



About the Author

Janis Lindsey Huggins' passion for plants and the natural world has been a driving force in her life as long as she can remember. She moved to the Aspen/Snowmass area in 1970 and has spent more than 30 years exploring the upper Roaring Fork Valley, studying the plants, wildlife, and ecosystems. For her, this connection means feeling exhilarated about life, and it inspires her to share this enthusiasm with others. For many years she has guided naturalist tours, worked as a freelance botanist in survey fieldwork, taught others in sports such as alpine skiing, cross-country skiing, and windsurfing.

Janis received a B.S. in Natural Sciences with an emphasis on Botany from the University Without Walls at Loretto Heights College (Denver) in 1981, where she was chosen "student of the year" for work on a Crystal River Valley field guide. Because she has a love of travel, her education was accomplished through study at several universities—the University of Denver, the University of California at Santa Barbara, and the Biological Station at Flathead Lake in Montana. Janis also holds a degree in Clinical Herbal Therapy from the Artemis Institute of Natural Therapies in Boulder.

She hopes that readers of this field guide will be inspired to look at the landscape "through new eyes," to cherish the fascinating species with which we share our surroundings, and to seek new ways to secure the future of those species as they are a part of the matrix that enriches life.

