

Columbines School of Botanical Studies  
Spring Apprenticeship Program  
Trip #5 Low Elevation Seepy Cliffs

5/8-9/2026

Seepy Cliffs 1713'

Low Elevation Coniferous Woods and Riparian 1800', 2533 '

**Araceae**

Lysichiton americanus (L.  
americanum)

**Skunk Cabbage**

-/+ Edible

**Grossulariaceae**

Ribes sanguineum

**Red Flowering Currant**

Edible

**Saxifragaceae**

Saxifraga mertensiana

**Rock Saxifrage**

Edible

**Crassulaceae**

Sedum oregonense

**Stonecrop**

Edible

**Fabaceae (Leguminosae)**

Cytisus scoparius  
Genista monspessulana (Cytisus  
monspessulanus)

**Scotch Broom**

Poisonous

**Moonlight Broom**

Poisonous

**Rosaceae**

Fragaria vesca

**Wild Strawberry**

Edible (Choice)

**Hydrophyllaceae**

Phacelia heterophylla

**Phacelia**

Edible

**Phrymaceae (Scrophulariaceae)**

Erythranthe alsinoides (Mimulus a.)  
Erythranthe guttata (Mimulus g.)

**Baby Monkey Flower**

Edible

**Common Monkey Flower**

Edible

**Valerianaceae**

Valeriana scouleri

**Low-elevation Valerian**

Medicinal

**Apiaceae (Umbelliferae)**

Lomatium hallii

**Biscuit Root**

Edible

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**Animal Interactions**

*Philaenus spumarius*

*Tachycineta thalassina*

**Spittle Bug**

**Violet Green Swallows**

**Columbines School of Botanical Studies**  
**Field Trip #5**  
**Low Elevation Seepy Cliffs**

**Botany**

Phrymaceae family description

*Erythranthe* genus description

Keyed out *Erythranthe guttata* (*Mimulus guttatus*)

Scrophulariaceae *Sensu lato*: Bilabiate flower, two lobes on the top and three lobes on the bottom, gamopetalous (united corolla); 2, 4, or 5 stamens

Hydrophyllaceae: Scorpioid inflorescence; exerted stamens

**Low Elevation Seepy Cliffs**

Locating *Valeriana scouleri*

**Low Elevation Coniferous Woods**

Plant walk