

Columbines School of Botanical Studies
Class Highlights Trip #19-20
August 24-25, 2023

Places Visited:

Low elevation coniferous woods and riparian

Middle elevation coniferous woods, marsh, meadow, clearcut, partial cut

Topics covered:

Keyed out *Angelica genuflexa*, *Pterospora andromedea*

Safety with Apiaceae (Umbelliferae)

Wildcrafting Principles: Remember ecology, look year-round. What you see now is only one frame of an ongoing movie that lasts all year.

Wildcrafting Principle: If you find an undisturbed meadow with harvestable herbs, look for a nearby clearcut or burn for the same plants without the competition of a mature meadow. This is safer and easier for root harvests. This leaves the pristine meadow undisturbed to enjoy and study.

Located, harvested, processed the roots of *Valeriana sitchensis*

Located, harvested, processed the roots of *Ligusticum grayi*

Root washing: You can filter out dirt, but you can't filter out poisons. Be 100% sure of identification and cleanliness when washing wildcrafted roots. Poisonous plant seeds or *Aconitum columbiana* bulbils and roots can hide in cracks in the wild roots.

Root Identification: We learned to identify a variety of our meadow flora by their roots.