

Guidelines on harvesting medicinal plants

	DO's and DON'Ts	Why
Harvesting	DO know the plants of the area before collecting	You can easily spot the important plants that need protection or plants that could be harmful.
	DO bring a basket to collect your plants, NO plastic bags	In a basket the plants will be allowed to breathe. In a plastic bag your plants will suffocate and deteriorate rapidly
	DO make sure to collect plant part at the right time	The potency of the medicine varies throughout the year. You may collect it without benefit and still damage the plant.
Plant protection	DON'T stump all over the place	Some plants have a fragile root system and excessive walking may negatively impact growth
	DO collect the right part of the plant	Collecting leaves, flowers, seeds, and leaving the root system, may allow the plant to grow again.
	DON'T concentrate on one small area of the plant population; instead collect from a wider area.	This will give a chance to each plant to heal itself.
	DO leave at least 3/4 of the available plants.	Protect natural population
	DO communicate with other local collectors about where/when collections are taking place.	Important to protect the intact natural population to make sure one site is not getting collected from too many times.
Environment	DO bring back your lunch residue	To keep the area clean and to prevent critters from destroying the plants.
Safety	DON'T go alone	You may get hurt and be in need of someone