



HERBS &
ESSENTIAL OILS

Planner



Foraging Journal

Plant / Tree / Fungus

What drew me to this plant?

Sight

What color is it?

Where is it growing?

What other plants grow nearby?

Sound

Can I hear any sounds from the plant?
(Swishing, Rustling, Creaking, Nothing?)

Are any creatures visiting?

Sent

Notes

Touch

How does the plant feel?

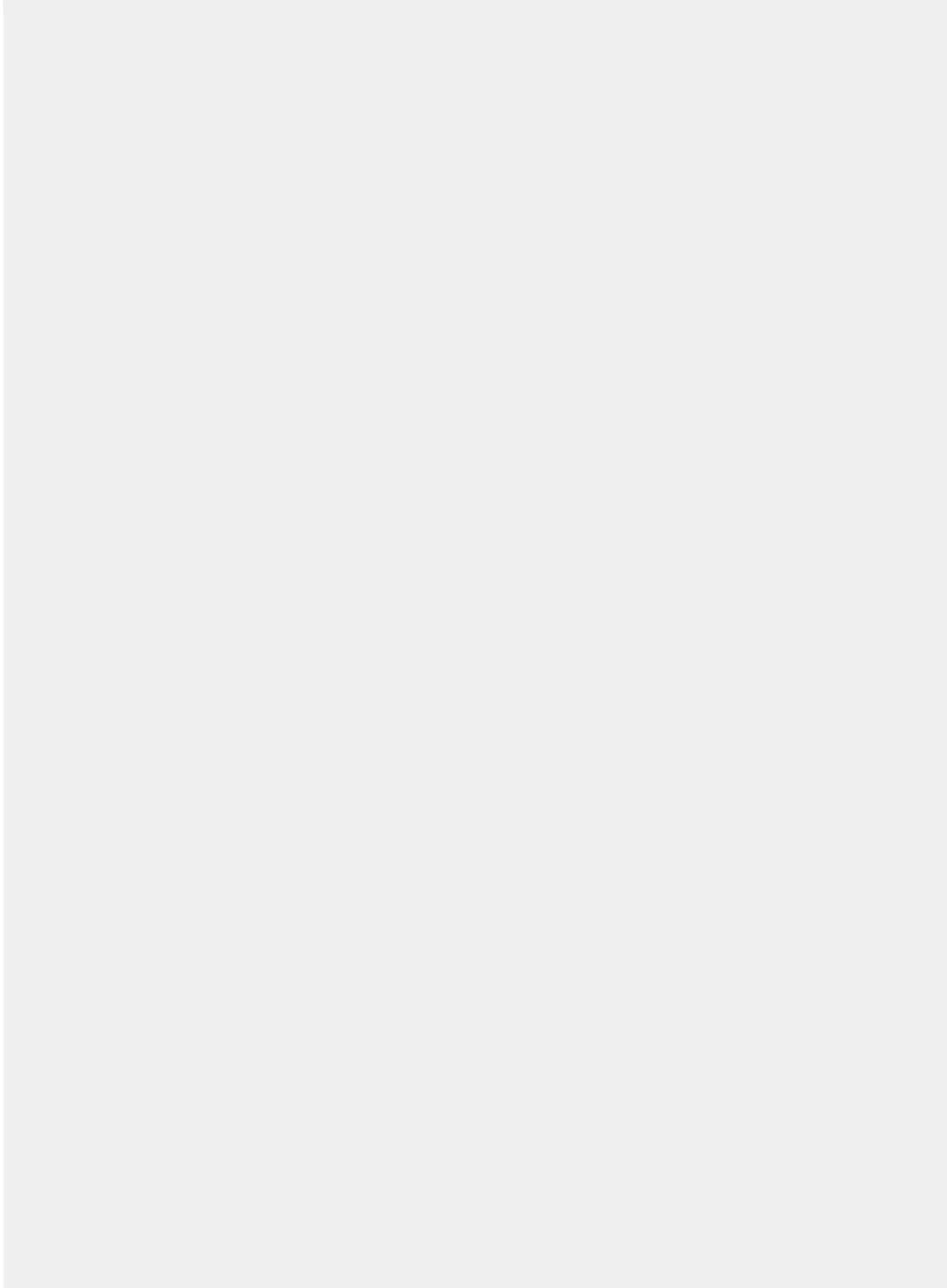
Taste

I am 100% confident in my
plant identification & know this
plant is not toxic

It tastes...

Sweet Sweet/Slimy Sweet/Soapy Sour/Astringent
Sour Salty Bitter Pungent/Spicy Pungent/Numbing

DOODLE PAGE



HERB:



Botanical Name:

Common Names:

Plant Family:

Common Uses:

Medical Uses:

Growing Cycle:

Annual

Biennial

Perennial

How and where it grows:

Notes:

Cultivation



Native to

Soil Type

Position

Water

Plant When

Germination

Maturity

- 1 a / b
- 2 a / b
- 3 a / b
- 4 a / b
- 5 a / b
- 6 a / b
- 7 a / b
- 8 a / b
- 9 a / b
- 10 a / b
- 11 a / b
- 12 a / b
- 13 a / b

Planting/Transplanting & Propagation

Harvesting

Preparations



Forms of Use

Dosage / Duration

Precautions &
Contraindications

Notes