

ASKING FOR PERMISSION BEFORE HARVESTING

Inspiration and excerpts from Morning Alters & The School of Forest Medicine

When foraging or harvesting flowers, plants, vegetables or seeds, offer the practice of asking for permission before taking from the Earth.



FOLLOW THESE GUIDELINES BEFORE HARVESTING:

1. Observe the Plant

Sit with the plant for a while, to observe it and appreciate its beauty and surroundings. Close your eyes, take a deep breath and feel your feet connecting to the earth.

2. Ask for Permission

Asking for permission to harvest is a form of respect to all living things around us. It is a way of not taking advantage of what nature offers us. It is also a way to give back to what it is giving to us and feel a part of the whole natural process of a plant's life.

It can be truly magical to learn to hear the plants, but may take practice at first. The answers come differently to each person. You will likely 'feel' your answer and know if you are welcome to it or not. If it says 'no', it may be saying this for a reason so follow your heart and move on. Only harvest it when the plants are healthy and there are plenty of them around you.

3. Give Before you Take

Praise, compliment or recognize how important this plant is to our ecosystem. Thank it for its contributions. Sing it a song. Tell it how beautiful it is. Make it an offering or water it before you harvest.

4. Limit Your Harvest

When foraging, only take 1/3 or and leave 2/3. It's not all there for you. Offer the practice of limitations and knowing your boundaries. When harvesting from your garden, consider sharing your harvest with others.

