

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

June 27-28, 29-30, 2024

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>

### Araceae

Lysichiton americanus (L. americanum)	Skunk Cabbage	+/- Edible	x
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### Tofieldiaceae (Liliaceae)

Triantha occidentalis (Tofieldia glutinosa)	Tofieldia	No Pick	
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### Melanthiaceae (Liliaceae)

	Stenanthium	No Pick	
Anticlea occidentalis (Stenanthium occidentale)			
Trillium ovatum	Trillium	No Pick	x
Veratrum sp.	False Hellebore	Poisonous, Medicinal	
Xerophyllum tenax	Beargrass	Edible	

### Liliaceae

Calochortus subalpinus	Alpine Cat's Ears	No Pick	
Calochortus tolmiei	Cat's Ears	No Pick	x
Clintonia uniflora	Queen's Cup, Bead Lily	Poisonous?	x
Erythronium grandiflorum	Glacier Lily	No Pick	
Erythronium oregonum	Fawn Lily	No Pick	
Lilium columbianum	Tiger Lily	No Pick	x
Lilium washingtonianum	Cascade Lily	No Pick	
Prosartes hookeri (Disporum h.)	Fairy Bells	+/- Edible	
Streptopus amplexifolius	Twisted Stalk	+/- Edible	
Streptopus lanceolatus (S. roseus)	Rosy Twisted Stalk	+/- Edible	

### Orchidaceae

Calypso bulbosa	Calypso Orchid	No Pick	
Cephalanthera austiniiae (Eburophyton a.)	Phantom Orchid	No Pick	x
Corallorhiza maculata	Spotted Coral Root	No Pick	
Corallorhiza mertensiana	Purple or Western Coral Root	No Pick	
Corallorhiza striata	Striped Coral Root	No Pick	x
Goodyera oblongifolia	Rattlesnake Plantain	No Pick	
Neottia banksiana (Listera caurina)	Large Twayblade	No Pick	
Neottia cordata (Listera c.)	Twayblade	No Pick	

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

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	
<b>Iridaceae</b>			
Iris chrysophylla	Slender Tubed Iris	Poisonous, Medicinal	
Iris tenax	Iris, Blue Flag	Poisonous, Medicinal	
Sisyrinchium bellum (S. angustifolium)	Blue-eyed Grass		x
<b>Asparagaceae (Liliaceae)</b>			
Brodiaea elegans	Elegant Brodiaea	No Pick	x
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	
Triteleia hyacinthina	White Brodiaea	No Pick	x
<b>Aristolochiaceae</b>			
Asarum caudatum	Wild Ginger	Edible, Medicinal	x
<b>Papaveraceae (Fumariaceae)</b>			
Dicentra formosa	Bleeding Heart	Poisonous, Medicinal	
Dicentra uniflora	Steer's Head	Poisonous, Medicinal	
<b>Berberidaceae</b>			
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
<b>Ranunculaceae</b>			
Aconitum columbianum	Monkshood	Poisonous, Medicinal	x
Actaea rubra	Baneberry	Poisonous, Medicinal	x
Anemone deltoidea	Large Windflower	Poisonous	x
Anemone lyallii	Small Windflower	Poisonous	
Aquilegia formosa	Columbine	Poisonous	x
Caltha biflora	Marsh Marigold	Edible, Medicinal	
Coptis laciniata	Goldthread	Medicinal	
Delphinium menziesii	Larkspur	Poisonous	x
Delphinium sp.	Larkspur	Poisonous	

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

Ranunculus occidentalis var. occidentalis	Western Buttercup	Poisonous	
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	
Mitellastrum caulescens (Mitella c.)	Large Bishops Cap	Edibility unknown	
Pectiantia breweri (Mitella b.)	Bishop's Cap, Mitrewort	Edibility unknown	
Pectiantia hexandra (Mitella h.)	Bishop's Cap, Mitrewort	Edibility unknown	x
Pectiantia ovalis (Mitella o.)	Small Bishop's Cap	Edibility unknown	
Saxifraga mertensiana	Saxifrage	Edible	
Saxifraga sp.	Saxifrage	Edible	
Tellima grandiflora	Fringecup	Edibility unknown	
Tiarella trifoliata spp. unifoliata	Coolwort	Edibility unknown	x
Tolmiea menziesii	Youth on Age	Edibility unknown	

**Crassulaceae**

Sedum sp.	Stonecrop	Edible	
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**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	x
Trifolium longipes	Wild Clover	Edible, Medicinal	
Trifolium pratense	Red Clover	Edible, Medicinal	
Trifolium repens	White Clover	Edible	
Unidentified Fabaceae		Poisonous	
Vicia sp.	Vetch	Poisonous	x

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

**Rosaceae**

Amelanchier alnifolia	Serviceberry	Choice edible	
Aruncus dioicus (A. sylvestris)	Goatsbeard	Edibility unknown	
Drymocallis glandulosa (Potentilla g.)	Lemon Yellow Potentilla	Medicinal	x
Fragaria virginiana	Wild Strawberry	Choice Edible, Medicinal	x
Geum macrophyllum	Avens	Medicinal	
Oemleria cerasiformis	Osoberry	Choice edible	
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	
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	
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**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	
Viola glabella	Woods Violet	Choice edible	
Viola nutallii	Prairie Violet	Choice edible	
Viola orbiculata	Dark Woods Violet	Choice edible	
Viola palustris	Marsh Violet	Choice edible	
Viola sp.	Violet	Choice edible	

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

**Salicaceae**

Salix sp. Willow Medicinal

**Onagraceae**

Chamaenerion angustifolium (Epilobium a.) Fireweed Edible, Medicinal  
 Circaea alpina Enchanter's Nightshade  
 Clarkia amoena Farewell to Spring x  
 Clarkia gracilis Farewell to Spring

**Aceraceae**

Acer circinatum Vine Maple Edible x  
 Acer glabrum var. douglasii Maple Edible  
 Acer macrophyllum Big leaf Maple Edible

**Malvaceae**

Sidalcea campestris Meadow Checker Mallow Edible, Medicinal

**Brassicaceae (Cruciferae)**

Yellow unidentified mustard Poisonous

**Polygonaceae**

Bistorta bistortoides (Polygonum b.) Mountain Bistort Edible, Medicinal  
 Eriogonum umbellatum Wild Buckwheat Edible  
 Rumex acetosella Sheep Sorrel Edible, Medicinal

**Caryophyllaceae**

Moehringia macrophylla (Arenaria m.) Sandwort

**Montiaceae (Portulacaceae)**

Calyptridium umbellatum (Spraguea u.) Pussy Paws Medicinal  
 Claytonia cordifolia (Montia c.) Heart Leafed Montia Choice edible  
 Claytonia lanceolata Spring Beauty Edible  
 Claytonia perfoliata (Montia p.) Miner's Lettuce Choice edible  
 Claytonia sibirica (Montia s.) Candy Flower Choice edible x  
 Montia parvifolia Small Leaf Montia Edible x

**Hydrangeaceae**

Whipplea modesta Whipple Vine Edibility unknown

**Cornaceae**

Cornus nuttallii Dogwood Medicinal x  
 Cornus unalaschensis (C. canadensis) Bunchberry Edible x

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

**Polemoniaceae**

Gilia capitata	Bluefield Gilia	Unknown Edibility
Ipomopsis aggregata (Gilia a.)	Sky Rocket Gilia	Unknown Edibility
Polemonium carneum	Jacob's Ladder	Unknown Edibility

**Primulaceae**

Lysimachia latifolia (Trientalis l.)	Starflower	Edible	x
Primula jeffreyi (Dodecatheon j.)	Shooting Star	Edible	

**Ericaceae**

Allotropa virgata	Candy Stripe	No Pick	
Arbutus menziesii	Madrone	Edible, Medicinal	
Arctostaphylos columbiana	Hairy Manzanita	Edible, Medicinal	
Arctostaphylos nevadensis	Kinnikinnik	Edible, Medicinal	
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 aphylla	Leafless Pyrola	No Pick	x
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	x
Vaccinium ovalifolium	Oval Leaf Huckleberry	Choice Edible, Medicinal	x
Vaccinium parvifolium	Red Huckleberry	Choice Edible, Medicinal	
Vaccinium scoparium	Grouseberry	Choice Edible, Medicinal	
Vaccinium uliginosum	Huckleberry	Choice Edible, Medicinal	

**Rubiaceae**

Gallium oreganum	Bedstraw, Cleavers	Edible, Medicinal
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Columbines School of Botanical Studies  
Spring Apprenticeship Program  
Trip #11-12 Spring Overnight

Gallium sp.	Bedstraw, Cleavers	Edible, Medicinal	
Gallium triflorum	Bedstraw, Cleavers	Edible, Medicinal	
<b>Gentianaceae</b>			
Centaurium erythraea (C. umbellatum)	Centaury	Medicinal	
Menyanthes trifoliata	Bogbean	Medicinal	
<b>Boraginaceae</b>			
Mertensia paniculata	Oregon Bluebells	Medicinal (PA's)	x
Mertensia sp.	Oregon Bluebells	Medicinal (PA's)	
unidentified forget me not like flower		Poisonous	
<b>Hydrophyllaceae</b>			
Hydrophyllum fendleri	Waterleaf	Choice edible	
Hydrophyllum tenuipes	Waterleaf	Choice edible	
Nemophila parviflora	Wood Nemophila	Unknown Edibility	
Phacelia sp.	Phacelia	Edible	
Romanzoffia sp.	Mist Maiden	Edible	
<b>Plantaginaceae</b>			
Plantago sp.	Plantain	Edible, Medicinal	
<b>Plantaginaceae (Scrophulariaceae)</b>			
Collinsia grandiflora	Large Blue Eyed Mary	Edibility unknown	
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	
<b>Scrophulariaceae</b>			
Verbascum thapsus	Mullein	Medicinal	
<b>Lamiaceae (Labiatae)</b>			
Clinopodium douglasii (Satureja d.)	Yerba Buena	Edible, Medicinal	x
Prunella vulgaris	Self-Heal	Edible, Medicinal	x
Stachys sp.	Woundwort	Edible, Medicinal	
<b>Phrymaceae (Scrophulariaceae)</b>			
Erythranthe alsinoides (Mimulus a.)	Baby Monkey Flower	Edible	

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

Erythranthe decora	Sharp Leaved Monkeyflower	Edible	x
Erythranthe moschata (Mimulus moschatus)	Musk Monkeyflower	Edible	
Erythranthe sp.	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	
Pedicularis contorta	Lousewort	Medicinal	
Pedicularis groenlandica	Elephant's Head	Medicinal	
Pedicularis racemosa	Parrot's Beak	Medicinal	x

**Campanulaceae**

Campanula scouleri	Harebell	Edibility unknown	
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**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)	x
Senecio triangularis	Arrow Leaf Groundsel	Poisonous (PA's)	x
Taraxacum officinale	Dandelion	Edible, Medicinal	
Tragopogon pratensis	Oyster Plant	Edible	

**Adoxaceae (Caprifoliaceae)**

Sambucus racemosa	Red Elder	Medicinal	
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**Caprifoliaceae**

Lonicera ciliosa	Honeysuckle	Edibility unknown	
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Columbines School of Botanical Studies  
 Spring Apprenticeship Program  
 Trip #11-12 Spring Overnight

Lonicera involucrata	Twinberry	Edible	
Symphoricarpos albus	Snowberry		
<b>Linnaeaceae (Caprifoliaceae)</b>			
Linnaea borealis var. longifolia	Twinflower	Edibility unknown	
<b>Valerianaceae</b>			
Plectritis congesta	Corn Salad	Edible, Medicinal	
Valeriana scouleri	Valerian	Edible, Medicinal	x
Valeriana sitchensis	Valerian	Edible, Medicinal	
<b>Araliaceae</b>			
Oplopanax horridus (O. horridum)	Devil's Club	Medicinal	x
<b>Apiaceae (Umbelliferae)</b>			
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. We saw every time from shortly after snowmelt to early summer. Use this technique for finding the right time and proper elevation.

**Botany**

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

Botanical words for dry fruits

Boraginaceae: Alternate leaves, four rough nutlets, scorpioid inflorescence

Lamiaceae: Opposite leaves, square stems, bilabiate flowers, 4 smooth nutlets

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

Araliaceae: Racemes or panicles of umbels

**Middle Elevation Coniferous Woods**

Second wave of flowers finishing up at 4,500'

**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*, after True Dandelion, *Taraxacum officinale* in the same year.

*Leucanthemum vulgare* and *Hypochaeris radicata* association