

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #7 Meadow Locating

May 31, June 1, 2024 Middle Elevation Coniferous Woods, Riparian, and Meadow 3337', 3591', 3625'
<http://www.botanicalstudies.net/botany/plantlists.php>

Araceae

Lysichiton americanus (L. americanum)	Skunk Cabbage	+/- Edible
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Melanthiaceae (Liliaceae)

Trillium ovatum	Trillium	No Pick
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Ranunculaceae

Anemone lyallii	Small Windflower	Poisonous
Caltha biflora	Marsh Marigold	Edible, Medicinal
Ranunculus populago	Marsh Buttercup	Poisonous

Grossulariaceae

Ribes lacustre	Swamp Currant	Edible
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Rosaceae

Rubus spectabilis	Salmonberry	Edible, Medicinal
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Violaceae

Viola glabella	Woods Violet	Choice edible
Viola nutallii	Prairie Violet	Choice edible

Primulaceae

Primula jeffreyi (Dodecatheon j.)	Shooting Star	Edible
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Ericaceae

Kalmia microphylla var. occidentalis (K. occidentalis)	Swamp Laurel	Poisonous
Vaccinium ovalifolium	Huckleberry	Choice Edible, Medicinal

Orobanchaceae (Scrophulariaceae)

Pedicularis groenlandica	Elephant's Head	Medicinal
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Valerianaceae

Valeriana sitchensis	Valerian	Medicinal
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Animal Interactions

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Anima Western Pocket Gopher castings **Thomomys mazama**

Columbines School of Botanical Studies
Meadow Locating Techniques
Trip #7

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

Time Travel: You can move north or south, up or down in elevation, to a sunnier or shadier spot, or come back later or next year to locate a certain time in a plant's life cycle

Big Three is not only a plant association that can tell you the ecosystem; it is a point in time used as a reference for time traveling

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

Rosaceae: Many stamens, floral cup, leaves have stipules

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

Sedges have edges; rushes are round, grasses have joints

Middle Elevation Coniferous Woods

The Big Three of the Middle Elevation Coniferous Woods

- 1.
- 2.
- 3.

Middle Elevation Meadows

Big Three of the Middle Elevation Meadows

- 1.
- 2.
- 3.

Exploring meadows

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

Locating and exploring meadows, careful about getting outside the deciduous layer, it may be easier going into the woods, but you might not be able to get back into the meadow

Locating *Pedicularis groenlandica*

Gazed at the viscid stalked glands of the insectivorous bog plant, *Drosera rotundifolia*

Introduction to *Valeriana sitchensis*

Introduction to *Veratrum* spp.