

# EDIBLE & MEDICINAL PLANTS OF RMNP

AUGUST 15, 2020

**COURSE LEVEL: II COURSE #S: S3036**  
**FEE: \$80 PER ADULT AGES 16 AND OLDER**



**INSTRUCTOR: LEANNE BENTON**

PAGE 1 OF 2

**LOCATION: Rocky Mountain Conservancy – Field Institute & Conference Center**  
**1895 Fall River Road, Estes Park, Colorado**

**TIME: 7:00 AM - 3:30 PM**

**COURSE DESCRIPTION:** Spend the day exploring the flora of the park with a retired RMNP interpretive ranger. Not only are the plants diverse and beautiful, many have served as the grocery store and pharmacy for earlier people and are still used today. We will focus on these edible and medicinal species with discussions on plant identification, current and historic usage as food and medicine, preparation techniques, using plants safely, and ethical harvesting and conservation, plus some toxic species to avoid.

## **COURSE LEVEL: II**

Short distance hiking with some moderate climbing on dirt trail and uneven terrain.

## **BRIEF INSTRUCTOR BIOGRAPHY (additional information available at [www.RMConservancy.org](http://www.RMConservancy.org)):**

Leanne is a former ranger-naturalist in Rocky Mountain National Park who has led wildflower and tundra ecology walks in the park for more than 30 years.

**EXPECTATIONS:** Professional conduct will be expected from participants at all times. Individual ideas will be respected. Except during course breaks, cellular phones, pagers, and personal entertainment devices are strictly prohibited in the classroom and during field sessions.

**CAR-POOLING:** Rocky Mountain Conservancy - Field Institute courses utilize car-pooling to limit vehicles traveling into the park. Car-pooling makes it easier to keep the group together, reduces transit time, and allows courses greater access because fewer parking spaces are required at destinations. In addition, it provides an opportunity for participants to discuss course material in small groups during transit. Typically, a few participants from each course volunteer the use of their vehicles for car-pooling to course locations.

## **TENTATIVE COURSE SCHEDULE:**

7:00 AM	Introductions
7:30 AM	Field exploration
11:00 AM	Lunch/Discussion
11:30 AM	Continue field exploration
3:30 PM	Conclude

## **WHAT TO BRING:**

- Sack lunch, snacks, energy bars, WATER
- Notebook and pen/pencil
- Layers of clothing for all possible weather
- Camera (optional)
- Hat, sunscreen and sunglasses

## REFERENCES FOR FUTURE READING:

### Plant Identification

Ackerfield, J. (2105). *Flora of Colorado*

Beidleman, Beidleman, and Willard (2000). *Plants of Rocky Mountain National Park*

Ells, J. (2006). *Rocky Mountain Flora*

Feucht, J. (1999). *Illustrated Guide to Trees and Shrubs of Rocky Mountain National Park*

Robertson, L. (1999). *Southern Rocky Mountain Wildflowers*

Weber, W. and Wittman, R. (2012). *Colorado Flora: Eastern Slope (4<sup>th</sup> Edition)*

### Edible and Medicinal Usage

Harrington, H.D. & Matsumara, Y. (1967). *Edible Native Plants of the Rocky Mountains*

Moore, M. (1979). *Medicinal Plants of the Rocky Mountain West*

O'Brien, M. & Vail, K. (2015). *Edible and Medicinal Plants of the Southern Rockies*

Seebeck, C.B. (1998). *Best-Tasting Wild Plants of Colorado and the Rockies*

Tilford, G. (1998). *From Earth to Herbalist: An Earth-Conscious Guide to Medicinal Plants*

## REMEMBER TO BRING THE 10 ESSENTIALS:

Rocky Mountain National Park recommends that hikers always carry the 10 essentials in their daypacks.

- Raingear
- Map and compass
- Flashlight or headlamp
- Sunglasses and sunscreen
- Candles
- Matches or other fire starter
- Pocketknife
- First-aid kit
- Extra layers of clothing
- Sack lunch, snacks, and water

*Note: Rocky Mountain Conservancy - Field Institute recommends that participants for all courses dress in layers and wear comfortable, sturdy hiking boots/shoes. Participants should be prepared for sudden changes in temperature and weather conditions.*

## REFUND POLICY:

Cancellations received at least 14 days prior to the start of a class will qualify for a refund minus a cancellation fee of \$25 per participant for a one-day class, \$50 for a multi-day class, \$5 per kid's class and \$15 per half-day class or bus tour seat. Registration money transferred to another class will be subject to a \$10 switch fee.

Cancellations received less than 14 days prior to the start of a class or bus tour will not generate a refund. If the Field Institute cancels a class, every effort will be made to place the participant in another class; otherwise, a full refund will be given.

## TEACHER RECERTIFICATION CREDIT:

Most courses are eligible for teacher recertification credit through the Centennial Board of Cooperative Education Services (BOCES). The fee is \$25 per course (.5 unit) or \$25 per series of threaded courses (1.0 - 3.0 units). A list of threaded courses can be found online at [www.RMConservancy.org](http://www.RMConservancy.org). Participants must enroll in all courses of a threaded series in order to qualify for the \$25 multi-unit fee. Please be prepared to pay for this credit with a check, made payable to BOCES, on the first day of a class or on the final day of a threaded series of courses.