



FORAGE

safely

Foraging safely reduces the risk of consuming harmful or toxic plants, fungi, or animals, and promotes overall health and safety.

It is essential to be mindful of where we find our food and medicines.

ROADSIDES



It is unsafe to forage near roadsides and ditches. Chemicals which leak from cars and salt from the winter months seep into ditches and pollute the surrounding environment, in addition to harmful garbage and litter.



PESTICIDES



Be mindful of the chemicals that might have been sprayed on the area you are looking to forage. Lawn fertilizer, pesticides, insecticides are all unsafe for consumption.



WELL-TRAVELED AREAS



Remember that heading away from well-traveled areas or trails is a wise choice to keep you and your loved ones healthy. By exploring less frequented spots, you reduce the chances of gathering edibles that might be contaminated or exposed to pollutants, such as animal poop, found in commonly visited places.





FORAGE responsibility

OFFER TOBACCO



Ask permission before taking from the land; listen to the answer.

Introduce yourself to your plant relative and explain how they will be used to sustain or help you. Taking without the permission from the plant is stealing.

Be grateful for what the Earth has shared with you.

BE MINDFUL



Harvest in a way that minimizes harm.

Be gentle when harvesting so that the plant may feed others again.

Use everything you take.

It is disrespectful of the plant to be wasteful of what has been given to you.

OVER HARVESTING



Never take the first plant. Never take the last.

Ask yourself if the plant has enough to share; Is there enough to share with others? Is there enough left to ensure that the plant can feed future generations.

Take only what you need and leave some for others.

Never take more than half. We want to only take what we will use so we do are not wasteful.

Take only which is given to you and no more.

Plants do not belong to us.

GENERATIONS TO COME



Reciprocate the gift with a gift of honor or care so the plants may continue to flourish.

Scattering or planting seeds so the plants may flourish after the harvest is a wonderful way to honor your plant relative.

Sustain the ones who sustain you and the Earth shall last forever.

Practice these values to defend the plants that feed you and do not let them be lost.

Share you gift with others, as the Earth has shared with you.





FORAGE correctly

It is crucial to be mindful of where we are foraging, as well as how to properly identify and harvest plants for use as food and medicine. When we forage correctly, we protect our own health in addition to the health of our plant relatives and the Earth.

LOCATION



Try finding safe areas in your backyard and/or close to home! While being mindful of safe areas to forage in, seek out new areas close to home and become familiar with new plants which may not be in your own back yard!

***Remember: Forage in places you are familiar with and that you are certain are free from pollutants and pesticides.**

PLANT IDENTIFICATION



Notice the plant structure and take time to properly identify plants using key features (notice the shape of the leaf, petal, stem, fruit, etc.). Ensure you know which part(s) of the plant is edible and which are not. Never forage or eat a plant that you cannot positively identify! Children should always have a parent's permission before touching or eating an unknown plant.

LEAVE NO TRACE



Be mindful of how you are impacting the land as your forage. It is recommended to follow leave no trace principles, harvesting in a way that keeps the plant alive and healthy and preventing damage to the surrounding environment.

