



PRELIMINARY SAFETY INFORMATION





FIELD SAFETY

- **HAND AND FOOT PROTECTION ARE ALWAYS STRONGLY SUGGESTED.**
 - **BRING GLOVES & WEAR CLOSED-TOED SHOES. DRESS APPROPRIATELY FOR SAFETY & SEASON.**
 - **EYE PROTECTION IS STRONGLY RECOMMENDED.**
- **BE CAREFUL WHEN WORKING IN THE FIELD.**
 - **DON'T CARRY SHARP BLADES UNSHEATHED OR IN AN UNLOCKED POSITION.**
 - **NEVER HARVEST ANYTHING YOU HAVEN'T POSITIVELY IDENTIFIED.**
- **KNOW YOUR HARVESTING AREA.**
 - **HARVEST ONLY IN AREAS YOU KNOW TO BE SAFE, NON-TOXIC, AND UNCONTAMINATED**
 - **LEARN ABOUT ANY DANGEROUS WILDLIFE, PLANTS, OR OTHER HAZARDS. PREPARE ACCORDINGLY.**
- **READ ABOUT WHAT CONSTITUENTS YOUR MATERIAL CONTAINS USING [DR DUKE'S PHYTOCHEMICAL & ETHNOBOTANICAL DATABASE](#). STRONGLY RECOMMENDED IS TO CHECK SAFETY & CONTRAINDICATIONS BY CHECKING THE [NATIONAL MEDICAL COMPREHENSIVE DATABASE](#). DON'T TOUCH OR HARVEST ANYTHING YOU HAVEN'T POSITIVELY IDENTIFIED.**



LABORATORY SAFETY

- **EYE, HAND, AND FOOT PROTECTION ARE ALWAYS STRONGLY SUGGESTED.**
 - **HANDLE HOT MATERIALS WITH GREAT CARE AND PROPER EQUIPMENT**
 - **EYE PROTECTION IS ALWAYS STRONGLY RECOMMENDED. PVC LAB APRONS & GLOVES ARE TOO!**
- **BE ULTRA-CAREFUL WHEN WORKING IN THE LAB.**
 - **ALWAYS CONTROL YOUR BODY MOVEMENTS. ALLOW PLENTY OF SPACE AROUND YOU AND YOUR MATERIALS TO AVOID BREAKS AND SPILLS. KEEP SHARPS, WIRES AND CABLES OUT OF THE WAY, USE KECK CLIPS, APPLY LAB STANDS + LAB CLAMPS TO EVERY LOAD-BEARING MATERIAL TO SECURE YOUR WORK.**
 - **DON'T LEAVE HOT SURFACES UNATTENDED. DON'T TOUCH HOT SURFACES WITHOUT CHECKING TEMP.**
- **MAKE SURE TO HAVE MSD (MATERIAL SAFETY DATA) SHEETS PRINTED OUT FOR THE INGREDIENTS YOU MAY BE USING OR STORING. LEARN ABOUT AND ACQUIRE SAFETY MATERIALS AS NEEDED.**
- **ALWAYS READ ABOUT ANY NEW PROCEDURE IN [THE ORGANIC CHEM LAB SURVIVAL MANUAL](#) IF YOU HAVE ANY QUESTIONS ABOUT EQUIPMENT OR HOW TO USE IT SAFELY. THIS IS TREMENDOUSLY IMPORTANT FOR FIRST TIME LAB PRACTITIONERS AND UNFAMILIAR PROCESSES YOU MIGHT BE PERFORMING.**



WILD-HARVESTING GUIDELINES





WILD-HARVESTING: IDENTIFICATION & EDUCATION

1. **LEARN ABOUT WHAT GROWS IN YOUR AREA. MAKE AN ANNUAL TIMELINE OF WHAT TO HARVEST & WHEN**
2. **POSITIVELY IDENTIFY THE ORDER, GENUS, SPECIES, FAMILY, AND VARIETY OF YOUR MATERIAL**
3. **LEARN ABOUT THE ENTIRE LIFECYCLE OF THE ORGANISM**
4. **DECIDE WHAT PART(S) YOU WANT TO HARVEST & WHEN IT IS IDEAL TO HARVEST IN YOUR AREA.**
5. **VISIT THE AREA THROUGHOUT THE YEAR TO OBSERVE THE ORGANISM IN ITS NATURAL ENVIRONMENT**
6. **LEARN ABOUT WHAT ANIMALS/INSECTS IN THE REGION MIGHT RELY ON THAT ORGANISM AS FOOD/MEDICINE**
7. **PULL UP THE LATIN OR COMMON NAME AND CHECK SAFETY DATA/CONTRAINdicATIONS IN THE [NMCD](#)***
8. **PULL UP THE LATIN NAME IN [DR. DUKE'S DATABASE](#) TO LEARN ABOUT THE CHEMICAL CONSTITUENTS**
9. **RESEARCH BEST EXTRACTION METHODS TO ISOLATE DESIRED 'ACTIVE CONSTITUENTS'**
10. **RESEARCH & PURCHASE ANY NECESSARY GEAR YOU MIGHT NEED TO EFFECTIVELY HARVEST THE MATERIAL**
11. **PREPARE YOUR KITCHEN/LAB SPACE TO APPROPRIATELY PROCESS THE MATERIAL**
12. **ALWAYS CARRY SAFETY GEAR AND PLENTY OF BAGS/BASKETS WITH YOU TO CARRY YOUR HARVEST**
13. **HARVEST ETHICALLY AND ONLY AS NECESSARY**



WILD-HARVESTING: ETHICS & SUGGESTIONS

1. **WHEN WILD-HARVESTING, ONLY HARVEST 15-20% OF ANY GIVEN 'PATCH' YOU FIND.**
2. **IF HARVESTING FLOWERS, ENSURE TO KEEP PLENTY OF FLOWERS FOR THE BEES & POLLINATORS**
3. **IF HARVESTING ROOTS, BE SURE TO HARVEST IN THE LATE FALL AFTER LIVING ITS FULL SEASONAL LIFECYCLE**
4. **IF HARVESTING SEEDS, BE SURE TO PLANT PLENTY OF SEEDS DURING HARVEST TO ENSURE NEXT YEAR'S CROP**
5. **IF HARVESTING FRUITS, PLANT SOME OF THE FRUITS. KEEP ENOUGH FOR ANY ANIMALS THAT USE AS FOOD.**
6. **IF HARVESTING LEAVES, BE SURE TO LEAVE ENOUGH LEAF MATERIAL FOR PHOTOSYNTHESIS OF THE PLANT**
7. **IF HARVESTING BARK, BE SURE TO ONLY SCORE SMALL SECTIONS OF THE TREE TO ALLOW IT TO HEAL.**
8. **IF HARVESTING SAP, BE SURE TO TAP IT PROPERLY SO AS TO NOT STUNT ITS GROWTH OR KILL THE ORGANISM**
9. **WASH/FILTER YOUR HARVESTED INGREDIENTS TO REMOVE RESIDUE AND DEBRIS.**
10. **GEO TAG YOUR HARVEST SPOT FOR FUTURE YEARS. TAKE BEFORE/AFTER HARVEST PICTURES.**
11. **DON'T SHARE YOUR HARVESTING LOCATIONS WITH (MANY) OTHER PEOPLE**
12. **'CHOP & DROP' ANY UNUSED PORTION OF THE PLANTS FOR HEALTHY SOIL ECOLOGY**
13. **ONLY HARVEST WHAT YOU CAN IMMEDIATELY PROCESS (DEHYDRATE, EXTRACT, PROCESS INTO PRODUCT)**



PROCESSING YOUR WILD-HARVEST





PROCESSING GUIDELINES

1. ADVISED TO WASH AND CLEAN YOUR HARVEST
2. IF PROCESSING FRESH, PROCESS WITHIN AN APPROPRIATE AMOUNT OF TIME AFTER HARVEST. ALCHEMICALLY SPEAKING, THE SOONER THE BETTER.
 - A. THIS IS RELATIVE TO EACH HERB/PLANT/FUNGI & PROCESS BEING USED.
3. DEHYDRATE LEAVES, FLOWERS, & SEEDS AT 95° F OR 35° C
4. DEHYDRATE FRUITS AND ROOTS AT 135° F OR 55° C
5. DEHYDRATE SAP AROUND 155° F OR 70° C