

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #3 Orchidaceae

4/24-25/2026

Low Elevation Riparian Zone and Coniferous Woods 1395', 1722'

Family	Genus	Name	Uses
Melanthiaceae (Liliaceae)	Trillium ovatum	Birth Root	No Pick
Orchidaceae	Calypso bulbosa	Calypso Orchid	No Pick
Papaveraceae (Fumariaceae)	Dicentra formosa	Bleeding Hearts	Poisonous
Berberidaceae	Mahonia nervosa (Berberis n.)	Mountain Oregon Grape	Edible, Medicinal
Ranunculaceae	Anemone lyallii	Small Windflower	Poisonous
Grossulariaceae	Ribes sanguineum	Red Flowering Currant	Edible
Saxifragaceae	Heuchera micrantha	Alum Root	Medicine
Fabaceae (Leguminosae)	Cytisus scoparius	Scotch Broom	Poisonous
Rosaceae	Fragaria vesca	Wild Strawberry	Edible (Choice)
Aceraceae	Acer macrophyllum	Big Leaf Maple	Edible (Choice)
Cornaceae	Cornus nuttallii	Dogwood	Medicinal
Ericaceae	Vaccinium parvifolium	Red Huckleberry	Edible (Choice), Medicinal
Hydrophyllaceae	Romanzoffia californica	Mist Maiden	(blank)
Plantaginaceae (Scrophulariaceae)	Synthyris reniformis	Snow Queen	Edibility unknown
Phrymaceae (Scrophularia)	Erythranthe alsinoides (Mimulus a.)	Baby Monkey Flower	Edible
Asteraceae (Compositae)	Petasites frigidus	Western Coltsfoot	Edible, Medicinal w/caution (PA's)
Valerianaceae	Valeriana scouleri	Low-elevation Valerian	Medicinal
Apiaceae (Umbelliferae)	Lomatium utriculatum	Spring Gold, Biscuit Root	Edible

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #2 Liliaceae

Family	Genus	Name	Uses
Animal Interactions	Canada Geese	(blank)	(blank)

Columbines School of Botanical Studies
Field Trip #3
Orchidaceae

Botany

Orchidaceae family description

Calypso genus description

Keyed out: *Calypso bulbosa*

Violaceae: two petals on top, three petals on bottom; free or distinct; uniquely irregular (bilaterally symmetric)

Scrophulariaceae *sensu lato*: two lobes on top, three lobes on bottom; united, fused, or connate; uniquely irregular (bilaterally symmetric)

Ranunculaceae: Many stamens, sepals look like petals (petaloid)

Ericaceae: Urn shaped flowers

Cornaceae: Flowers in heads; a whorl of bracts that looks like petals (petaloid)

Asteraceae: Flowers in heads; a whorl of bracts that looks like sepals (sepaloid)

Fabaceae: Uniquely irregular (bilaterally symmetric), banner, wings, and keel

Low Elevation Coniferous Woods

Tasted *Vaccinium parvifolium* leaves and flowers

Scanning Techniques: Calypso Eyes

Low Elevation Seepy Cliffs

Valeriana scouleri locating

“Although our orchids offer a strong temptation to the transplanter of native flora, they should be left strictly alone in their native habitat in the hope that they will somehow be preserved for others to see and enjoy. Most of the showy species, but especially *Calypso* and species of *Cypripedium*, are becoming rare if not already obliterated in most areas. The person who cannot resist the temptation to move native orchids into his garden will surely regret his covetousness if he has a conscience because they do not do well in cultivation, and will persist but a few seasons at best.”

--C. Leo Hitchcock