

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #9 Arcostaphylos

June 9, 10, 2023

Low Elevation Riparian Zone and Coniferous Woods 2000'

Middle Elevation Hudsonian Zone and Woods and Recovering Clear and Partial Cuts 4300'

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

Genus	Name	Uses
Liliaceae		
<i>Clintonia uniflora</i>	Queen's Cup, Bead Lily	Poisonous?
Orchidaceae		
<i>Corallorhiza maculata</i>	Spotted Coral Root	No pick
<i>Corallorhiza mertensiana</i>	Purple or Western Coral Root	No pick
Berberidaceae		
<i>Achlys triphylla</i>	Vanilla Leaf	Edible
<i>Mahonia nervosa</i> (Berberis n.)	Mountain Oregon Grape	Edible, Medicinal
<i>Vancouveria hexandra</i>	Inside Out Flower	Edible
Grossulariaceae		
<i>Ribes lobbii</i>	Gummy Gooseberry	Edible
Saxifragaceae		
<i>Tiarella trifoliata</i> spp. unifoliata	Coolwort	Edibility unknown
Rosaceae		
<i>Fragaria virginiana</i>	Wild Strawberry	Edible, Medicinal
Rhamnaceae		
<i>Ceanothus velutinus</i>	Red Root	Medicinal
Celastraceae		
<i>Paxistima myrsinites</i> (Pachistima m.)	Oregon Box	Ornamental
Caryophyllaceae		
<i>Moehringia macrophylla</i> (Arenaria m.)	Large Sandwort	Edibility unknown
Primulaceae		
<i>Lysimachia latifolia</i> (Trientalis l.)	Starflower	Edible
Ericaceae		
<i>Arctostaphylos nevadensis</i>	Kinnikinnik	Edible, Medicinal
<i>Arctostaphylos patula</i>	Manzanita	Edible, Medicinal
<i>Chimaphila menziesii</i>	Baby Pipsissewa	Medicinal
<i>Chimaphila umbellata</i>	Pipsissewa	Medicinal
<i>Pyrola asarifolia</i>	Pyrola	Medicinal
Apiaceae (Umbelliferae)		
<i>Lomatium martindalei</i>	Biscuit Root	Edible

**Columbines School of Botanical Studies
Field Trip #9
Astringents**

Made urinary astringent tincture and external astringent.

Green-faced fools fondling flowers forever

Botany

Keyed out: *Clintonia uniflora*

Middle Elevation Hudsonian Coniferous Woods

Old Growth Ecosystem - old trees look smaller at the higher elevations and with the thinner soils.

Harvesting, locating, processing *Chimaphila umbellata*.

Middle Elevation Hudsonian Clear Cuts and Partial Cuts

Saw a variety of clear cuts and partial cuts in the 35-40 year old range and younger

Low Elevation Coniferous Woods

Changes