

# Foraging Checklist

- Can you 100%, with a doubt, correctly ID the plant you want to harvest?
- Are you familiar with any look-a-likes to this plant?
- Do you have the correct tools to harvest the plant?
- Are you familiar with the growing habits of this plant? Can you help to propagate it?
- Are you aware of the ideal harvesting stages for the plant part you are harvesting? (roots, bark, leaves, seeds, flowers, etc)
- Can you gage the sustainable amount that you can harvest of this plant?
- What do you plan to do with this plant? \_\_\_\_\_
- How much of it do you need to harvest? \_\_\_\_\_
- Have you set aside time to process the plants once they are harvested? Do you have all the materials needed for processing?
- Have you located the area where you plan to harvest?
- Is this a healthy stand of plants that can support harvesting?
- Are there any signs of herbicides being sprayed?
- Is it far from roads, trails, power lines, railroad tracks, golf courses and other areas that are frequently sprayed?
- Do you need a permit or land-owner permission to gather from this location?
- Are you familiar with the other plants, animals, insects and other eco-system considerations that rely on this plant?
- Have you checked for this plant on the United Plant Savers list of endangered or at risk plants? Are you aware of its abundance in your area?
- Are you in a calm state of mind to consciously pick plants?
- Once done are you able to judge the impact you had on the area? Have you filled in holes? Treaded lightly to avoid soil compaction?
- What's your plan to return to this area and see how it was effected by your harvest?