

ETHICAL HARVESTING *Reflections*

Thoughtful practices.
Deep respect.
A lasting connection to
the plants and the place.

We don't
take from
the earth.
We ask,
we listen,
and we
give back.

Today's Reflection
What does this plant
need to thrive?

How can I harvest
in a way that
honors its life
and the land
it grows in?

LEAVES: INFUSE
FLOWERS: TEA
ROOT: TINCTURE
SEEDS: OIL

Take only what
you need.

THE APOTHECARY ATLAS
PLANTS OF THE MOUNTAINS

HARVEST
NOTES

RESPECT
RENEWAL
REVERENCE

A COLLECTION FROM
June Carter
THE APPALACHIAN ARCHIVES

Ethical Harvesting Reflection

From *The Appalachian Archives*

There is a difference between gathering and taking.

June Carter often said that harvesting herbs was not simply about medicine, it was about **relationship**.

The mountains were not a place to collect from. They were a place to **listen to**.

Before gathering, she would pause. Not out of ritual alone, but out of respect.

Because the land is not endless. And the plants are not simply resources.

They are living participants in healing.

The Quiet Principles of Ethical Harvesting

June Carter's teachings were simple:

Take Only What You Need

Leave enough for the plant to continue growing

Leave enough for wildlife

Leave enough for others

Healing should never come at the cost of the land.

Harvest with Gratitude

A quiet moment.

A gentle touch.

An awareness that what you gather is a gift.

Even silence can be a form of gratitude.

Protect the Rare and Vulnerable

Some plants grow slowly.

Some take years to mature.

Some are already at risk.

Goldenseal.

Ginseng.

Other quiet mountain medicines.

These are not plants to gather casually. They are plants to **guard**.

Replant When Possible

Scatter seeds

Return roots carefully

Leave the ground gently

Healing the land is part of gathering from it.

Harvest with Awareness

Notice:

- How much is growing
- Whether the patch is healthy
- If the plant is mature

Ethical harvesting begins with observation.

From June Carter's Notes

"Some people walk into the forest and see plants. Others walk into the forest and see teachers.

When you learn to see teachers, you harvest differently."

A Gentle Reflection

Take a moment and consider:

- What do you take from the world around you?
- What do you give back?
- Where can you move more gently?

Write your thoughts here:

The Deeper Meaning

Ethical harvesting is not only about plants.

It is also about:

- Relationships
- Communities
- Land
- Stories
- Traditions

It is about remembering that healing is not just something we receive, it is something we **care for**.

Closing Reflection

The mountains teach quietly:

Take gently.

Leave generously.

Walk softly.

Return often.

And in doing so, you become part of the healing too.

From The Appalachian Archives

The land gives. The keepers protect.