

Columbines School of Botanical Studies
 Spring Apprenticeship Program
 Trip #5 Low Elevation Seepy Cliffs

May 6, 7, 2022

Seepy Cliffs 1200'
 Middle Elevation Coniferous Woods 3100'

Family	Genus	Name	Uses
Melanthiaceae (Liliaceae)			
	Trillium ovatum	Birth Root	No Pick
Orchidaceae			
	Calypso bulbosa	Calypso Orchid	No Pick
Aristolochiaceae			
	Asarum caudatum	Wild Ginger	Edible, Medicinal, S
Papaveraceae (incl. Fumariaceae)			
	Dicentra formosa	Bleeding Hearts	Poison
Berberidaceae			
	Mahonia nervosa (Berberis n.)	Mountain Oregon Grape	Edible, Medicinal
Ranunculaceae			
	Anemone lyallii	Small Windflower	Poisonous
Crassulaceae			
	Sedum sp.	Stonecrop	Edible
Fabaceae (Leguminosae)			
	Cytisus scoparius	Scotch Broom	Poisonous
Rosaceae			
	Fragaria vesca	Wild Strawberry	Edible (Choice)
Violaceae			
	Viola glabella	Woods Violet	Edible (Choice)
Aceraceae			
	Acer macrophyllum	Big Leaf Maple	Edible (Choice)
Montiaceae (Portulacaceae)			
	Claytonia sibirica (Montia s.)	Candyflower	Edible (Choice)
	Montia parvifolia	Small Leaf Montia	Edible
Cornaceae			
	Cornus nuttallii	Dogwood	Medicinal
Ericaceae			

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 Trip #5 Low Elevation Riparian Zone

Family	Genus	Name	Uses
Ericaceae	Vaccinium parvifolium	Red Huckleberry	Edible, Medicinal
Hydrophyllaceae			
	Romanzoffia californica	Mist Maiden	
Plantaginaceae (Scrophulariaceae)			
	Synthyris reniformis	Snow Queen	Edibility unknown
Phrymaceae (Scrophulariaceae)			
	Erythranthe alsinoides (Mimulus a.)	Baby Monkey Flower	Edible
	Erythranthe guttata (Mimulus g.)	Common Monkey Flower	Edible
Orobanchaceae			
	Aphyllon purpureum (Orobanche uniflora)		No Pick
Asteraceae (Compositae)			
	Petasites frigidus	Western Coltsfoot	Edible, Medicinal w
Valerianaceae			
	Valeriana scouleri	Low-elevation Valerian	Medicinal
Apiaceae (Umbelliferae)			
	Lomatium utriculatum	Spring Gold, Biscuit Root	Edible
Animal Interactions			
	Branta canadensis	Canada Geese	

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Field Trip #5
Low Elevation Seepy Cliffs

Botany

Phrymaceae family description

Erythranthe genus description

Keyed out *Erythranthe guttata* (*Mimulus guttatus*)

Scrophulariaceae *Sensu lato*: Bilabiate flower, two lobes on the top and three lobes on the bottom, gamopetalous (united corolla)

Cornaceae: Flowers in heads, a whorl of petaloid bracts

Asteraceae: Flowers in heads, a whorl of sepaloid bracts

Fabaceae (Leguminosae): Uniquely bilaterally symmetric, banner, wings, and keel

Low Elevation Seepy Cliffs

Locating *Valeriana scouleri*

Middle Elevation Coniferous Woods

Chimaphila umbellata understory