

Columbines School of Botanical Studies  
Spring Apprenticeship Program  
Trip #3 Orchidaceae

April 21, 22, 2023

Low Elevation Riparian Zone and Coniferous Woods 1000'

Family	Genus	Name	Uses
<b>Melanthiaceae (Liliaceae)</b>	Trillium ovatum	<b>Birth Root</b>	No Pick
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<b>Orchidaceae</b>	Calypso bulbosa	<b>Calypso Orchid</b>	No Pick
<b>Papaveraceae (Fumariaceae)</b>	Dicentra formosa	<b>Bleeding Hearts</b>	Poisonous
<b>Ranunculaceae</b>	Anemone lyallii	<b>Small Windflower</b>	Poisonous
<b>Rosaceae</b>	Oemleria cerasiformis	<b>Osoberry</b>	Edible
<b>Oxalidaceae</b>	Oxalis oregana	<b>Oxalis</b>	Edible (Choice)
<b>Violaceae</b>	Viola glabella	<b>Woods Violet</b>	Edible (Choice)
<b>Montiaceae (Portulacaceae)</b>	Claytonia sibirica (Montia s.)	<b>Candyflower</b>	Edible (Choice)
<b>Ericaceae</b>	Vaccinium parvifolium	<b>Red Huckleberry</b>	Edible (Choice), Medicinal
<b>Plantaginaceae (Scrophulariaceae)</b>	Collinsia parviflora	<b>Small Blue-eyed Mary</b>	Edibility unknown
	Synthyris reniformis	<b>Snow Queen</b>	Edibility unknown
	Erythranthe alsinoides	<b>Baby Monkey Flower</b>	Edible
<b>Phrymaceae (Scrophulariac)</b>	(Mimulus a.)		
<b>Asteraceae (Compositae)</b>	Petasites frigidus	<b>Western Coltsfoot</b>	Edible, Medicinal w/caution (PA's)

**Columbines School of Botanical Studies**  
**Field Trip #3**  
**Orchidaceae**

**Botany**

Botany Kits

Orchidaceae family description

*Calypso* genus description

Keyed out: *Calypso bulbosa*

Violaceae: two petals on top, three petals on bottom; free or distinct; uniquely irregular (bilaterally symmetric)

Scrophulariaceae *sensu lato*: two lobes on top, three lobes on bottom; united, fused, or connate; uniquely irregular (bilaterally symmetric)

Ranunculaceae: Many stamens, sepals look like petals (petaloid)

Ericaceae: Urn shaped flowers

**Low Elevation Coniferous Woods**

Tasted *Oemleria cerasiformis* leaves, *Oxalis oregona* leaves, *Viola glabella* leaves, stems, and flowers, *Claytonia sibirica* stems and leaves, and *Erythranthe alsinoides* flowers.

“Although our orchids offer a strong temptation to the transplanter of native flora, they should be left strictly alone in their native habitat in the hope that they will somehow be preserved for others to see and enjoy. Most of the showy species, but especially *Calypso* and species of *Cypripedium*, are becoming rare if not already obliterated in most areas. The person who cannot resist the temptation to move native orchids into his garden will surely regret his covetousness if he has a conscience because they do not do well in cultivation, and will persist but a few seasons at best.”

--C. Leo Hitchcock