

# Nature Explorer Guide

## Wild Foraging Woodland Plant Identification Card



**Dandelion**-flower and leaves.  
stems not recommended for kids.



**Cleavers**-leaves and stems.  
Raw or cooked.



**Nettles**-cooked leaves and stems.  
Wear gloves while harvesting.



**Garlic Mustard**-leaves or flowers.  
Raw or cooked.



**Violets**-flower and leaves.  
Raw or cooked.



**Ramps**-raw or cooked leaves. Pick  
10% of leaves. Over harvested.

# Safety & Collection Guidelines

## Honorable Harvest Guidelines

1. Know the ways of the ones who take care of you, so that you may take care of them.
2. Introduce yourself. Be accountable as the one who comes asking for life.
3. Ask permission before taking. Abide by the answer.
4. Never take the first. Never take the last.
5. Take only what you need.
6. Take only that which is given.
7. Never take more than half. Leave some for others.
8. Harvest in a way that minimizes harm.
9. Use it respectfully. Never waste what you have taken.
10. Share.
11. Give thanks for what you have been given.
12. Give a gift, in reciprocity for what you have taken.
13. Sustain the ones who sustain you and the earth will last forever.

—From Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants by Robin Wall Kimmerer. Shared in the dharma talk “*The Three Sisters and the Honorable Harvest*” by Wendy Johnson.

## Say Yes to Wild Foraging

Yes, it's true there are some plants that are poisonous, but there are easy ways to increase your confidence. Kids should be able to answer YES to all of these questions before picking and eating wild foods:

1. YES, I have an adult or mentor with me
2. YES, I got permission to forage in this area
3. YES, I am 100% sure I know what this plant is
4. YES, I know which part of this plant is safe to eat, what season to harvest and how it should be prepared
5. YES, I looked around to make sure this plant is not growing in a polluted area
6. YES, I only harvested what I needed and left the rest
7. YES, I only picked the part of the plant that I will use
8. YES, I know if this plant is rare or endangered
9. YES, I thanked the plant and surrounding environment
10. YES, I took notes and observations in my wild foraging journal