



Wild Edibles

Foraging Journal

TRACK, LEARN AND HARVEST



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TODAY'S DATE: _____

S M T W T F S



PLANT NAME:

LOCATION FOUND:

HABITAT DESCRIPTION: SOIL TYPE,
LIGHT, NEIGHBORING PLANTS

SKETCH/PHOTO

A large, empty rectangular box with a black border, intended for a sketch or a photograph of the foraged item.

PREPARATION
NOTES

PLANT IDENTIFICATION: COLOR,
LEAVES, BERRIES, SCENT

MAP

A large, empty rectangular box with a black border, intended for drawing a map of the location where the plant was found.

PERSONAL NOTES:



Recipes



RECIPE NAME: _____

INGREDIENTS:

INSTRUCTIONS:

SPECIAL NOTES:

RECIPE NAME: _____

INGREDIENTS:

INSTRUCTIONS:

SPECIAL NOTES:





Foraging Toolkit Checklist

ESSENTIAL TOOLS

- FORAGING BAG OR BASKET
- FOLDING KNIFE
- PRUNING SHEARS
- TROWEL
- GLOVES
- FIELD IDENTIFICATION KIT
- NOTEBOOK WITH PEN/PENCIL

STORAGE AND PRESERVATION

- CLOTH OR PAPER BAGS
- MASON JARS OR AIRTIGHT CONTAINERS
- WAX PAPER OR BANANA LEAVES (FOR STORING HERBS OR GREENS WITHOUT BRUISING THEM)

CLOTHING AND PERSONAL GEAR

- STURDY SHOES OR BOOTS
- WIDE-BRIMMED HAT
- RAIN JACKET OR PONCHO
- BUG SPRAY OR NETTING

SAFETY AND HYGIENE SUPPLIES

- FIRST AID KIT
- HAND SANITIZER OR WIPES
- WATERPROOF CONTAINER

NAVIGATION AND COMMUNICATION

- COMPASS AND MAP
- GPS DEVICE OR SMARTPHONE WITH OFFLINE MAPS
- WHISTLE

SPECIALIZED EQUIPMENT (OPTIONAL)

- MUSHROOM FORAGING KNIFE
- PLANT PRESS
- BINOCULARS
- PH TEST STRIPS

PRACTICAL TIPS

- LEARN TO HARVEST SUSTAINABLY: ONLY TAKE WHAT YOU NEED AND MAKE SURE THE PLANT CAN REGENERATE
- BE AWARE OF LOCAL LAWS: CHECK REGULATIONS ABOUT FORAGING IN YOUR AREA TO AVOID FINES AND DAMAGING ECOSYSTEMS
- AVOID CONTAMINATED AREAS: STEER CLEAR OF ROADSIDES, INDUSTRIAL AREAS, OR AREAS SPRAYED WITH PESTICIDES