

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

June 24-25, 26-27, 29-30, 2021

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
Araceae			
	<i>Lysichiton americanus</i> (L. americanum)	+/- Edible	x
Tofieldiaceae (Liliaceae)			
	<i>Triantha occidentalis</i> (<i>Tofieldia glutinosa</i>)	No Pick	
Melanthiaceae (Liliaceae)			
	<i>Stenanthium</i>	No Pick	
	<i>Anticlea occidentalis</i> (<i>Stenanthium occidentale</i>)		
	<i>Trillium ovatum</i>	No Pick	x
	<i>Veratrum</i> sp.	Poisonous, Medicinal	
	<i>Xerophyllum tenax</i>	Edible	x
Liliaceae			
	<i>Calochortus subalpinus</i>	No Pick	x
	<i>Calochortus tolmiei</i>	No Pick	x
	<i>Clintonia uniflora</i>	Poisonous?	x
	<i>Erythronium grandiflorum</i>	No Pick	x
	<i>Erythronium oregonum</i>	No Pick	
	<i>Lilium columbianum</i>	No Pick	x
	<i>Lilium washingtonianum</i>	No Pick	
	<i>Prosartes hookeri</i> (<i>Disporum</i> h.)	+/- Edible	
	<i>Streptopus amplexifolius</i>	+/- Edible	
	<i>Streptopus lanceolatus</i> (<i>S. roseus</i>)	+/- Edible	
Orchidaceae			
	<i>Calypso bulbosa</i>	No Pick	x
	<i>Cephalanthera austini</i> (<i>Europhyton</i> a.)	No Pick	
	<i>Corallorhiza maculata</i>	No Pick	x
	<i>Corallorhiza mertensiana</i>	No Pick	x
	<i>Corallorhiza striata</i>	No Pick	

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Family	Name	Uses	Seen
	Goodyera oblongifolia	Rattlesnake Plantain	No Pick
	Neottia banksiana (Listera caurina)	Large Twayblade	No Pick
	Neottia cordata (Listera c.)	Twayblade	No Pick
	Platanthera dilatata (Habenaria d.)	White Rein Orchid	No Pick x
	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
Iridaceae			
	Iris chrysophylla	Slender Tubed Iris	Poisonous, Medicinal
	Iris tenax	Iris, Blue Flag	Poisonous, Medicinal
	Sisyrinchium bellum (S. angustifolium)	Blue-eyed Grass	x
Asparagaceae (Liliaceae)			
	Brodiaea elegans	Elegant Brodiaea	No Pick
	Dichelostemma congestum (Brodiaea congesta)	Harvest Lily	No Pick x
	Maianthemum dilatatum	False Wild Lily of the Valley	Poisonous, Medicinal
	Maianthemum racemosum (Smilacina racemosa)		
	Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal	+/- Edible, Medicinal
Aristolochiaceae			
	Asarum caudatum	Wild Ginger	Edible, Medicinal x
Papaveraceae (Fumariaceae)			
	Dicentra formosa	Bleeding Heart	Poisonous, Medicinal x
	Dicentra uniflora	Steer's Head	Poisonous, Medicinal
Berberidaceae			
	Achlys triphylla	Vanilla Leaf	Edible x
	Mahonia aquifolium (Berberis a.)	Tall Oregon Grape	Edible, Medicinal x
	Mahonia nervosa (Berberis n.)	Mountain Oregon Grape	Edible, Medicinal
	Vancouveria hexandra	Inside Out Flower	Edible x
Ranunculaceae			
	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
	Caltha biflora	Marsh Marigold	Edible, Medicinal x
	Coptis laciniata	Goldthread	Medicinal

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Family	Name	Uses	Seen
Delphinium menziesii	Larkspur	Poisonous	
Delphinium sp.	Larkspur	Poisonous	x
Ranunculus occidentalis var. occidentalis	Western Buttercup	Poisonous	
Ranunculus populago	Marsh Buttercup	Poisonous	
Ranunculus repens	Weedy Buttercup	Poisonous	x
Ranunculus sp.	Marsh Buttercup	Poisonous	
Ranunculus uncinatus	Woods Buttercup	Poisonous	
Thalictrum sp.	Meadow-rue	Poisonous	
Grossulariaceae			
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	x
Saxifragaceae			
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	
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
Crassulaceae			
Sedum sp.	Stonecrop	Edible	
Fabaceae (Leguminosae)			
Cytisus scoparius	Scotch Broom	Poisonous	
Genista monspessulana (Cytisus monspessulanus)	Moonlight Broom	Poisonous	
Lathyrus sp.	Pea	Poisonous	
Lupinus polyphyllus	Big Leaf Lupine	Poisonous	x
Lupinus sp.	Lupine	Poisonous	x
Trifolium longipes	Wild Clover	Edible, Medicinal	
Trifolium pratense	Red Clover	Edible, Medicinal	
Trifolium repens	White Clover	Edible	x
Unidentified Fabaceae		Poisonous	

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Family	Name	Uses	Seen
Vicia sp.	Vetch	Poisonous	x
Rosaceae			
Amelanchier alnifolia	Serviceberry	Choice edible	x
Aruncus sylvester	Goatsbeard	Edibility unknown	
cf. Potentilla sp.	Potentilla	Medicinal	x
Drymocallis glandulosa (Potentilla g.)	Lemon Yellow Potentilla	Medicinal	
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.	Spiraea	Medicinal	
Rhamnaceae			
Ceanothus integerrimus	Red Root	Soap/Medicinal	
Ceanothus velutinus	Red Root	Soap/Medicinal	x
Celastraceae			
Paxistima myrsinites (Pachistima m.)	Oregon Box	Ornamental	
Oxalidaceae			
Oxalis oregana	Oxalis, Wood Sorrel	Choice edible	
Oxalis suksdorfii	Oxalis, Wood Sorrel	Choice edible	x
Hypericaceae			
Hypericum perforatum	St. John's Wort	Medicinal	
Hypericum scouleri (H. formosum)	Native St. John's Wort	Medicinal	
Violaceae			
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
Viola palustris	Marsh Violet	Choice edible	
Viola sp.	Violet	Choice edible	

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Family	Name	Uses	Seen
Salicaceae			
Salix sp.	Willow	Medicinal	
Onagraceae			
Chamaenerion angustifolium (Epilobium a.)	Fireweed	Edible, Medicinal	
Circaea alpina	Enchanter's Nightshade		
Clarkia amoena	Farewell to Spring		
Clarkia gracilis	Farewell to Spring		
Aceraceae			
Acer circinatum	Vine Maple	Edible	x
Acer glabrum var. douglasii	Maple	Edible	
Acer macrophyllum	Big leaf Maple	Edible	
Malvaceae			
Sidalcea campestris	Meadow Checker Mallow	Edible, Medicinal	
Brassicaceae (Cruciferae)			
Yellow unidentified mustard		Poisonous	
Polygonaceae			
Bistorta bistortoides (Polygonum b.)	Mountain Bistort	Edible, Medicinal	x
Eriogonum umbellatum	Wild Buckwheat	Edible	
Rumex acetosella	Sheep Sorrel	Edible, Medicinal	
Caryophyllaceae			
Moehringia macrophylla (Arenaria m.)	Sandwort		
Montiaceae (Portulacaceae)			
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	
Hydrangeaceae			
Whipplea modesta	Whipple Vine	Edibility unknown	
Cornaceae			
Cornus nuttallii	Dogwood	Medicinal	x
Cornus unalaschkensis (C. canadensis)	Bunchberry	Edible	x

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Family	Name	Uses	Seen
Polemoniaceae			
<i>Gilia capitata</i>	Bluefield Gilia	Unknown Edibility	
<i>Ipomopsis aggregata</i> (<i>Gilia a.</i>)	Sky Rocket Gilia	Unknown Edibility	
<i>Polemonium carneum</i>	Jacob's Ladder	Unknown Edibility	
Primulaceae			
<i>Dodecatheon jeffreyi</i>	Shooting Star	Edible	x
<i>Lysimachia latifolia</i> (<i>Trientalis l.</i>)	Starflower	Edible	x
Ericaceae			
<i>Allotropa virgata</i>	Candy Stripe	No Pick	
<i>Arbutus menziesii</i>	Madrone	Edible, Medicinal	
<i>Arctostaphylos columbiana</i>	Hairy Manzanita	Edible, Medicinal	
<i>Arctostaphylos nevadensis</i>	Kinnikinnik	Edible, Medicinal	x
<i>Arctostaphylos patula</i>	Manzanita	Edible, Medicinal	
<i>Chimaphila menziesii</i>	Baby Pipsissewa	Edible, Medicinal	
<i>Chimaphila umbellata</i>	Pipsissewa	Edible, Medicinal	x
<i>Gaultheria ovatifolia</i>	Slender Wintergreen	Edible, Medicinal	x
<i>Gaultheria shallon</i>	Salal	Edible, Medicinal	
<i>Hemitomes congestum</i>	Gnome-Plant	No Pick	
<i>Kalmia microphylla</i> var. <i>occidentalis</i> (<i>K. occidentalis</i>)	Swamp Laurel	Poisonous	
<i>Monotropa hypopitys</i> (<i>Hypopitys m.</i>)	Pinesap	No Pick	
<i>Monotropa uniflora</i>	Indian Pipe	No Pick	
<i>Orthilia secunda</i> (<i>Pyrola s.</i>)	Pyrola	Edible, Medicinal	
<i>Pleuricospora fimbriolata</i>	Fringed Pinesap	No Pick	x
<i>Pterospora andromedea</i>	Pinedrops	No Pick	
<i>Pyrola asarifolia</i>	Pyrola	Edible, Medicinal	
<i>Pyrola picta</i>	White-Veined Pyrola	Edible, Medicinal	x
<i>Rhododendron macrophyllum</i>	Rhododendron	Poisonous	x
<i>Rhododendron menziesii</i> (<i>Menziesia ferruginea</i>)	Fool's Huckleberry	Poisonous	
<i>Vaccinium caespitosum</i>	Dwarf Huckleberry	Choice Edible, Medicinal	x
<i>Vaccinium membranaceum</i>	Tall Huckleberry	Choice Edible, Medicinal	x
<i>Vaccinium parvifolium</i>	Red Huckleberry	Choice Edible, Medicinal	
<i>Vaccinium scoparium</i>	Grouseberry	Choice Edible, Medicinal	
<i>Vaccinium uliginosum</i>	Huckleberry	Choice Edible, Medicinal	x
Rubiaceae			
<i>Gallium oreganum</i>	Bedstraw, Cleavers	Edible, Medicinal	
<i>Gallium sp.</i>	Bedstraw, Cleavers	Edible, Medicinal	x
<i>Gallium triflorum</i>	Bedstraw, Cleavers	Edible, Medicinal	

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Family	Name	Uses	Seen
Gentianaceae			
	Centaurium erythraea (C. umbellatum)	Centaury	Medicinal
	Menyanthes trifoliata	Bogbean	Medicinal
Boraginaceae			
	Mertensia paniculata	Oregon Bluebells	Medicinal (PA's) x
	Mertensia sp.	Oregon Bluebells	Medicinal (PA's)
	unidentified forget me not like flower	Poisonous	
Hydrophyllaceae			
	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
Plantaginaceae			
	Plantago sp.	Plantain	Edible, Medicinal
Plantaginaceae (Scrophulariaceae)			
	Collinsia grandiflora	Large Blue Eyed Mary	Edibility unknown
	Collinsia parviflora	Small Blue Eyed Mary	Edibility unknown
	Digitalis purpurea	Foxglove	Poisonous
	Penstemon cardwellii	Penstemon	Medicinal
	Penstemon sp.	Woodland Penstemon	Medicinal x
	Synthyris reniformis	Snow Queen	Edibility unknown
	Veronica officinalis	Speedwell	Edible, Medicinal
	Veronica sp.	Speedwell	Edible, Medicinal
Scrophulariaceae			
	Verbascum thapsus	Mullein	Medicinal
Lamiaceae (Labiatae)			
	Clinopodium douglasii (Satureja d.)	Yerba Buena	Edible, Medicinal
	Prunella vulgaris	Self-Heal	Edible, Medicinal x
	Stachys sp.	Woundwort	Edible, Medicinal
Phrymaceae (Scrophulariaceae)			
	Erythranthe alsinoides (Mimulus a.)	Baby Monkey Flower	Edible
	Erythranthe guttata (Mimulus g.)	Common Monkeyflower	Edible x
	Erythranthe moschata (Mimulus moschatus)	Musk Monkeyflower	Edible x

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Family	Name	Uses	Seen
Orobanchaceae (Scrophulariaceae)			
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
Campanulaceae			
Campanula scouleri	Harebell	Edibility unknown	
Asteraceae (Compositae)			
Achillea millefolium	Yarrow	Medicinal	
Adenocaulon bicolor	Pathfinder		x
Agoseris aurantiaca	Orange Mountain Dandelion		
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	
Eriophyllum lanatum	Oregon Sunshine	Edibility unknown	
Hieracium albiflorum	Hawkweed	Edibility unknown	
Hypochaeris radicata	Fake Dandelion	Edible	x
Leucanthemum vulgare (Chrysanthemum l.)	Ox Eye Daisy	Edible, Medicinal	x
Oreostemma alpigenum (Aster alpigenus)	Aster	Poisonous	
Petasites frigidus	Western Coltsfoot	Edible (PA's)	x
Senecio sp.	Groundsel	Poisonous (PA's)	
Senecio triangularis	Arrow Leaf Groundsel	Poisonous (PA's)	x
Taraxacum officinale	Dandelion	Edible, Medicinal	
Tragopogon pratensis	Oyster Plant	Edible	
Adoxaceae (Caprifoliaceae)			
Sambucus racemosa	Red Elder	Medicinal	x
Caprifoliaceae			
Lonicera ciliosa	Honeysuckle	Edibility unknown	x
Lonicera involucrata	Twinberry	Edible	
Symphoricarpus albus	Snowberry		
Linnaeaceae (Caprifoliaceae)			
Linnaea borealis var. longifolia	Twinflower	Edibility unknown	x

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Family	Name	Uses	Seen
Valerianaceae			
Plectritis congesta	Corn Salad	Edible, Medicinal	
Valeriana scouleri	Valerian	Edible, Medicinal	x
Valeriana sitchensis	Valerian	Edible, Medicinal	x
Araliaceae			
Oplopanax horridus (O. horridum)	Devil's Club	Medicinal	
Apiaceae (Umbelliferae)			
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	

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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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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