



RECLAIM YOUR ROOTS

Herbal Forager's Checklist

A Companion Guide for Ethical, Empowered Wildcrafting

This checklist is designed to support ethical and empowered foraging. Rooted in the teachings of respected wildcrafters such as Gregory Tilford and Krista Thie, it centers on stewardship, impact awareness, and reciprocal relationships with the land. Before you harvest, always pause and ask: Should I? How much? How often? Why? And with what gratitude?

Foraging Ethics Essentials

- Harvest no more than 10% of any single plant population.
- Only harvest from thriving, non-threatened populations.
- Do not pick rare or endangered plants—cultivate these at home.
- Use clean tools and hands to avoid spreading disease between sites.
- Harvest with an offering, a prayer, or a pause of gratitude.
- Avoid roadsides, polluted areas, and private land (without permission).
- Keep site records to monitor plant abundance over time.

Tools to Bring

- Foraging basket or cloth bag
- Garden clippers or Hori Hori knife — a Japanese digging tool
- Gloves (optional, for protection from thorns or resins)
- Plant field guide or plant ID app (Seek, iNaturalist)
- Notebook or site record sheet

- Water, snacks, sun protection
- Respectful presence and awareness of surroundings

Suggested Site Record Info

- Site name / nickname
- GPS location or general area
- Date and time of visit
- Weather and habitat notes
- Plants observed (species + abundance)
- Plants harvested (if any, and amount)
- Photos or sketches
- Observations on plant health, pollinators, and other life