



## **HARVESTING ETHICS & PRACTICES**

*Compiled by Heidi Bohan from many teachings*

- Know the place you are harvesting from- the lay of land and its ecological context
- Recognize the ancestors of the land from which you are harvesting- history, places, language, traditions
- Seek a spiritual awareness of the place, create a connection through thought, silence, song, gifts
- Recognize and assess the health of the plant communities from which you are harvesting
- Introduce yourself to the place you are harvesting from, enter with a presence of gratitude
- Understand the importance of the plant you are harvesting in all its context
- Know the plants you are harvesting- correct identification six times throughout the year
- Have intention about how you are going to use the plant you are harvesting
- Know what part of the plant you need to harvest and how much you will need
- Avoid killing a plant in order to harvest it, minimize harvests of bulbs and roots
- Know how to properly harvest to ensure a healthy plant community
- Know how to properly prepare, process, preserve what you harvest before you harvest.
- Ensure that you have the time to properly prepare, preserve and use what you are harvesting
- Look for the Grandmothers and Children and protect them
- Harvest small personal quantities while you are learning- less is better
- Harvest no more than one in twenty plants, berries, leaves, etc. from a healthy population
- Pass the first you see, make sure there are plenty (1:20 rule), and they are ready for harvest
- Ask permission from the plant from which you are harvesting, state your purpose
- Consider how you will do justice to the lives you are taking, ask if there is enough to share
- Harvest from the ones that offer themselves if you feel connected in that way
- Return to the places you harvest from, consider them in your care and steward them in reciprocity