

Harvesting Herbs

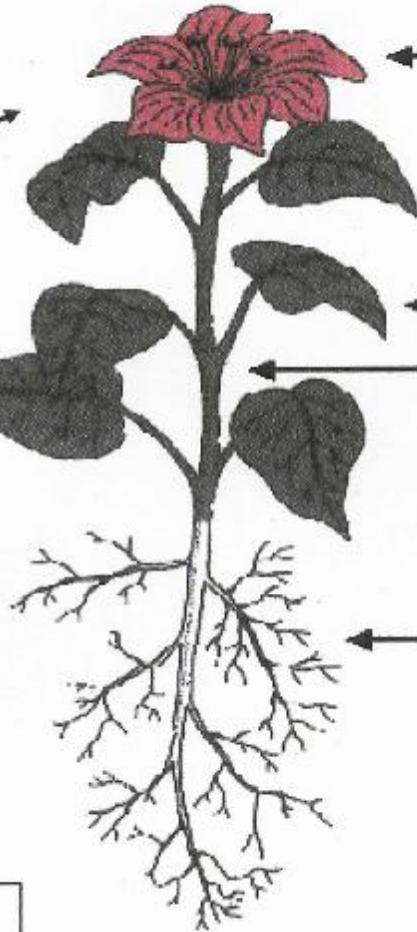
Aerial parts – of plants high in volatile oils in morning after dew has dried & before heat of the sun. Or in the evening.



Fruits & Berries – just before they are ripe



Seeds – when they are fully ripened



Flowers just before they are fully expanded

Leaves when they are fresh & young – usually before the development of the flowers which use the plants energy

The herb (which generally means the whole plant including leaves, stems, foliage & root) should be gathered when it is in flower

Roots & root bark: of perennials - should not be gathered until after 2 or 3 years of growth: Of biennials - in late fall of the first year after the aerial parts have died back and the sap has returned underground. Or in the early spring of the 2nd year before the sap is again rising.



Bark – in late autumn or winter. Usually the inner bark is used. Never strip around a tree

General hints...

- ◆ Gather only from healthy plants
- ◆ Leave enough fruit, seeds and flowers for the plant to continue to live healthily.
- ◆ Once harvested, dry in a warm place away from light - hang them in the shade, or place them in paper bags.
- ◆ Always label things – you think you'll remember but chances are you won't!
- ◆ Harvest herbs as far away from roads as possible