

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #8 Advanced Meadow Locating
June 7, 2025

Low Elevation Riparian Zone and Coniferous Woods 1885'
Middle Elevation Coniferous Woods, Riparian, and Meadows 3663'
<http://www.botanicalstudies.net/botany/plantlists.php>

Melanthiaceae (Liliaceae)

Trillium ovatum	Trillium	No Pick
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Iridaceae

Iris chrysophylla	Iris	Medicinal
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Asparagaceae (Liliaceae)

Maianthemum stellatum (Smilacina stellata)	Small False Solomon's Seal	Medicinal
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Aristolochiaceae

Asarum caudatum	Wild Ginger	Spice, Medicinal
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Papaveraceae (Fumariaceae)

Dicentra formosa	Bleeding Hearts	Poisonous
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Berberidaceae

Achlys triphylla	Vanilla Leaf	Edible
Vancouveria hexandra	Inside Out Flower	Edible

Ranunculaceae

Anemone deltoidea	Large Windflower	Poisonous
Anemone lyallii	Small Windflower	Poisonous
Caltha leptosepala	Marsh Marigold	Edible, Medicinal
Ranunculus populago	Marsh Buttercup	Poisonous
Ranunculus uncinatus	Woods Buttercup	Poisonous

Saxifragaceae

Heuchera micrantha	Alum Root	Edible, Medicinal
Mitellastrum caulescens (Mitella c.)	Large Bishop's Cap	Edibility Unknown
Saxifraga oregana	Saxifrage	Edible
Tellima grandiflora	Fringecup	Edibility Unknown
Tiarella trifoliata ssp. unifoliata	Coolwort	Edibility Unknown
Tolmiea menziesii	Youth on Age	Edibility Unknown

Rosaceae

Fragaria vesca	Wild Strawberry	Choice Edible, Medicinal
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Geum macrophyllum	Avens	Medicinal
Rubus nutkanus (R. parviflorus)	Thimbleberry	Choice Edible, Medicinal
Rubus ursinus	Blackberry	Choice Edible, Medicinal

Violaceae

Viola adunca	Field Violet	Choice edible
Viola glabella	Woods Violet	Edible
Viola palustris	Marsh Violet	Edible

Aceraceae

Acer macrophyllum	Big leaf Maple	Edible
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Polygonaceae

Bistorta bistortoides (Polygonum b.)	Mountain Bistort	Medicinal
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Montiaceae (Portulacaceae)

Claytonia sibirica (Montia s.)	Candy Flower	Choice edible
Montia parvifolia	Small Leaf Montia	Edible

Primulaceae

Primula jeffreyi (Dodecatheon j.)	Shooting Star	Edible
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Ericaceae

Gaultheria shallon		
Vaccinium ovalifolium	Oval Leaf Huckleberry	Choice Edible, Medicinal
Vaccinium uliginosum	Bog Huckleberry	Choice Edible, Medicinal

Hydrophyllaceae

Hydrophyllum tenuipes	Waterleaf	Edible
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Orobanchaceae (Scrophulariaceae)

Pedicularis groenlandica	Elephant's Head	Medicinal
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Asteraceae (Compositae)

Petasites frigidus	Western Coltsfoot	Edible w caution, Medicinal
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Valerianaceae

Valeriana scouleri	Valerian	Edible, Medicinal
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Apiaceae (Umbelliferae)

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Osmorhiza berteroi (*O. chilensis*)

Sweet Cicely

Edible, Medicinal

Animal Interactions

Beaver chews

Beaver Dams

Elk hair

Elk scat

Elk tracks

Steller's Jay alarm call

Columbines School of Botanical Studies
Field Trip #8
Advanced Meadow Locating Techniques

Botany

- ☾ Keyed out: *Achlys triphylla*
- ☾ Saxifragaceae: Herbs, split ovary, palmately lobed and veined leaves, 5 or 10 stamens on a floral cup

Low Elevation Coniferous Woods

- ☾ Many changes
- ☾ *Anemone deltoidea* replacing *A. lyallii*

Middle Elevation Coniferous Woods

- ☾ The Big Three of the middle elevation coniferous woods on its way out
- ☾ The plant's lifecycles move faster at higher elevations

Middle Elevation Meadows

- ☾ Big Three of the meadows: *Ranunculus sp.*, *Primula jeffreyi*, *Caltha biflora*.
- ☾ Tasted *Primula jeffreyi*
- ☾ 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 to go in the woods, but you might not be able to get back in the meadow.
- ☾ This time of year, the meadows were getting harder to see because the deciduous shrub layer was standing tall and beginning to leaf out.
- ☾ Locating and exploring meadows.
- ☾ Sedge meadows often remain stable for 1,000 plus years. We saw examples of how beavers were maintaining this balance.