

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #11-12 Spring Overnight

June 22-23, 24-25, 2023

Low Elevation Coniferous Woods, Riparian, and Meadow 2400'

Low Elevation Coniferous Woods and Riparian 1892'

Middle Elevation Coniferous Woods and Meadow 3728'

Middle Elevation Coniferous Woods and Meadows 4500'

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

Family	Name	Uses	Seen
Araceae			
	<i>Lysichiton americanus</i> (L. americanum)	Skunk Cabbage	+/- Edible X
Tofieldiaceae (Liliaceae)			
	<i>Triantha occidentalis</i> (<i>Tofieldia glutinosa</i>)	Tofieldia	No Pick
Melanthiaceae (Liliaceae)			
	<i>Stenanthium</i>	Stenanthium	No Pick
	<i>Anticlea occidentalis</i> (<i>Stenanthium occidentale</i>)		
	<i>Trillium ovatum</i>	Trillium	No Pick X
	<i>Veratrum</i> sp.	False Hellebore	Poisonous, Medicinal
	<i>Xerophyllum tenax</i>	Beargrass	Edible
Liliaceae			
	<i>Calochortus subalpinus</i>	Alpine Cat's Ears	No Pick
	<i>Calochortus tolmiei</i>	Cat's Ears	No Pick X
	<i>Clintonia uniflora</i>	Queen's Cup, Bead Lily	Poisonous? X
	<i>Erythronium grandiflorum</i>	Glacier Lily	No Pick
	<i>Erythronium oregonum</i>	Fawn Lily	No Pick
	<i>Lilium columbianum</i>	Tiger Lily	No Pick
	<i>Lilium washingtonianum</i>	Cascade Lily	No Pick
	<i>Prosartes hookeri</i> (<i>Disporum</i> h.)	Fairy Bells	+/- Edible X
	<i>Streptopus amplexifolius</i>	Twisted Stalk	+/- Edible X
	<i>Streptopus lanceolatus</i> (<i>S. roseus</i>)	Rosy Twisted Stalk	+/- Edible
Orchidaceae			
	<i>Calypso bulbosa</i>	Calypso Orchid	No Pick
	<i>Cephalanthera austini</i> (<i>Eburophyton</i> a.)	Phantom Orchid	No Pick
	<i>Corallorhiza maculata</i>	Spotted Coral Root	No Pick X
	<i>Corallorhiza mertensiana</i>	Purple or Western Coral Root	No Pick X
	<i>Corallorhiza striata</i>	Striped Coral Root	No Pick
	<i>Goodyera oblongifolia</i>	Rattlesnake Plantain	No Pick
	<i>Neottia banksiana</i> (<i>Listera caurina</i>)	Large Twayblade	No Pick
	<i>Neottia cordata</i> (<i>Listera</i> c.)	Twayblade	No Pick

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #11-12 Spring Overnight

Family	Name	Uses	Seen
Platanthera dilatata (Habenaria d.)	White Rein Orchid	No Pick	
Platanthera sp. (Habenaria sp.)	Green Rein Orchid	No Pick	
Platanthera unalascensis (Habenaria u.)	Slender Spire Rein Orchid	No Pick	
Spiranthes romanzoffiana	Ladies Tresses, Twisted Sister	No Pick	
Iridaceae			
Iris chrysophylla	Slender Tubed Iris	Poisonous, Medicinal	X
Iris tenax	Iris, Blue Flag	Poisonous, Medicinal	
Sisyrinchium bellum (S. angustifolium)	Blue-eyed Grass		X
Asparagaceae (Liliaceae)			
Brodiaea elegans	Elegant Brodiaea	No Pick	
Dichelostemma congestum (Brodiaea congesta)	Harvest Lily	No Pick	X
Maianthemum dilitatum	False Wild Lily of the Valley	Poisonous, Medicinal	
Maianthemum racemosum (Smilacina racemosa)			
Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal	+/- Edible, Medicinal	X
Aristolochiaceae			
Asarum caudatum	Wild Ginger	Edible, Medicinal	X
Papaveraceae (Fumariaceae)			
Dicentra formosa	Bleeding Heart	Poisonous, Medicinal	X
Dicentra uniflora	Steer's Head	Poisonous, Medicinal	
Berberidaceae			
Achlys triphylla	Vanilla Leaf	Edible	X
Mahonia aquifolium (Berberis a.)	Tall Oregon Grape	Edible, Medicinal	X
Mahonia nervosa (Berberis n.)	Mountain Oregon Grape	Edible, Medicinal	X
Vancouveria hexandra	Inside Out Flower	Edible	X
Ranunculaceae			
Aconitum columbianum	Monkshood	Poisonous, Medicinal	
Actaea rubra	Baneberry	Poisonous, Medicinal	X
Anemone deltoidea	Large Windflower	Poisonous	X
Anemone lyallii	Small Windflower	Poisonous	X
Aquilegia formosa	Columbine	Poisonous	X
Caltha biflora	Marsh Marigold	Edible, Medicinal	
Coptis laciniata	Goldthread	Medicinal	
Delphinium menziesii	Larkspur	Poisonous	X
Delphinium sp.	Larkspur	Poisonous	
Ranunculus occidentalis var. occidentalis	Western Buttercup	Poisonous	

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #11-12 Spring Overnight

Family	Name	Uses	Seen
Ranunculus populago	Marsh Buttercup	Poisonous	
Ranunculus repens	Weedy Buttercup	Poisonous	
Ranunculus sp.	Marsh Buttercup	Poisonous	X
Ranunculus uncinatus	Woods Buttercup	Poisonous	X
Thalictrum sp.	Meadow-rue	Poisonous	
Grossulariaceae			
Ribes bracteosum	Stinking Black Currant	Edible, Medicinal	
Ribes lacustre	Swamp Currant	Edible, Medicinal	X
Ribes lobbii	Gummy Gooseberry	Edible, Medicinal	
Ribes sanguineum	Red Flowering Currant	Edible, Medicinal	
Ribes viscosissimum	Sticky Currant	Edible, Medicinal	
Saxifragaceae			
Boykinia occidentalis (B. elata)	Boykinia	Edibility unknown	
Heuchera micrantha	Alum Root	Edible, Medicinal	
Micranthes sp.	Saxifrage	Edible	
Mitellastra caulescens (Mitella c.)	Large Bishops Cap	Edibility unknown	
Pectiantia breweri (Mitella b.)	Bishop's Cap, Mitrewort	Edibility unknown	
Pectiantia ovalis (Mitella o.)	Small Bishop's Cap	Edibility unknown	
Saxifraga mertensiana	Saxifrage	Edible	
Saxifraga sp.	Saxifrage	Edible	
Tellima grandiflora	Fringecup	Edibility unknown	X
Tiarella trifoliata spp. unifoliata	Coolwort	Edibility unknown	X
Tolmiea menziesii	Youth on Age	Edibility unknown	X
Crassulaceae			
Sedum sp.	Stonecrop	Edible	X
Fabaceae (Leguminosae)			
Cytisus scoparius	Scotch Broom	Poisonous	
Genista monspessulana (Cytisus monspessulanus)	Moonlight Broom	Poisonous	
Lathyrus sp.	Pea	Poisonous	
Lupinus polyphyllus	Big Leaf Lupine	Poisonous	X
Lupinus sp.	Lupine	Poisonous	
Trifolium longipes	Wild Clover	Edible, Medicinal	
Trifolium pratense	Red Clover	Edible, Medicinal	
Trifolium repens	White Clover	Edible	X
Unidentified Fabaceae		Poisonous	
Vicia sp. (2)	Vetch	Poisonous	X
Rosaceae			

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #11-12 Spring Overnight

Family	Name	Uses	Seen
Amelanchier alnifolia	Serviceberry	Choice edible	
Aruncus sylvestris	Goatsbeard	Edibility unknown	
Drymocallis glandulosa (Potentilla g.)	Lemon Yellow Potentilla	Medicinal	X
Fragaria vesca	Wild Strawberry	Choice Edible, Medicinal	X
Geum macrophyllum	Avens	Medicinal	
Oemleria cerasiformis	Osoberry	Choice edible	X
Physocarpus capitatus	Ninebark	Fiber	
Potentilla gracilis	Potentilla	Medicinal	X
Prunus emarginata	Wild Cherry	Edible, Medicinal	
Rosa sp.	Wild Rose	Edible, Medicinal	X
Rubus lasiococcus	Trailing Raspberry	Edible, Medicinal	
Rubus nutkanus (R. parviflorus)	Thimbleberry	Edible, Medicinal	X
Rubus spectabilis	Salmonberry	Edible, Medicinal	X
Rubus ursinus	Blackberry	Edible, Medicinal	X
Sorbus scopulina	Mountain Ash	Edible, Medicinal	
Spiraea sp.	Spiraea	Medicinal	
Rhamnaceae			
Ceanothus integerrimus	Red Root	Soap/Medicinal	
Ceanothus velutinus	Red Root	Soap/Medicinal	X
Celastraceae			
Paxistima myrsinites (Pachistima m.)	Oregon Box	Ornamental	
Oxalidaceae			
Oxalis oregana	Oxalis, Wood Sorrel	Choice edible	
Oxalis suksdorfii	Oxalis, Wood Sorrel	Choice edible	X
Hypericaceae			
Hypericum perforatum	St. John's Wort	Medicinal	
Hypericum scouleri (H. formosum)	Native St. John's Wort	Medicinal	
Violaceae			
Viola adunca	Field Violet	Choice edible	X
Viola glabella	Woods Violet	Choice edible	X
Viola nutallii	Prairie Violet	Choice edible	
Viola orbiculata	Dark Woods Violet	Choice edible	
Viola palustris	Marsh Violet	Choice edible	
Viola sp.	Violet	Choice edible	
Salicaceae			
Salix sp.	Willow	Medicinal	

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #11-12 Spring Overnight

Family	Name	Uses	Seen
Onagraceae			
	<i>Chamaenerion angustifolium</i> (Epilobium a.)	Fireweed	Edible, Medicinal
	<i>Circaea alpina</i>	Enchanter's Nightshade	
	<i>Clarkia amoena</i>	Farewell to Spring	
	<i>Clarkia gracilis</i>	Farewell to Spring	
Aceraceae			
	<i>Acer circinatum</i>	Vine Maple	Edible X
	<i>Acer glabrum</i> var. <i>douglasii</i>	Maple	Edible
	<i>Acer macrophyllum</i>	Big leaf Maple	Edible
Malvaceae			
	<i>Sidalcea campestris</i>	Meadow Checker Mallow	Edible, Medicinal
Brassicaceae (Cruciferae)			
	Yellow unidentified mustard		Poisonous
Polygonaceae			
	<i>Bistorta bistortoides</i> (Polygonum b.)	Mountain Bistort	Edible, Medicinal
	<i>Eriogonum umbellatum</i>	Wild Buckwheat	Edible
	<i>Rumex acetosella</i>	Sheep Sorrel	Edible, Medicinal
Caryophyllaceae			
	<i>Moehringia macrophylla</i> (Arenaria m.)	Sandwort	
Montiaceae (Portulacaceae)			
	<i>Calyptidium umbellatum</i> (Spraguea u.)	Pussy Paws	Medicinal
	<i>Claytonia cordifolia</i> (Montia c.)	Heart Leafed Montia	Choice edible
	<i>Claytonia lanceolata</i>	Spring Beauty	Edible
	<i>Claytonia perfoliata</i> (Montia p.)	Miner's Lettuce	Choice edible
	<i>Claytonia sibirica</i> (Montia s.)	Candy Flower	Choice edible X
	<i>Montia parvifolia</i>	Small Leaf Montia	Edible X
Hydrangeaceae			
	<i>Whipplea modesta</i>	Whipple Vine	Edibility unknown
Cornaceae			
	<i>Cornus nuttallii</i>	Dogwood	Medicinal X
	<i>Cornus unalaschensis</i> (C. canadensis)	Bunchberry	Edible X
Polemoniaceae			
	<i>Gilia capitata</i>	Bluefield Gilia	Unknown Edibility
	<i>Ipomopsis aggregata</i> (Gilia a.)	Sky Rocket Gilia	Unknown Edibility

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #11-12 Spring Overnight

Family	Name	Uses	Seen
Polemonium carneum	Jacob's Ladder	Unknown Edibility	
Primulaceae			
Lysimachia latifolia (Trientalis l.)	Starflower	Edible	
Primula jeffreyi (Dodecatheon j.)	Shooting Star	Edible	X
Ericaceae			
Allotropa virgata	Candy Stripe	No Pick	
Arbutus menziesii	Madrone	Edible, Medicinal	
Arctostaphylos columbiana	Hairy Manzanita	Edible, Medicinal	
Arctostaphylos nevadensis	Kinnikinnik	Edible, Medicinal	X
Arctostaphylos patula	Manzanita	Edible, Medicinal	
Chimaphila menziesii	Baby Pipsissewa	Edible, Medicinal	
Chimaphila umbellata	Pipsissewa	Edible, Medicinal	
Gaultheria ovatifolia	Slender Wintergreen	Edible, Medicinal	
Gaultheria shallon	Salal	Edible, Medicinal	
Hemitomes congestum	Gnome-Plant	No Pick	
Kalmia microphylla var. occidentalis (K. occidentalis)	Swamp Laurel	Poisonous	
Monotropa hypopitys (Hypopitys m.)	Pinesap	No Pick	
Monotropa uniflora	Indian Pipe	No Pick	
Orthilia secunda (Pyrola s.)	Pyrola	Edible, Medicinal	
Pleuricospora fimbriolata	Fringed Pinesap	No Pick	
Pterospora andromedea	Pinedrops	No Pick	
Pyrola asarifolia	Pyrola	Edible, Medicinal	
Pyrola picta	White-Veined Pyrola	Edible, Medicinal	
Rhododendron macrophyllum	Rhododendron	Poisonous	X
Rhododendron menziesii (Menziesia ferruginea)	Fool's Huckleberry	Poisonous	
Vaccinium caespitosum	Dwarf Huckleberry	Choice Edible, Medicinal	
Vaccinium membranaceum	Tall Huckleberry	Choice Edible, Medicinal	
Vaccinium parvifolium	Red Huckleberry	Choice Edible, Medicinal	
Vaccinium scoparium	Grouseberry	Choice Edible, Medicinal	
Vaccinium uliginosum	Huckleberry	Choice Edible, Medicinal	X
Rubiaceae			
Gallium oreganum	Bedstraw, Cleavers	Edible, Medicinal	
Gallium sp.	Bedstraw, Cleavers	Edible, Medicinal	
Gallium triflorum	Bedstraw, Cleavers	Edible, Medicinal	
Gentianaceae			
Centaurium erythraea (C. umbellatum)	Centaury	Medicinal	
Menyanthes trifoliata	Bogbean	Medicinal	

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #11-12 Spring Overnight

Family	Name	Uses	Seen
Boraginaceae			
Mertensia paniculata	Oregon Bluebells	Medicinal (PA's)	X
Mertensia sp.	Oregon Bluebells	Medicinal (PA's)	
unidentified forget me not like flower		Poisonous	
Hydrophyllaceae			
Hydrophyllum fendleri	Waterleaf	Choice edible	
Hydrophyllum tenuipes	Waterleaf	Choice edible	X
Nemophila parviflora	Wood Nemophila	Unknown Edibility	
Phacelia sp.	Phacelia	Edible	
Romanzoffia sp.	Mist Maiden	Edible	
Plantaginaceae			
Plantago sp.	Plantain	Edible, Medicinal	
Plantaginaceae (Scrophulariaceae)			
Collinsia grandiflora	Large Blue Eyed Mary	Edibility unknown	X
Collinsia parviflora	Small Blue Eyed Mary	Edibility unknown	
Digitalis purpurea	Foxglove	Poisonous	
Penstemon cardwellii	Penstemon	Medicinal	
Penstemon sp.	Woodland Penstemon	Medicinal	
Veronica officinalis	Speedwell	Edible, Medicinal	
Veronica regina-nivalis (Synthyris reniformis)	Snow Queen	Edibility unknown	
Veronica sp.	Speedwell	Edible, Medicinal	
Scrophulariaceae			
Verbascum thapsus	Mullein	Medicinal	
Lamiaceae (Labiatae)			
Clinopodium douglasii (Satureja d.)	Yerba Buena	Edible, Medicinal	
Prunella vulgaris	Self-Heal	Edible, Medicinal	
Stachys sp.	Woundwort	Edible, Medicinal	
Phrymaceae (Scrophulariaceae)			
Erythranthe alsinoides (Mimulus a.)	Baby Monkey Flower	Edible	
Erythranthe guttata (Mimulus g.)	Common Monkeyflower	Edible	
Erythranthe moschata (Mimulus moschatus)	Musk Monkeyflower	Edible	X
Orobanchaceae (Scrophulariaceae)			
Castilleja hispida	Paintbrush	Edible w/ caution	X
Castilleja tenuis (Orthocarpus hispidus)	Owl's Clover	Edible	
Pedicularis bracteosa	Cobra's Head	Medicinal	

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #11-12 Spring Overnight

Family	Name	Uses	Seen
	Pedicularis contorta	Lousewort	Medicinal
	Pedicularis groenlandica	Elephant's Head	Medicinal
	Pedicularis racemosa	Parrot's Beak	Medicinal
Campanulaceae			
	Campanula scouleri	Harebell	Edibility unknown
Asteraceae (Compositae)			
	Achillea millefolium	Yarrow	Medicinal
	Adenocaulon bicolor	Pathfinder	
	Agoseris aurantiaca	Orange Mountain Dandelion	
	Anaphalis margaritacea	Pearly Everlasting	Medicinal
	Antennaria microphylla	Rosy Pussy-Toes	Medicinal X
	Arnica sp.	Arnica	Medicinal
	Bellis perennis	Field daisy	Edible
	Cirsium sp.	Thistle	Edible
	Crocidium multicaule	Goldfields	Edibility unknown
	DYC	DYC	Poisonous
	Eriophyllum lanatum	Oregon Sunshine	Edibility unknown
	Hieracium albiflorum	Hawkweed	Edibility unknown
	Hypochaeris radicata	Fake Dandelion	Edible X
	Leucanthemum vulgare (Chrysanthemum l.)	Ox Eye Daisy	Edible, Medicinal X
	Oreostemma alpigenum (Aster alpigenus)	Aster	Poisonous
	Petasites frigidus	Western Coltsfoot	Edible (PA's) X
	Senecio sp.	Groundsel	Poisonous (PA's)
	Senecio triangularis	Arrow Leaf Groundsel	Poisonous (PA's)
	Taraxacum officinale	Dandelion	Edible, Medicinal
	Tragopogon pratensis	Oyster Plant	Edible
Adoxaceae (Caprifoliaceae)			
	Sambucus racemosa	Red Elder	Medicinal
Caprifoliaceae			
	Lonicera ciliosa	Honeysuckle	Edibility unknown
	Lonicera involucrata	Twinberry	Edible
	Symphoricarpus albus	Snowberry	
Linnaeaceae (Caprifoliaceae)			
	Linnaea borealis var. longifolia	Twinflower	Edibility unknown
Valerianaceae			
	Plectritis congesta	Corn Salad	Edible, Medicinal
	Valeriana scouleri	Valerian	Edible, Medicinal

Columbines School of Botanical Studies
 Spring Apprenticeship Program
 Trip #11-12 Spring Overnight

Family	Name	Uses	Seen
Valeriana sitchensis	Valerian	Edible, Medicinal	X
Araliaceae			
Oplopanax horridus (O. horridum)	Devil's Club	Medicinal	
Apiaceae (Umbelliferae)			
Angelica sp.	Angelica	Medicinal	
Heracleum maximum (H. lanatum)	Cow parsnip	Medicinal	
Ligusticum grayi	Oshala	Edible, Medicinal	
Lomatium martindalei	Biscuit Root	Edible	
Lomatium utriculatum	Biscuit Root	Edible	
Osmorhiza berteroi (O. chilensis)	Sweet Cicely	Edible, Spice, Medicinal	X
Osmorhiza occidentalis	Sweet Root	Spice, Medicinal	
Unidentified white Umbelliferae		Poisonous	

Columbines School of Botanical Studies
Spring Overnight
Field Trips #11-12

Time Travel: An all-important point for locating harvestable stands of herbs. We traveled from early summer up to early spring just as the big three was ending. We saw every time from just after snowmelt to early summer. Use this technique for finding the right time and proper elevation.

Botany

Keyed out: *Dichelostemma congestum*, *Cornus unalaschkensis*, and *Rhododendron macrophyllum* from the family key.

Botanical words for dry fruits

Boraginaceae: Alternate leaves, four rough nutlets, scorpioid inflorescence

Fabaceae (Leguminosae): Uniquely bilaterally symmetric (banner, wings, keel), fruit a legume, one simple pistil

Araliaceae: Racemes or panicles of umbels

Middle Elevation Coniferous Woods

The big three finishing up at the upper range

Low Elevation Coniferous Woods

Changes: Plants of early summer

Old Growth: Trees as big as small redwoods

Old trees die; its part of the old growth eco-system

Low Elevation Riparian Zone

Many new plants

Low Elevation Disturbed Areas

Fake Dandelion, *Hypochaeris radicata*, from True Dandelion, *Taraxacum officinale*
Leucanthemum vulgare and *Hypochaeris radicata* association