

Foraging Calendar

Key

- leaves or needles
- Flowers
- Fruits, seeds & nuts
- Needs cooking

Plants J F M A M J J A S O N D

Blackberry											
Brooklime											
Chamomile											
Chickweed											
Cleavers											
Crow Garlic											
Daisy											
Dandelion											
Dead-nettle											
Gooseberry											
Ground Ivy											
Honeysuckle											
Hop											
Lady's mantle											
Mallow											
Meadowsweet											
Mugwort											
Nettle											
Plantain											
Primrose											
Red clover											
Rose											
Rosehip											
Sorrel											
Spearmint											
St. John's Wort											
Sweet Violet											
Valerian											
Watercress											
Water Mint											
Wild Cabbage											
Wild Garlic											
Wild Strawberry											
Wood sorrel											
Yarrow											
Trees											
Beech											
Blackthorn / Sloe											
Common Spruce											
Crab Apple											
Elder *											
Hawthorn											
Hazelnut											
Lime *											
Oak *											
Rhyan *											
Scots Pine											
Silver Birch											
Sweet Chestnut *											
Walnut											

Guidelines

- Plants are sentient beings.
- Learn plant identification.
- Know your allergies.
- Only take what you need.
- Ask plants for permission.
- Always leave more than two-thirds of the plants in each foraging location.
- Make an offering: song, hair, water, honey, ...
- Give un-used herbs back after a year and a day.
- Highest medicinal potency is achieved by gathering at dawn, in silence, on the 6th day after New Moon or at specific seasonal festivals.

PDF

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