

Columbines School of Botanical Studies
 Spring Apprenticeship Program
 Trip #5 Low Elevation Seepy Cliffs

May 5, 6, 2023

Seepy Cliffs 1670'
 Low Elevation Coniferous Woods and Riparian 1500'
 Snow on Road 2616'

Family	Genus	Name	Uses
Melanthiaceae (Liliaceae)			
	Trillium ovatum	Birth Root	No Pick
Orchidaceae			
	Calypso bulbosa	Calypso Orchid	No Pick
Papaveraceae (incl. Fumariaceae)			
	Dicentra formosa	Bleeding Hearts	Poison
Ranunculaceae			
	Anemone lyallii	Small Windflower	Poisonous
Saxifragaceae			
	Micranthes rufidula (Saxifraga r.)	Red Stemmed Saxifrage	Edible
Crassulaceae			
	Sedum oregense	Stonecrop	Edible
Rosaceae			
	Oemleria cerasiformis	Osoberry	Edible
Oxalidaceae			
	Oxalis oregana	Oxalis	Edible (Choice)
Violaceae			
	Viola glabella	Woods Violet	Edible (Choice)
Aceraceae			
	Acer macrophyllum	Big Leaf Maple	Edible (Choice)
Cornaceae			
	Cornus nuttallii	Dogwood	Medicinal
Ericaceae			
	Vaccinium parvifolium	Red Huckleberry	Edible, Medicinal
Hydrophyllaceae			
	Romanzoffia californica	Mist Maiden	
Plantaginaceae (Scrophulariaceae)			
	Synthyris reniformis	Snow Queen	Edibility unknown

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Family	Genus	Name	Uses
Phrymaceae (Scrophulariaceae)			
	Erythranthe alsinoides (Mimulus a.)	Baby Monkey Flower	Edible
	Erythranthe guttata (Mimulus g.)	Common Monkey Flower	Edible
Asteraceae (Compositae)			
	Petasites frigidus	Western Coltsfoot	Edible, Medicinal w
Valerianaceae			
	Valeriana scouleri	Low-elevation Valerian	Medicinal
Apiaceae (Umbelliferae)			
	Lomatium hallii	Biscuit Root	Edible
	Lomatium utriculatum	Spring Gold, Biscuit Root	Edible
Animal Interactions			
	Philaenus spumarius	Spittle Bug	
	Tachycineta thalassina	Violet Green Swallows	

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Field Trip #5
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Botany

Phrymaceae family description

Erythranthe genus description

Keyed out *Erythranthe guttata* (*Mimulus guttatus*)

Scrophulariaceae *Sensu lato*: Bilabiate flower, two lobes on the top and three lobes on the bottom, gamopetalous (united corolla); 2, 4, or 5 stamens

Violaceae: Two petals on the top and three lobes on the bottom, free or distinct

Cornaceae: Flowers in heads, a whorl of petaloid bracts

Asteraceae: Flowers in heads, a whorl of sepaloid bracts

Saxifragaceae: "split" ovary

Aceraceae: Fruit a double samara

Apiaceae: Flowers in umbels

Low Elevation Seepy Cliffs

Locating *Valeriana scouleri*

Tasted *Sedum oregonense* leaves, *Valeriana scouleri* roots

Low Elevation Coniferous Woods

Tasted *Oemleria cerastiformis* leaves, *Oxalis oregana* leaves, *Acer macrophyllum* flowers

Middle Elevation Coniferous Woods

Chimaphila umbellata understory