

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

Saturday, June 14, 2025

Low Elevation Riparian Zone and Coniferous Woods 1700'

Middle Elevation Hudsonian Zone and Woods and Recovering Clear and Partial Cuts 4020'

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

Liliaceae

Clintonia uniflora

Queen's Cup, Bead Lily

Poisonous?

Orchidaceae

Calypso bulbosa

Calypso Orchid

No pick

Corallorhiza maculata

Spotted Coral Root

No pick

Corallorhiza mertensiana

Purple or Western Coral Root

No pick

Berberidaceae

Achlys triphylla

Vanilla Leaf

Edible

Rhamnaceae

Ceanothus velutinus

Red Root

Medicinal

Celastraceae

Paxistima myrsinites (Pachistima m.)

Oregon Box

Ornamental

Ericaceae

Arctostaphylos nevadensis

Kinnikinnik

Edible, Medicinal

Arctostaphylos patula

Manzanita

Edible, Medicinal

Chimaphila menziesii

Baby Pipsissewa

Medicinal

Pyrola asarifolia

Pyrola

Medicinal

Hydrophyllaceae

Phacelia heterophylla

Phacelia

Edible

Apiaceae (Umbelliferae)

Lomatium martindalei

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: *Corallorhiza maculata*

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

Harvested *Ceanothus velutinus* flowers for facial wash

Low Elevation Coniferous Woods

Changes