

Columbines School of Botanical Studies

Spring Apprenticeship Program

Trip #7 Meadow Locating

Friday-Saturday, May 29-30, 2026

Middle Elevation Coniferous Woods, Riparian, and Meadow 3337', 3591', 3625'

<http://www.botanicalstudies.net/botany/plantlists.php>

**Araceae**

Lysichiton americanus (L.  
americanum)

**Skunk Cabbage**

+/- Edible

**Melanthiaceae (Liliaceae)**

Trillium ovatum

**Trillium**

No Pick

**Iridaceae**

Iris chrysophylla

**Iris**

Medicinal

**Asparagaceae (Liliaceae)**

Maianthemum stellatum (Smilacina  
stellata)

**Small False Solomon's Seal**

Medicinal, Cathartic

**Berberidaceae**

Achlys triphylla

**Vanilla Leaf**

Edible, Medicinal

**Ranunculaceae**

Anemone lyallii  
Caltha biflora

**Small Windflower**  
**Marsh Marigold**

Poisonous  
Edible, Medicinal

**Rosaceae**

Fragaria vesca  
Rubus spectabilis

**Wild Strawberry**  
**Salmonberry**

Edible, Medicinal  
Edible, Medicinal

**Violaceae**

Viola adunca  
Viola glabella

**Field Violet**  
**Woods Violet**

Choice edible  
Choice edible

**Polygonaceae**

Bistorta bistortoides (Polygonum b.)

**Mountain Bistort**

Medicinal

**Droseraceae**

Drosera rotundifolia

**Sundew**

No Pick

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**Montiaceae (Portulacaceae)**

*Claytonia sibirica* (Montia s.)

**Candy Flower**

Choice edible

**Primulaceae**

*Primula jeffreyi* (Dodecatheon j.)

**Shooting Star**

Edible

**Ericaceae**

*Vaccinium ovalifolium*

**Huckleberry**

Choice Edible, Medicinal

**Boraginaceae**

*Mertensia paniculata*

**Oregon Bluebells**

Medicinal (External)

**Orobanchaceae (Scrophulariaceae)**

*Pedicularis groenlandica*

**Elephant's Head**

Medicinal

**Valerianaceae**

*Valeriana sitchensis*

**Valerian**

Medicinal

**Animal Interactions**

Elk ate *Lysichiton americanus*

Elk wallow

Giant thatcher ant hill

Townshend chipmunk ate hemlock  
cones

**Columbines School of Botanical Studies**  
**Meadow Locating Techniques**  
**Trip #7**

Wildcrafting Principle: Locate and explore meadows early for later harvesting. We are always wildcrafting, even when we do not harvest.

**Botany**

Keyed out: *Caltha leptosepala*

Rosaceae: Many stamens, floral cup, leaves have stipules

Ranunculaceae: Many stamens, no floral cup, sepals often petaloid

Boraginaceae: Scorpioid inflorescence, alternate leaves, four rough nutlets

Sedges have edges; rushes are round, grasses have joints .....

**Middle Elevation Coniferous Woods**

The Big Three of the Middle Elevation Coniferous Woods

- 1.
- 2.
- 3.

**Middle Elevation Meadows**

Big Three of the Middle Elevation Meadows

- 1.
- 2.
- 3.

Exploring meadows

1. Creeks and waterways
2. Game trails
3. Fallen Trees

Locating and exploring meadows, careful about getting outside the deciduous layer, it may be easier going into the woods, but you might not be able to get back into the meadow

Locating *Pedicularis groenlandica*

Gazed at the viscid stalked glands of the insectivorous bog plant, *Drosera rotundifolia*

Introduction to *Valeriana sitchensis*

Introduction to *Veratrum* spp.