

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #8 Meadow Locating Techniques Cont.

June 3,4, 2022

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Middle Elevation Coniferous Woods, Meadows, and Riparian 3200'

Middle Elevation Coniferous Woods, Meadows, and Riparian 3600'

Middle Elevation Coniferous Woods, Meadows, and Riparian 3400'

Family	Genus	Name	Uses
Araceae			
	<i>Lysichiton americanus</i> (L. americanum)	Skunk Cabbage	+/- Edible
Melanthiaceae (Liliaceae)			
	<i>Trillium ovatum</i>	Trillium	No Pick
Orchidaceae			
	<i>Calypso bulbosa</i>	Calypso Orchid	No Pick
Berberidaceae			
	<i>Achlys triphylla</i>	Vanilla Leaf	Edible, Medicinal
	<i>Mahonia nervosa</i> (Berberis n.)	Oregon Grape	Edible, Medicinal
Ranunculaceae			
	<i>Anemone oregana</i>	Small Windflower	Poisonous
	<i>Caltha biflora</i>	Marsh Marigold	Edible, Medicinal
	<i>Ranunculus populago</i>	Marsh Buttercup	Poisonous
Grossulariaceae			
	<i>Ribes lacustre</i>	Swamp Currant	Edible
Rosaceae			
	<i>Fragaria virginiana</i>	Wild Strawberry	Edible, Medicinal
	<i>Rubus spectabilis</i>	Salmonberry	Edible, Medicinal
Celastraceae			
	<i>Paxistima myrsinites</i> (Pachistima m.)	Oregon Box	Ornamental
Violaceae			
	<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
Primulaceae			
	<i>Primula jeffreyi</i> (Dodecatheon j.)	Shooting Star	Edible
Ericaceae			

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Ericaceae	<i>Kalmia microphylla</i> var. <i>occidentalis</i> (K. <i>occidentalis</i>)	Swamp Laurel	Poisonous
	<i>Vaccinium membranaceum</i>	Huckleberry	Choice Edible, Medicinal
Orobanchaceae (Scrophulariaceae)			
	<i>Pedicularis groenlandica</i>	Elephant's Head	Medicinal
Asteraceae (Compositae)			
	<i>Petasites frigidus</i>	Western Coltsfoot	Edible w caution, Medicinal
Valerianaceae			
	<i>Valeriana sitchensis</i>	Valerian	Medicinal

Animal Interactions

- Elk ate *Carex* spp.
- Elk ate *Lysichiton americanus*
- Elk hair
- Elk prints
- Elk scat
- Elk scat (Runny)
- Frog symphonies
- Giant ant hill
- Gopher castings

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

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: *Caltha biflora*

Rosaceae: Many stamens, floral cup, leaves have stipules

Ranunculaceae: Many stamens, no floral cup, sepals often petaloid

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.

Exploring meadows

1. Creeks and waterways
2. Game trails
3. Fallen Trees

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

Locating *Pedicularis groenlandica*

Gazed at the viscid stalked glands of the insectivorous bog plant, *Drosera rotundifolia*

Introduction to *Valeriana sitchensis*

Introduction to *Veratrum* spp.

Middle Elevation Riparian

Introduction to *Artemisia douglasiana*