaceae)</b>	Claytonia sibirica (Montia s.)	<b>Candyflower</b>	Edible (Choice)
<b>Cornaceae</b>	Cornus nuttallii	<b>Dogwood</b>	Medicinal
<b>Ericaceae</b>	Vaccinium parvifolium	<b>Red Huckleberry</b>	Edible, Medicinal
<b>Asteraceae (Compositae)</b>	Petasites frigidus	<b>Western Coltsfoot</b>	Edible, Medicinal (PA's)
<b>Valerianaceae</b>	Valeriana scouleri	<b>Low-elevation Valerian</b>	Medicinal

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

**Columbines School of Botanical Studies**  
***Mahonia nervosa* (*Berberis n.*)**  
**Field Trip #4**

Wildcrafting Principles

**Botany**

Keyed out: *Mahonia nervosa* (*Berberis n.*)

**Low Elevation Coniferous Woods**

Tasted *Valeriana scouleri* root

Tasted *Vaccinium parvifolium* flower

Tasted *Mahonia nervosa* (*Berberis n.*) root bark

Locating, harvesting, and processing *Mahonia nervosa* (*Berberis n.*)

Made *Mahonia nervosa* (*Berberis n.*) tincture