

Columbines School of Botanical Studies  
Summer Apprenticeship  
Class Highlights Trip 17-18

**Places Visited:**

Middle elevation coniferous woods, meadows, clearcuts, riparian  
Low elevation roadside

**Topics covered:**

Apiaceae (Umbelliferae) taxonomy

Keyed: *Daucus carota*, *Heracleum maximum*, and *Ligusticum grayi*

Poisons: *Conium maculatum*, *Aconitum columbianum*, *Cicuta douglasii*

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.

Tasted the berries from different kinds of *Vaccinium* spp. and *Rubus* spp.