

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #9 Arcostaphylos

June 10, 11, 2022

Low Elevation Riparian Zone and Coniferous Woods 2000'

Middle Elevation Hudsonian Zone and Woods and Recovering Clear and Partial Cuts 4300'

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

Family Genus	Name	Uses
Liliaceae		
Clintonia uniflora	Queen's Cup, Bead Lily	Poisonous?
Orchidaceae		
Calypso bulbosa	Calypso Orchid	No pick
Asparagaceae (Liliaceae)		
Maianthemum racemosum (Smilacina racemosa)	Large False Solomon's Seal	+/- Edible, Medicinal
Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal	+/- Edible, Medicinal
Berberidaceae		
Achlys triphylla	Vanilla Leaf	Edible
Mahonia nervosa (Berberis n.)	Mountain Oregon Grape	Edible, Medicinal
Ranunculaceae		
Anemone deltoidea	Large Windflower	Poisonous
Grossulariaceae		
Ribes lobbii	Gummy Gooseberry	Edible
Saxifragaceae		
Tiarella trifoliata spp. unifoliata	Coolwort	Edibility unknown
Rosaceae		
Fragaria virginiana	Wild Strawberry	Edible, Medicinal
Rhamnaceae		
Ceanothus velutinus	Red Root	Medicinal
Celastraceae		
Paxistima myrsinites (Pachistima m.)	Oregon Box	Ornamental
Aceraceae		
Acer circinatum	Vine Maple	Edible
Caryophyllaceae		
Moehringia macrophylla (Arenaria m.)	Large Sandwort	Edibility unknown
Primulaceae		
Lysimachia latifolia (Trientalis l.)	Starflower	Edible

**Columbines School of Botanical Studies
Field Trip #9
Astringents**

Made urinary astringent tincture and external astringent

Organoleptic testing of Ericaceous astringents

Green-faced fools fondling flowers forever

Botany

Keyed out: *Clintonia uniflora*

Middle Elevation Hudsonian Coniferous Woods

Old Growth Ecosystem - old trees look smaller at the higher elevations and with the thinner soils.

Harvesting, locating, processing *Chimaphila umbellata*.

Middle Elevation Hudsonian Clear Cuts and Partial Cuts

Saw a variety of clear cuts and partial cuts in the 35-40 year old range and younger

Explored a 15 year old partial cut.

Look for "no picks" recovering from the pillage under regenerating young trees.

Harvesting, locating, processing *Arctostaphylos nevadensis*.

Low Elevation Coniferous Woods

Changes