



## Wildcrafting Checklist

*If we choose to use plants as our medicine, we then become accountable for the wild gardens, their health, and their upkeep. We begin a co-creative partnership with the plants, giving back what we receive—health, nourishment, beauty, and protection.*

— ROSEMARY GLADSTAR

- ☐ How are you harvesting with attention and gratitude?
- ☐ What practices do you have to ensure that you are giving back more than you take?
- ☐ Can you correctly identify the plant? Are you 100 percent sure?
- ☐ Do you know the best time of year to harvest? The best time of day?
- ☐ Are you dressed appropriately for the weather and conditions? Do you need to bring water?  
A first-aid kit?
- ☐ Do you have the proper tools?
- ☐ Do you have permission to gather?
- ☐ Is the area free from contamination?
- ☐ Are you in a fragile habitat? Are there rare or sensitive plants growing there at any time of the year? Will your actions cause soil erosion?
- ☐ Have you surveyed other areas to ensure this is an ideal location?
- ☐ How abundant or rare is the plant you want to harvest? Is it endangered, native, invasive?
- ☐ Is the plant population healthy in your region and in that particular stand?
- ☐ Do animals, birds, and insects depend on this plant for food or shelter?
- ☐ Will your actions kill a plant, prevent it from reproducing, or leave it vulnerable to disease?  
How can you mitigate this?
- ☐ What is your plan for how you will use the plants you harvest?
- ☐ Are you harvesting only what you need?
- ☐ Are you harvesting what you can realistically dry, process, and store?
- ☐ Are you prepared to keep records to track your harvest and assess your impact?
- ☐ After harvesting, how will you tend to any holes or other clean-up activities?