

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

June 2, 3, 2023

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Low Elevation Coniferous Woods and Riparian 2000'

Lava 3000'

Middle Elevation Coniferous Woods, Meadows, and Riparian 3374'

| 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 | Cathartic, Medicinal |
| Maianthemum stellatum (Smilacina stellata) | Small False Solomon's Seal | Cathartic, Medicinal |
| Aristolochiaceae | | |
| Asarum caudatum | Wild Ginger | Spice, Medicinal |
| Papaveraceae (Fumariaceae) | | |
| Dicentra formosa | Bleeding Hearts | Poisonous |
| Berberidaceae | | |
| Achlys triphylla | Vanilla Leaf | Edible, Medicinal |
| Mahonia nervosa (Berberis n.) | Oregon Grape | Edible, Medicinal |
| Vancouveria hexandra | | |
| Ranunculaceae | | |
| Anemone deltoidea | Large Windflower | Poisonous |
| Anemone oregana | Small Windflower | Poisonous |
| Ranunculus populago | Marsh Buttercup | Poisonous |

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| Genus | Name | Uses |
|-----------------------------------|------------------------------|-----------------------------|
| Grossulariaceae | | |
| Ribes lobbii | Gummy Gooseberry | Edible |
| Ribes sanguineum | Red Flowering Currant | Edible |
| Saxifragaceae | | |
| Heuchera micrantha | Alum Root | Medicinal |
| Tellima grandiflora | Fringecup | |
| Tolmiea menziesii | Youth on Age | |
| Rosaceae | | |
| Fragaria vesca | Wild Strawberry | Edible, Medicinal |
| Rubus nutkanus (R. parviflorus) | Thimbleberry | Edible, Medicinal |
| Rubus ursinus | Blackberry | Edible, Medicinal |
| Rhamnaceae | | |
| Ceanothus velutinus | Red Root | Medicinal |
| Violaceae | | |
| Viola glabella | Woods Violet | Choice edible |
| Viola palustris | Marsh Violet | Choice edible |
| Montiaceae (Portulacaceae) | | |
| Claytonia sibirica (Montia s.) | Candy Flower | Choice edible |
| Montia parvifolia | Small Leaf Montia | Edible |
| Primulaceae | | |
| Dodecatheon jeffreyi | Shooting Star | Edible |
| Ericaceae | | |
| Arctostaphylos nevadensis | Kinnikkinik | Edible, Medicinal |
| Arctostaphylos patula | Green Leaf Manzanita | Edible, Medicinal |
| Vaccinium parvifolium | Tall Red Huckleberry | Choice Edible, Medicinal |
| Hydrophyllaceae | | |
| Hydrophyllum tenuipes | Waterleaf | Choice edible |
| Asteraceae (Compositae) | | |
| Petasites frigidus | Western Coltsfoot | Edible w caution, Medicinal |
| Valerianaceae | | |

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| Genus | Name | Uses |
|--------------------|-----------------|-------------|
| Valeriana scouleri | Valerian | Medicinal |

Animal Interactions

- Beaver chews
- Beaver flooding
- Elk prints
- Elk Wallow
- Natural oil slicks

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Meadow Locating Techniques
Trip #8

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

Botany

Keyed out: *Viola glabella*

Violaceae: Uniquely irregular flower, two petals on top, three petals on the bottom, petals distinct or polypetalous, five stamens united by their anthers

Sedges have edges; rushes are round, grasses have joints

Rosaceae: Many stamens, floral cup, leaves have stipules

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

Saxifragaceae: Herbs, alternate palmately veined and lobed leaves, five or ten stamens on a floral cup, split ovary

Middle Elevation Coniferous Woods

Changes and the Second Wave of Flowers

Middle Elevation Meadows

Big Three of the Middle Elevation Meadows

- 1.
- 2.
3. Not blooming yet

Exploring meadows

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

Introduction to *Veratrum* spp.