

Columbines School of Botanical Studies  
Spring Apprenticeship Program  
Trip #1 Introduction

4/10-11/2026

Low Elevation Riparian Zone and Coniferous Woods  
1525', 1699', 2564', 3286', 1875'

Family	Name	Uses	Seen	
<b>Melanthiaceae (Liliaceae)</b>				
	<i>Trillium ovatum</i>	Birth Root	No Pick	X
<b>Papaveraceae (Fumariaceae)</b>				
	<i>Dicentra formosa</i>	Bleeding Hearts	Poisonous	X
<b>Berberidaceae</b>				
	<i>Mahonia nervosa (Berberis n.)</i>	Mountain Oregon Grape	Edible, Medicinal	X
<b>Ranunculaceae</b>				
	<i>Anemone lyallii</i>	Small Windflower	Poisonous	X
<b>Saxifragaceae</b>				
	<i>Micranthes rufidula</i>	Rusty Haired Saxifrage	Edible	X
<b>Rosaceae</b>				
	<i>Oemleria cerasiformis</i>	Osoberry	Edible	X
<b>Violaceae</b>				
	<i>Viola glabella</i>	Woods Violet	Edible (Choice)	X
<b>Aceraceae</b>				
	<i>Acer macrophyllum</i>	Big leaf Maple	Edible (Choice)	X
<b>Plantaginaceae (Scrophulariaceae)</b>				
	<i>Collinsia parviflora</i>	Small Blue-eyed Mary	Edibility unknown	X
	<i>Synthyris reniformis</i>	Snow Queen	Edibility unknown	X
<b>Phrymaceae (Scrophulariaceae)</b>				
	<i>Erythranthe alsinoides</i> ( <i>Mimulus a.</i> )	Baby Monkey Flower	Edible	X
<b>Asteraceae (Compositae)</b>				
	<i>Petasites frigidus</i>	Western Coltsfoot	Edible, Medicinal (PA's)	X
<b>Valerianaceae</b>				
	<i>Valeriana scouleri</i>	Low-elevation Valerian	Medicinal	X
<b>Apiaceae (Umbelliferae)</b>				
	<i>Lomatium utriculatum</i>	Spring Gold, Biscuit Root	Edible	X

**Columbines School of Botanical Studies**  
**Field Trip #1**  
**Introduction to Low Elevation**

Forest Service Road Numbers: What do they mean?

Back Woods Bathroom Protocols

Tasted *Oemleria cerasiformis* leaf, *Viola glabella* flower and stem, *Erythranthe alsinoides* flowers, *Acer macrophyllum* flowers, and *Valeriana scouleri* root

**Botany**

Plant Names: Family, genus, species, common

Four Whorls of the Flower

Asteraceae Formally Known as Compositae: flowers in heads

Scrophulariaceae (Broad Sense): Two petals on top, three on the bottom

Apiaceae (Umbelliferae): Flowers in umbels

**Low Elevation Coniferous Woods**

Oregon Grape/Salal Balance

**Low Elevation Riparian Zone**

Valerian Locating

Valerian Ecology

**Middle Elevation Coniferous Woods**

Introduction to middle elevation

Introduction to *Chimaphila umbellata*