

Columbines School of Botanical Studies  
 Spring Apprenticeship Program  
 Trip #7 Meadow Locating Techniques

May 20, 21, 2022

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Low Elevation Coniferous Woods and Riparian 2000'  
 Middle Elevation Coniferous Woods, Meadows, and Riparian 3600'

Far Genus	Name	Uses
<b>Araceae</b>		
Lysichiton americanus (L. americanum)	<b>Skunk Cabbage</b>	+/- Edible
<b>Melanthiaceae (Liliaceae)</b>		
Trillium ovatum	<b>Trillium</b>	No Pick
<b>Orchidaceae</b>		
Calypso bulbosa	<b>Calypso Orchid</b>	No Pick
<b>Aristolochiaceae</b>		
Asarum caudatum	<b>Wild Ginger</b>	Spice, Medicinal
<b>Papaveraceae (Fumariaceae)</b>		
Dicentra formosa	<b>Bleeding Hearts</b>	Poisonous
<b>Berberidaceae</b>		
Mahonia nervosa (Berberis n.)	<b>Oregon Grape</b>	Edible, Medicinal
<b>Ranunculaceae</b>		
Anemone oregana	<b>Small Windflower</b>	Poisonous
Ranunculus populago	<b>Marsh Buttercup</b>	Poisonous
<b>Rosaceae</b>		
Oemleria cerasiformis	<b>Oso Berry</b>	Edible
<b>Celastraceae</b>		
Paxistima myrsinites (Pachistima m.)	<b>Oregon Box</b>	Ornamental
<b>Violaceae</b>		
Viola glabella	<b>Woods Violet</b>	Choice edible
Viola orbiculata	<b>Dark Woods Violet</b>	Choice edible
Viola palustris	<b>Marsh Violet</b>	Choice edible
Viola sempervirens	<b>Evergreen Violet</b>	Choice edible
<b>Montiaceae (Portulacaceae)</b>		
Claytonia sibirica (Montia s.)	<b>Candy Flower</b>	Choice edible

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Far Genus	Name	Uses
<b>Cornaceae</b>		
Cornus nuttallii	<b>Western Flowering Dogwood</b>	Edible/Medicinal
<b>Primulaceae</b>		
Dodecatheon jeffreyi	<b>Shooting Star</b>	Edible
<b>Ericaceae</b>		
Arctostaphylos patula	<b>Green Leaf Manzanita</b>	Edible/Medicinal
Vaccinium ovalifolium	<b>Huckleberry</b>	Choice Edible, Medicinal
<b>Plantaginaceae (Scrophulariaceae)</b>		
Synthyris reniformis	<b>Snow Queen</b>	Edibility unknown
<b>Asteraceae (Compositae)</b>		
Petasites frigidus	<b>Western Coltsfoot</b>	Edible w caution, Medicinal
<b>Valerianaceae</b>		
Valeriana scouleri	<b>Valerian</b>	Medicinal
<b>Animal Interactions</b>		
Beaver chews		
Beaver flooding		
Deer ate Lysichiton americanus		
Deer ate Veratrum sp.		
Deer scat		
Elk scat (Runny)		
Frog symphonies		
Thomomys mazama castings	<b>Western Pocket Gopher</b>	

**Columbines School of Botanical Studies**  
**Meadow Locating Techniques**  
**Trip #7**

Wildcrafting Principle: Locate and explore meadows early for later harvesting. We are always wildcrafting, even when we do not harvest

Time travel: You can move north or south, up or down in elevation, to a sunnier or shadier spot, or come back later or next year to locate a certain time in a plant's life cycle

Big Three is not only a plant association that can tell you the ecosystem; it is a point in time used as a reference for time traveling

**Botany**

Keyed out: *Viola glabella*

Violaceae: Uniquely irregular flower, two petals on top, three petals on the bottom, petals distinct or polypetalous, five stamens united by their anthers

Sedges have edges; rushes are round, grasses have joints .....

**Low Elevation Coniferous Woods**

Review and changes

**Middle Elevation Coniferous Woods**

The Big Three of the Middle Elevation Coniferous Woods

- 1.
- 2.
- 3.

**Middle Elevation Meadows**

Big Three of the Middle Elevation Meadows

- 1.
- 2.
3. Not bloomin yet

Locating and exploring meadows, careful about getting outside the deciduous layer, it may be easier going into the woods, but you might not be able to get back into the meadow  
Introduction to *Veratrum* spp.