

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

June 28-29, 2025

Low Elevation Coniferous Woods, Riparian, and Meadow 2400, 2281'

Middle Elevation Coniferous Woods and Meadow 3728'

Middle Elevation Coniferous Woods and Meadows 4950'

<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)

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

Liliaceae

Calochortus subalpinus	Alpine Cat's Ears	No Pick	X
Calochortus tolmiei	Cat's Ears	No Pick	X
Clintonia uniflora	Queen's Cup, Bead Lily	Poisonous?	X
Erythronium grandiflorum	Glacier Lily	No Pick	X
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	X
Streptopus amplexifolius	Twisted Stalk	+/- Edible	
Streptopus lanceolatus (S. roseus)	Rosy Twisted Stalk	+/- Edible	

Orchidaceae

Calypso bulbosa	Calypso Orchid	No Pick	
Cephalanthera austinae (Euburophyton a.)	Phantom Orchid	No Pick	
Corallorhiza maculata	Spotted Coral Root	No Pick	X
Corallorhiza mertensiana	Purple or Western Coral Root	No Pick	X
Corallorhiza striata	Striped Coral Root	No Pick	
Goodyera oblongifolia	Rattlesnake Plantain	No Pick	X
Neottia banksiana (Listera caurina)	Large Twayblade	No Pick	
Neottia cordata (Listera c.)	Twayblade	No Pick	
Platanthera dilatata (Habenaria d.)	White Rein Orchid	No Pick	

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Araceae

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

Iridaceae

Iris chrysophylla	Slender Tubed Iris	Poisonous, Medicinal
Iris tenax	Iris, Blue Flag	Poisonous, Medicinal
Sisyrinchium bellum (S. angustifolium)	Blue-eyed Grass	

Asparagaceae (Liliaceae)

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	X
Triteleia hyacinthina	White Brodiaea	No Pick	

Aristolochiaceae

Asarum caudatum	Wild Ginger	Edible, Medicinal	X
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Papaveraceae (Fumariaceae)

Dicentra formosa	Bleeding Heart	Poisonous, Medicinal
Dicentra uniflora	Steer's Head	Poisonous, Medicinal

Berberidaceae

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

Ranunculaceae

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	

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Delphinium menziesii	Larkspur	Poisonous	X
Delphinium sp.	Larkspur	Poisonous	
Ranunculus occidentalis var. occidentalis	Western Buttercup	Poisonous	
Ranunculus populago	Marsh Buttercup	Poisonous	
Ranunculus repens	Weedy Buttercup	Poisonous	
Ranunculus sp.	Marsh Buttercup	Poisonous	
Ranunculus uncinatus	Woods Buttercup	Poisonous	
Thalictrum sp.	Meadow-rue	Poisonous	

Grossulariaceae

Ribes bracteosum	Stinking Black Currant	Edible, Medicinal	
Ribes lacustre	Swamp Currant	Edible, Medicinal	
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	
Mitellastra 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	
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	

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Araceae

Trifolium pratense	Red Clover	Edible, Medicinal
Trifolium repens	White Clover	Edible
Unidentified Fabaceae		Poisonous
Vicia sp.	Vetch	Poisonous

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

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
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Viola glabella	Woods Violet	Choice edible	X
Viola nutallii	Prairie Violet	Choice edible	
Viola orbiculata	Dark Woods Violet	Choice edible	
Viola palustris	Marsh Violet	Choice edible	
Viola sp.	Violet	Choice edible	

Salicaceae

Salix sp.	Willow	Medicinal	
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Onagraceae

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

Aceraceae

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

Malvaceae

Sidalcea campestris	Meadow Checker Mallow	Edible, Medicinal	
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Brassicaceae (Cruciferae)

Yellow unidentified mustard		Poisonous	
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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		
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Montiaceae (Portulacaceae)

Calyptidium 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

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Araceae

Montia parvifolia	Small Leaf Montia	Edible	X
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Hydrangeaceae

Whipplea modesta	Whipple Vine	Edibility unknown	
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Cornaceae

Cornus nuttallii	Dogwood	Medicinal	
Cornus unalaschkensis (C. canadensis)	Bunchberry	Edible	X

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	X
Gaultheria ovatifolia	Slender Wintergreen	Edible, Medicinal	X
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	

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Rhododendron menziesii (Menziesia ferruginea)	Fool's Huckleberry	Poisonous	
Vaccinium caespitosum	Dwarf Huckleberry	Choice Edible, Medicinal	
Vaccinium membranaceum	Tall Huckleberry	Choice Edible, Medicinal	
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	
Gallium sp.	Bedstraw, Cleavers	Edible, Medicinal	
Gallium triflorum	Bedstraw, Cleavers	Edible, Medicinal	

Gentianaceae

Centaureum erythraea (C. umbellatum)	Centaury	Medicinal	
Menyanthes trifoliata	Bogbean	Medicinal	

Boraginaceae

Mertensia paniculata	Oregon Bluebells	Medicinal (PA's)	X
Mertensia sp.	Oregon Bluebells	Medicinal (PA's)	
unidentified forget me not like flower		Poisonous	

Hydrophyllaceae

Hydrophyllum fendleri	Waterleaf	Choice edible	
Hydrophyllum tenuipes	Waterleaf	Choice edible	
Nemophila parviflora	Wood Nemophila	Unknown Edibility	
Phacelia sp.	Phacelia	Edible	X
Romanzoffia sp.	Mist Maiden	Edible	

Plantaginaceae

Plantago sp.	Plantain	Edible, Medicinal	
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Plantaginaceae (Scrophulariaceae)

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	

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Araceae

Veronica regina-nivalis (Synthyris reniformis)	Snow Queen	Edibility unknown
Veronica sp.	Speedwell	Edible, Medicinal

Scrophulariaceae

Verbascum thapsus	Mullein	Medicinal
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Lamiaceae (Labiatae)

Clinopodium douglasii (Satureja d.)	Yerba Buena	Edible, Medicinal	X
Prunella vulgaris	Self-Heal	Edible, Medicinal	X
Stachys sp.	Woundwort	Edible, Medicinal	

Phrymaceae (Scrophulariaceae)

Erythranthe alsinoides (Mimulus a.)	Baby Monkey Flower	Edible	
Erythranthe decora	Sharp Leaved Monkeyflower	Edible	X
Erythranthe moschata (Mimulus moschatus)	Musk Monkeyflower	Edible	X
Erythranthe sp.	Monkeyflower	Edible	

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
Arnica sp.	Arnica	Medicinal
Bellis perennis	Field daisy	Edible
Cirsium sp.	Thistle	Edible
Crocidium multicaule	Goldfields	Edibility unknown
DYC	DYC	Poisonous

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Araceae

Eriophyllum lanatum	Oregon Sunshine	Edibility unknown	X
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)	
Senecio sp.	Groundsel	Poisonous (PA's)	
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	
Lonicera involucrata	Twinberry	Edible	
Symphoricarpos albus	Snowberry		

Linnaeaceae (Caprifoliaceae)

Linnaea borealis var. longifolia	Twinflower	Edibility unknown	X
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Valerianaceae

Plectritis congesta	Corn Salad	Edible, Medicinal	
Valeriana scouleri	Valerian	Edible, Medicinal	
Valeriana sitchensis	Valerian	Edible, Medicinal	X

Araliaceae

Oplopanax horridus (O. horridum)	Devil's Club	Medicinal	
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Apiaceae (Umbelliferae)

Angelica sp.	Angelica	Medicinal	
Heracleum maximum (H. lanatum)	Cow parsnip	Medicinal	X
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	X

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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.

Wildcrafting Principle: Timing is important for determining the size of the stand. This trip we saw an example with *Valeriana sitchensis* in full bloom and easily visible amidst the other plants.

Botany

Keyed out: *Dichelostemma congestum* 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

Apiaceae (Umbelliferae): Flowers in umbels, fruit a schizocarp, sheathing petioles

Ericaceae capsules

Low Elevation Coniferous Woods

Changes: Plants of early summer

Old Growth: Trees as big as small redwoods

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

Middle Elevation "Prairies"

Native Americans burn south facing slopes on ridges to create "prairies" full of food, medicine, and fiber. Fields of *Xerophyllum tenax* typify these.

Middle Elevation Meadows

Locating *Valeriana sitchensis*

Middle Elevation Coniferous Woods

Second wave of flowers in full bloom finishing up at 4,500'