

FORAGING GUIDELINES

for a safe, ethical,
and regenerative
harvest



for more foraging
resources visit

1

Know the Plant

- 100% Positive botanical ID
- Observe the plant in all life cycles
- Learn about its ecological relationships, dispersal methods, etc.
- Know how and when to harvest sustainably
- Know what it will be used for and how to use it
- Get to know the specific stand as well as and the surrounding area

2

Know Where to Harvest Safely

- Avoid environmental pollutants - roadsides, farms, etc.
- Make sure it is legal to harvest in the location
- Always get permission before harvesting on private property

3

Have a Harvest Plan

- Do you have everything you need to harvest?
- Do you have the ability to carry it, without damaging it?
- What will you do after you harvest?
- Do you have the time and ability to process it into food or medicine?

4

Harvest Abundance

- Only harvest from stands where you'd have to go out of your way to do damage
- Only harvest from stands that are thriving
- Also remember that just because there is a single large stand of it in a certain location does not mean that its an abundant species

5

Gather Small

- Whenever possible, base this amount on the specific plant, not a hard and fast rule
- Only gather as much as you need
- Start small with new plants while you get to know them
- As you get to know a stand, you'll discover how frequently that area is visited by others who might also be harvesting also

6

Gather Thoughtfully

- Avoid harvesting when rushed or stressed
- Never harvest from the first spot you find
- Tread lightly

7

Ask Permission

- Be honest with yourself if the answer is "no"
- Use mindfulness as ceremony: asking permission is your reminder to do your mental checklist

8

Express Gratitude

- Harvest using techniques that minimize harm or create a positive impact
- Wildtend the region you're foraging from
- Be an advocate for the land and fight to protect it

9

Don't Be Afraid to Walk Away Empty Handed

- Examine your need
- When in doubt, don't harvest
- Maybe you need to steward an area for a period of time before you harvest
- Maybe you just need to sit with the plant

