

Columbines School of Botanical Studies
Spring Apprenticeship Program
Trip #10 Ceanothus
June 19-20, 2026

Middle Elevation Coniferous Woods and Riparian 3309', 3343', 3981'
<http://www.botanicalstudies.net/botany/plantlists.php>

Liliaceae

Clintonia uniflora

Queen's Cup

Edibility Unknown

Orchidaceae

Corallorhiza mertensiana

Purple Coral Root

No Pick

Ranunculaceae

Anemone deltoidea

Large Windflower

Poisonous

Saxifragaceae

Tiarella trifoliata ssp. *unifoliata*

Coolwort

Edibility Unknown

Rosaceae

Rosa sp.

Wild Rose

Edible, Medicinal

Rhamnaceae

Ceanothus velutinus

Montiaceae (Portulacaceae)

Claytonia sibirica (*Montia* s.)

Candy Flower

Edible

Ericaceae

Chimaphila umbellata

Pipsissewa

Medicinal

Plantaginaceae (Scrophulariaceae)

Penstemon sp.

Penstemon

Medicinal

Columbines School of Botanical Studies
Field Trip #10
Ceanothus

Botany

Keyed out: *Anemone deltoidea* to family

Family review

Tasted the nectiferous ooze from the capitate stigma of the *Chimaphila umbellata*

Middle Elevation Hudsonian Zone

Located, harvested, and processed *Ceanothus velutinus* bark for tincture

Compared old growth forest to 2001 commercial thin

Middle Elevation Coniferous Woods

Compared old growth forest to mature forest with 300–400 year old trees, but no old growth ecosystem due to thinning