

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

April 8, 9, 2022

Low Elevation Riparian Zone and Coniferous Woods  
1421', 1481', 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
<b>Papaveraceae (Fumariaceae)</b>	Dicentra formosa	<b>Bleeding Hearts</b>	Poisonous
<b>Ranunculaceae</b>	Anemone lyallii	<b>Small Windflower</b>	Poisonous
<b>Rosaceae</b>	Oemleria cerasiformis	<b>Osoberry</b>	Edible
<b>Violaceae</b>	Viola glabella	<b>Woods Violet</b>	Edible (Choice)
<b>Plantaginaceae (Schrophulariaceae)</b>	Synthyris reniformis	<b>Snow Queen</b>	Edibility unknown
<b>Phrymaceae (Scrophulariaceae)</b>	Erythranthe alsinoides (Mimulus a.)	<b>Baby Monkey Flower</b>	Edible
<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

**Columbines School of Botanical Studies**  
**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

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