

Columbines School of Botanical Studies
Graduate Program Further Botanical Studies Trip #7
Middle Elevation Meadows

"June 21, 2026

Middle Elevation Coniferous Woods, Riparian, and Meadow 4005'

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

Tofieldiaceae (Liliaceae)

Triantha occidentalis (Tofieldia
glutinosa)

Melanthiaceae (Liliaceae)

Veratrum sp.

False Hellebore

Poison

Liliaceae

Clintonia uniflora

Queen's Cup

Edibility Unknown

Orchidaceae

Neottia banksiana (*Listera caurina*)

Large Twayblade

Edibility Unknown

Platanthera dilatata (*Habenaria* d.)

White Rein Orchid

No Pick

Platanthera sp. (*Habenaria* sp.)

Green Rein Orchid

No Pick

Asparagaceae (Liliaceae)

Maianthemum stellatum (*Smilacina*
stellata)

Small False Solomon's Seal

Medicinal

Ranunculaceae

Aquilegia formosa

Columbine

Poisonous

Caltha biflora

Marsh Marigold

Edible, Medicinal

Saxifragaceae

Tiarella trifoliata ssp. *unifoliata*

Coolwort

Edibility Unknown

Fabaceae (Leguminosae)

Lupinus sp.

Lupine

Poisonous

Unidentified Fabaceae

Yellow

Rosaceae

cf. *Potentilla* sp.

Potentilla

Medicinal

Fragaria vesca

Wild Strawberry

Edible (Choice), Medicinal

Rubus nutkanus (*R. parviflorus*)

Thimbleberry

Edible (Choice), Medicinal

Rubus ursinus

Blackberry

Edible (Choice), Medicinal

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Hypericaceae

Hypericum anagaloides	Bog St. John's Wort	Medicinal
Hypericum scouleri (H. formosum)	Native St. John's Wort	Medicinal

Salicaceae

Salix sp.	Willow	Medicinal
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Onagraceae

Boisduvalia sp., Epilobium sp. Chamaenerion angustifolium (Epilobium a.)	Willow Herb	Edible
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Polygonaceae

Bistorta bistortoides (Polygonum b.)	Mountain Bistort	Medicinal
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Primulaceae

Primula jeffreyi (Dodecatheon j.)	Shooting Star	Edible
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Ericaceae

Vaccinium ovalifolium	Huckleberry	Edible (Choice), Medicinal
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Rubiaceae

Gallium oregonum	Bedstraw, Cleavers	Edible, Medicinal
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Plantaginaceae (Scrophulariaceae)

Penstemon sp.	Penstemon	Medicinal
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Lamiaceae (Labiatae)

Prunella vulgaris	Self-heal	Edible, Medicinal
Stachys cooleyae	Woundwort	Edible, Medicinal

Orobanchaceae (Scrophulariaceae)

Castilleja sp.	Paintbrush	Edible
Pedicularis bracteosa	Cobras Head	Medicinal
Pedicularis groenlandica	Elephant's Head	Medicinal

Asteraceae (Compositae)

Adenocaulon bicolor	Path Finder	Edibility Unknown
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Asteraceae	<i>Anaphalis margaritacea</i>	Pearly Everlasting	Medicinal
	<i>Eriophyllum lanatum</i>	Oregon Sunshine	Edibility Unknown
	<i>Hypochaeris radicata</i>	Fake Dandelion	Edible, Medicinal
	<i>Leucanthemum vulgare</i> (<i>Chrysanthemum l.</i>)	Ox Eye Daisy	Medicinal
	<i>Microseris borealis</i>	Mt. Dandelion	Edibility Unknown
	<i>Senecio triangularis</i>	Arrow Leafed Grounse	Poisonous (PA's)
Valerianaceae			
	<i>Valeriana sitchensis</i>	Valerian	Medicine
Apiaceae (Umbelliferae)			
	<i>Ligusticum grayi</i>	Oshala	Medicinal

**Columbines School of Botanical Studies
2026 Graduate Program Further Botanical Studies
Trip 7 Pedicularis**

Native Lands and Ecoregions

L1: Northwestern Forested Mountains

L2: Western Cordillera

L3: Cascades

L4: Western Cascades Montane Highlands

Habitat: Wetlands and Marshes

Molalla, Cayuse, Umatilla and Walla Walla, Confederated Tribes of Grand Ronde, Confederated Tribes of Siletz Indians

Botany

Keyed out *Galium oregonum*

Inspection of the *Castilleja* sp. flower

Ecology

Ecology of the middle elevation meadows

Herbalism

Economic Botanical Survey

Located, harvested, and processed *Pedicularis groenlandica* above ground parts for tincture

Located, harvested, and processed *Pedicularis bracteosa* above ground parts for tincture