

## Questions to ask yourself before harvesting

1. **Plant Recognition**: Do I have proper identification?
  - How sure are you?
2. **Location**: Where am I?
  - Elevation, time of year, proximity to trails and roads.
  - How big is the stand? Is it shrinking or staying the same size?
  - Are bigger, healthier stands near by?
  - Is the stand a museum piece? Are there rare, threatened or endangered plants growing nearby?
  - Are there any look-alikes?
  - Are there any poisonous plants around?
  - Do I have the permission or permits to collect here?
3. **Emotional State**: What am I feeling?
  - What does my instinct tell me?
  - Am I in a hurry? Slow down or don't harvest.
  - Am I in a prayerful/grateful/respectful mood?
  - Do I have an authentic need for this medicine?
  - Why do I need this medicine?
  - How much do I need for that purpose?
4. **Sustainability**: Is it ethical to harvest?
  - Is the stand healthy?
  - If I harvest, what impact will I have on the stand?
  - Is there local wildlife dependent on the stand for food?
  - Is there a method of harvesting that will leave the plant alive/ healthy?
  - Is there a way to improve the stand?
  - How much can I take and still leave the stand healthy?
  - If taking a root or killing the plant, a rule of thumb is to see 20 plants before taking one.
  - If I harvest, will I have time/resources to process promptly?
  - Do I have the equipment I need to harvest, process in the field if appropriate, and transport back home?

Wildcrafting is stewardship