

Columbines School of Botanical Studies  
Spring Apprenticeship Program  
Trip #9 Astringents

6/12-13/2026

Low Elevation Riparian Zone and Coniferous Woods 1700'  
Middle Elevation Hudsonian Zone and Woods and Recovering Clear and Partial Cuts 4020'  
<http://www.botanicalstudies.net/botany/plantlists.php>

**Liliaceae**

Clintonia uniflora	<b>Queen's Cup, Bead Lily</b>	Poisonous?
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**Orchidaceae**

Corallorhiza maculata	<b>Spotted Coral Root</b>	No pick
Corallorhiza mertensiana	<b>Purple or Western Coral Root</b>	No pick

**Berberidaceae**

Achlys triphylla	<b>Vanilla Leaf</b>	Edible
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**Ranunculaceae**

Anemone deltoidea	<b>Large Windflower</b>	Poisonous
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**Rosaceae**

Rubus nutkanus (R. parviflorus)	<b>Thimbleberry</b>	Edible, Medicinal
Rubus sp.	<b>Blackberry</b>	Edible, Medicinal

**Rhamnaceae**

Ceanothus velutinus	<b>Red Root</b>	Medicinal
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**Celastraceae**

Paxistima myrsinites (Pachistima m.)	<b>Oregon Box</b>	Ornamental
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**Ericaceae**

Arctostaphylos nevadensis	<b>Kinnikinnik</b>	Edible, Medicinal
Arctostaphylos patula	<b>Manzanita</b>	Edible, Medicinal
Chimaphila menziesii	<b>Baby Pipsisewa</b>	Medicinal
Chimaphila umbellata	<b>Pipsisewa</b>	Medicinal
Pleuricospora fimbriolata	<b>Fringed Pine Sap</b>	No pick
Pyrola asarifolia	<b>Pyrola</b>	Medicinal

**Animal Interactions**

Callospermophilus lateralis	<b>Golden-mantled Ground Squirrel ate Doug Fir cones</b>
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**Columbines School of Botanical Studies  
Field Trip #9  
Astringents**

Made urinary astringent tincture and external astringent.

Green-faced fools fondling flowers forever

**Botany**

Keyed out: *Clintonia uniflora*

**Middle Elevation Hudsonian Coniferous Woods**

Old Growth Ecosystem - old trees look smaller at the higher elevations and with the thinner soils.

Harvesting, locating, processing *Chimaphila umbellata*.

**Middle Elevation Hudsonian Clear Cuts and Partial Cuts**

Harvested *Ceanothus velutinus* flowers for facial wash

**Low Elevation Coniferous Woods**

Changes