

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #10 Advanced Meadow Locating

June 17, 18, 2022

Middle Elevation Coniferous Woods, Riparian, and Meadow 3200', 3400'

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

Family	Genus	Name	Uses
Araceae			
	Lysichiton americanus (L. americanum)	Skunk Cabbage	+/- Edible
Melanthiaceae (Liliaceae)			
	Trillium ovatum	Trillium	No Pick
Liliaceae			
	Prosartes hookeri (Disporum h.)	Fairy Bells	Cathartic
Orchidaceae			
	Calypso bulbosa	Calypso Orchid	No Pick
Iridaceae			
	Iris chrysophylla	Iris	Medicinal
Asparagaceae (Liliaceae)			
	Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal	Medicinal, Cathartic
	Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal	Medicinal, Cathartic
Berberidaceae			
	Achlys triphylla	Vanilla Leaf	Edible, Medicinal
Ranunculaceae			
	Anemone deltoidea	Large Windflower	Poisonous
	Anemone oregana	Small Windflower	Poisonous
	Caltha biflora	Marsh Marigold	Edible, Medicinal
	Ranunculus populago	Marsh Buttercup	Poisonous
Grossulariaceae			
	Ribes lacustre	Swamp Currant	Edible
	Ribes lobbii	Gummy Gooseberry	Edible
Rosaceae			
	Amelanchier alnifolia	Serviceberry, Juneberry	Edible, Medicinal

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #10 Pedicularis

Family	Genus	Name	Uses
ROSACEAE	<i>Fragaria virginiana</i>	Wild Strawberry	Edible, Medicinal
	<i>Rubus spectabilis</i>	Salmonberry	Edible, Medicinal
Violaceae			
	<i>Viola adunca</i>	Field Violet	Choice edible
	<i>Viola glabella</i>	Woods Violet	Choice edible
	<i>Viola nutallii</i>	Prairie Violet	Choice edible
	<i>Viola orbiculata</i>	Dark Woods Violet	Choice edible
	<i>Viola palustris</i>	Marsh Violet	Choice edible
Aceraceae			
	<i>Acer circinatum</i>	Vine Maple	Edible
Polygonaceae			
	<i>Bistorta bistortoides</i> (Polygonum b.)	Mountain Bistort	Medicinal
Caryophyllaceae			
	<i>Moehringia macrophylla</i> (Arenaria m.)	Large Sandwort	
Montiaceae (Portulacaceae)			
	<i>Claytonia sibirica</i> (Montia s.)	Candy Flower	Choice edible
Cornaceae			
	<i>Cornus nuttallii</i>	Western Flowering Dogwood	Edible, Medicinal
Primulaceae			
	<i>Primula jeffreyi</i> (Dodecatheon j.)	Shooting Star	Edible
Ericaceae			
	<i>Kalmia microphylla</i> var. <i>occidentalis</i> (K. <i>occidentalis</i>)	Swamp Laurel	Poisonous
	<i>Vaccinium membranaceum</i>	Huckleberry	Choice Edible, Medicinal
	<i>Vaccinium uliginosum</i>	Huckleberry	Choice Edible, Medicinal
Boraginaceae			
	<i>Mertensia paniculata</i>	Oregon Bluebells	Medicinal (External)

Columbines School of Botanical Studies
 Spring Apprenticeship Program
 Trip #10 Pedicularis

Family	Genus	Name	Uses
Hydrophyllaceae			
	Phacelia sp.	Phacelia	Edible
Orobanchaceae (Scrophulariaceae)			
	Pedicularis groenlandica	Elephant's Head	Medicinal
Asteraceae (Compositae)			
	Petasites frigidus	Western Coltsfoot	Edible w caution, Medicinal
Valerianaceae			
	Valeriana sitchensis	Valerian	Medicinal

Animal Interactions

- Beaver chews
- Beaver constructions in creek
- Beaver flooding
- Bedding spots
- Chordeiles sp.
- Elk ate Carex spp.
- Elk ate Lysichiton americanus
- Elk Bed
- Elk hair
- Elk prints
- Elk scat
- Frog symphonies
- Giant ant hill

**Lesser or Common
 Nighthawk**

Columbines School of Botanical Studies
Field Trip #10
Advanced Meadow Locating

Botany

Keyed out: *Anemone deltoidea*

Boraginaceae: Scorpioid inflorescence, alternate leaves

Hydrophyllaceae: Scorpioid inflorescence, exerted stamens

Grossulariaceae: Shrubs with alternate palmately lobed and veined leaves; five stamens on a floral cup; epigynous (inferior ovary).

Involucre: Whorl of bracts subtending an inflorescence

Middle Elevation Meadows

Using game trails to find stands of *Pedicularis groenlandica*

Located *Pedicularis groenlandica*

Tasted *Dodecatheon jeffreyi*

Big Three of the meadows: *Ranunculus* sp., *Dodecatheon jeffreyi*, *Caltha biflora*.

Exploring meadows: Creeks and waterways, game trails, fallen trees

Locating and exploring meadows: Careful about getting outside the deciduous layer, it may be easier going in the woods, but you might not be able to get back in the meadow.

This time of year the meadows were getting harder to see because the deciduous shrub layer was standing tall and beginning to leaf out. We were still able to locate *Pedicularis groenlandica* stands.

Locating and exploring meadows: We located a hidden meadow with *Pedicularis groenlandica* stands, well off the trails and completely invisible to hikers on the trails.