



WILD HARVESTING ETHICS AND CAUTIONS

It's important to know and respect the natural plant communities that surround us. We need to ensure we are harvesting wild plants in a sustainable way.

- Make certain you are 100% sure you have identified the plant correctly
- Know if the plants you are harvesting are fast or slow growing and harvest accordingly
- Make sure the area you are harvesting in has not been sprayed or been contaminated in some way.
- Think about leaving flowers for pollinators and berries for birds, bears and other wild foragers - never take everything from a plant.
- A good rule of thumb is to take no more than 5% of the plant population in a given area



A WORD OF CAUTION: Please use caution with harvesting and using wild plant medicinals. Before picking on your own, we urge you to take a class with a certified herbalist or experienced forager where you will learn to identify wild plants with confidence. There are lots of look-alike plants that are very similar in appearance but have toxic attributes. Many wild plants should not be used or consumed by pregnant and nursing mothers. People with allergies should be aware of what they are harvesting and if it is related to plants they are allergic to. If you have any long-term health issues you should consult with your doctor before trying any plant medicinals or edibles.

