



ETHICAL WILDCRAFTING



WILDCRAFTING



- the harvesting of any plant that is not being cultivated
- not from a garden or farm, rather from the wild
- if you are picking dandelion flowers from the park, that is wildcrafting

REMEMBER WHEN WILDCRAFTING ...

- Consider impact on the land
 - Consider impact on the plant population in any given area
 - How will the earth respond, will it be able to rejuvenate
 - “The essence of wildcrafting is harvesting wild plants for in a manner that increases their numbers and health.
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WILDCRAFTING GUIDELINES



- First, ask permission, listen for the answer.
- Remember you are harvesting plant material for medicine
- know proper ID of the plant you are looking for
- think first about the plant community and how many plants it can manage without (NOT how many plants you need)
- is this stand healthy, thriving

WILDCRAFTING GUIDELINES

- make sure you are harvesting from areas that have not been sprayed (avoid sides of busy roadways) ask if in doubt!
 - harvest at least 50 feet away from highways and 20 feet from country roads
 - if you are harvesting on private land, always ask permission
 - Harvesting on public land State/National forests, secure the appropriate permits if necessary
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WILDCRAFTING GUIDELINES



- harvest from a place you know and love, develop a relationship with and will visit year after year
- watch and observe, do these plants regenerate and come back in greater abundance?
- take only the plants you can reasonably harvest and use, **DO NOT WASTE!**
- Some herbalists believe you can harvest up to 20% of weedy species and about 5% of native species to the area (some argue that is still too much)

WILDCRAFTING GUIDELINES

- replant the area you are harvesting from!
 - scatter seed, plant roots
 - leave plenty of mature and seed producing plants and grandparent plants to reproduce
 - harvest just some of the best, but leave much of the best so the reproduction occurs with the strongest stock
 - harvest in the appropriate season (roots should be harvest in the fall once the seeds have dropped)
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WILDCRAFT WITH
THOUGHTS OF
BEAUTY AND HOW
THIS PLANT
COMMUNITY WILL
BE MORE
BEAUTIFUL WHEN
YOU ARE
THROUGH...



CULTIVATE THE PLANTS YOU NEED AS
MUCH AS POSSIBLE!

SOURCES FOR NATIVE PLANTS



- Horizon Herbs
www.horizonherbs.com
- Earth Sangha <http://www.earthsangha.org/>
- Smile Herb Shop in the Spring

USING PLANT MEDICINE



- focus first on using plants that grow around people, that are local and abundant
 - common weedy species like dandelion, burdock, nettles, culinary or garden herbs, mullein, plantain, and other “volunteers”
 - these are gentle, safe and sustainable, plus easy to cultivate
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USING PLANT MEDICINE



- use sparingly the plants that grow away from home
 - often plants that are native to forests, mountains and wetlands are potent medicines appropriate in small amounts in specific circumstances
 - best for acute short term treatment (arnica)
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LEARN THE MEDICINE OF “INVASIVES”



- Consider using non-native species such as:
- Japanese honeysuckle - clears damp heat
- Kudzu
 - high blood pressure, and conditions with symptoms of fever, headache, or stiff neck. Kudzu is also used in the treatment of allergies, migraines, and diarrhea. Kudzu root tea is even used to sober up a drunk. (everygreenherb.com)
- Japanese knotweed -laxative, being researched with Lyme

REMEMBER THE POLLINATORS!



- Native plants are important for native pollinators!
 - Meadow dwelling herbs often attract and benefit bees, butterflies and other pollinators
 - Native medicinal wildflowers provide critical habitat and food
 - Make sure the roots from herbs such as echinacea, gentian or pleurisy root are cultivated
 - Consider exploring the use of the aerial parts of the plants!
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BEWARE OF THE FADS!



- Keep an eye out for the ginseng at the counter of the gas station!
- Pre-check when you buy shampoo, or bottles teas or energy drinks which often contain ginseng!

HELP THE PLANTS AND ENVIRONMENT



- grow your own!
- look for organically grown on the label
- increase biodiversity on your own land by planting native medicinals
- care take areas by planting seeds, dividing root crowns etc
- use the aerial parts of plants, bark, twigs instead of roots when possible.

