

GARDEN PARTY
Wholehearted Wildcrafting
JOURNAL

Common Name _____ Latin Name _____ Other Name _____

Date ____ / ____ / ____ Specific Location _____

Indigenous Territory _____

Moon Phase _____ Season _____ Astrological Notes _____

Who First Introduced Me To This Plant _____

Current Weather _____

Other Plants + Minerals Nearby

How Am I Feeling At The Moment?

When I greeted the plant, I noticed

I asked permission by

and knew I'd received it (or not) when

I harvested the leaves / flowers / roots / buds / fruits / seeds

I could sense that I'd gathered enough medicine when

I gathered this medicine for (who / what / why)

Today I tended this plant and its home by

In coming season I will continue to tend this plant by

Did the plant have any requests for next time I come?

Other notes, questions, thoughts, or experiences