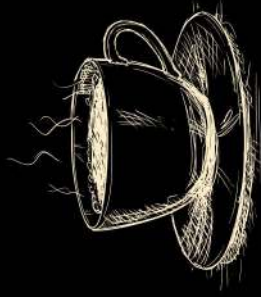


**WHAT ARE
CONTRAINDICATIONS
FOR USING BITTERS?**



**WHAT ARE
ALKALOIDAL BITTERS?**



**WHAT DO
ALKALOIDAL
BITTERS DO?**



**WHAT ARE
CONTRAINDICATIONS
FOR ALKALOIDAL
BITTERS?**



**PEOPLE WHO ARE THIN,
WEAK, EMACIATED, OR
WHO EXPERIENCE
DRYNESS SHOULD AVOID
BITTERS.**

**ALKALOIDAL BITTERS HAVE
ALKALOIDS AND HAVE NAMES
ENDING IN -INE, SUCH AS
CAFFEINE, NICOTINE, AND
BERBERINE. COFFEE &
CHOCOLATE ARE ALKALOIDAL
BITTERS. HERBS THAT
CONTAIN ALKALOIDS INCLUDE
GOLDENSEAL, OREGON GRAPE,
AND CALIFORNIA POPPY.**

**THEY TEND TO BE COOLING
& DRYING. MANY ARE
DETOXIFYING AND USED TO
STIMULATE THE DIGESTIVE
SYSTEM AND LIVER. ONES
THAT CONTAIN BERBERINE,
SUCH AS GOLDENSEAL &
OREGON GRAPE, ARE USED
TO FIGHT INFECTIONS.**

**ALKALOIDAL BITTERS
SHOULD BE AVOIDED BY
PEOPLE WHO ARE THIN,
WEAK, EMACIATED, OR
WHO EXPERIENCE
FREQUENT DRYNESS.**

WHAT ARE

FRAGRANT BITTERS?



**WHAT DO FRAGRANT
BITTERS DO?**



**WHAT ARE
CONTRAINDICATIONS
FOR FRAGRANT
BITTERS?**



**WHAT ARE
ACRID HERBS?**



**FRAGRANT BITTERS ARE A
CROSS BETWEEN SIMPLE
BITTERS & AROMATICS.**

EXAMPLES INCLUDE

ELECAMPANE, BLACK

WALNUT HULLS,

WORMWOOD, TANSY, &

WORMSEED.

**THEY ARE WARMING
& DRYING. THEY CAN
STIMULATE APPETITE
& DIGESTION. MANY
ARE USED TO EXPEL
PARASITES.**

**THEY SHOULD BE AVOIDED
BY PREGNANT WOMEN.
MANY ARE NOT SUITABLE
FOR LONG-TERM USE.
THEY HAVE THE SAME
CONTRAINDICATIONS AS
THE OTHER TWO CLASSES
OF BITTERS.**

**THEY ARE CHARACTERIZED
BY A BITTER, BURNING
TASTE. THEY CONTAIN
RESINS & ALKALOIDS.
SOME EXAMPLES ARE
LOBELIA, KAVA-KAVA,
BLACK COHOSH, SKUNK
CABBAGE, & BLUE VERVAIN.**

WHAT DO ACRID
HERBS DO?



ACRID HERBS TEND TO BE
RELAXING. THEY ARE
DIFFUSIVE, INCREASING
BLOOD & ENERGY FLOW.
THEY MAY ALSO BE COOLING
& DRYING. THEY ARE
USUALLY ANTISPASMODIC
(RELIEVES CRAMPS).

WHAT ARE
CONTRAINDICATIONS
FOR ACRID HERBS?



IF TAKEN IN LARGE
AMOUNTS, THEY CAN
INDUCE VOMITING. IF
USED IN LARGE DOSES
AND LONG-TERM, THEY
CAN HAVE ADVERSE
EFFECTS ON THE NERVES.

WHAT DO
ASTRINGENT HERBS
CONTAIN?



TANNINS

TANNIC ACID MAKES
PLANTS TASTE BITTER
AND HAVE A DRYING
EFFECT.

WHAT EFFECT DO
TANNINS HAVE?



WHAT DO ASTRINGENT HERBS DO?



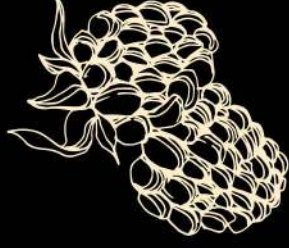
THEY CONSTRICT AND DRY
TISSUES. THEY CAN BE USED TO
SLOW EXCESSIVE SECRETIONS.
TIGHTEN LOOSE TISSUE.
REDUCE SWELLING, AND HELP
COAGULATE BLOOD. THEY ARE
ANTIVENOMOUS WHEN APPLIED
TOPICALLY TO BITES AND
STINGS. INTERNALLY.

WHAT ARE CONTRAINDICATIONS FOR ASTRINGENT HERBS?



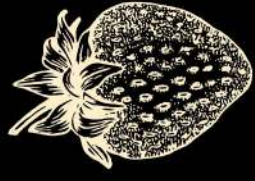
IT'S BEST TO TAKE THEM
BETWEEN MEALS. THEY
SHOULD NOT BE TAKEN IF
YOU ARE EXPERIENCING
CONSTIPATION. LONG-
TERM USE CAN CAUSE SKIN
AND MUCOUS MEMBRANE
IRRITATION.

WHAT ARE SOUR HERBS?



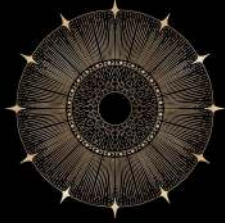
MANY BERRIES AND
FRUITS ARE SOUR HERBS.
THEY OFTEN CONTAIN
CITRIC, MALIC, AND
ASCORBIC ACID,
ACCOMPANIED BY
FLAVONOIDS.

WHAT EFFECT DO FLAVONOIDS HAVE?



FLAVONOIDS HAVE
ANTIOXIDANT AND FEVER
REDUCING EFFECTS.

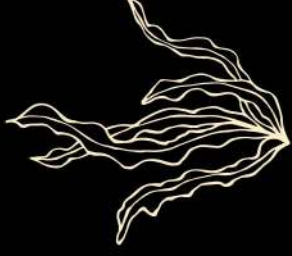
WHAT ARE
CONTRAINDICATIONS
FOR SOUR HERBS?



WHAT DOES
"CONTRAINDICATION"
MEAN?



WHAT ARE SALTY
HERBS?



WHAT ARE SOME
EXAMPLES OF
SALTY HERBS?



THERE ARE NO
CONTRAINDICATIONS
FOR SOUR HERBS.

IN MEDICINE, A
CONTRAINDICATION IS A
CONDITION THAT SERVES
AS A REASON NOT TO
TAKE A CERTAIN MEDICAL
TREATMENT DUE TO THE
HARM THAT IT WOULD
CAUSE THE PATIENT.

THESE HERBS OFTEN
HAVE AN EARTHY FLAVOR,
LIKE CELERY. THIS IS DUE
TO THE PRESENCE OF
MINERAL SALTS, SUCH AS,
MAGNESIUM, POTASSIUM,
SODIUM, & CALCIUM.

SEAWEEDS, ALFALFA,
AND MULLEIN

WHAT ARE SOME EFFECTS OF SALTY HERBS?



ARE THERE ANY CONTRAINDICATIONS FOR SALTY HERBS?



BALANCING & NOURISHING
SUPPLY MINERALS
TONE & HEAL TISSUES
CLEAR THE LYMPHATICS
PROMOTE LYMPH FLOW
LOOSEN MUCUS
MANY ACT AS A DIURETIC AND
SUPPORT KIDNEY FUNCTION.

WHAT ARE SWEET HERBS?



HERBS THAT ARE SWEET
DUE TO THE PRESENCE OF
POLYSACCHARIDES OR
SAPONINS. EXAMPLES
INCLUDE LICORICE, STEVIA,
AMERICAN OR KOREAN
GINSENG, CODONOPSIS,
AND ASTRAGALUS.

WHAT DO SWEET HERBS DO?



THEY ARE USUALLY NEUTRAL &
MOISTENING, COOLING OR
WARMING. THEY CAN DIMINISH
WASTE, STRENGTHEN GLANDS,
& REPLENISH ENERGY
RESERVES. THEY COUNTERACT
DRYNESS & AGING IN TISSUES
AND OFTEN STIMULATE OR
BALANCE IMMUNE FUNCTIONS.

ARE THERE ANY
CONTRAINDICATIONS
FOR SWEET HERBS?



SWEET HERBS ARE MILD,
BUT AN OVERCONSUMPTION
COULD BE
OVERSTIMULATING FOR THE
SYSTEM. SWEET HERBS ARE
BETTER TAKEN AS PART OF
A FORMULA RATHER THAN
AS A SINGLE REMEDY.

WHAT ARE MUCILANT
(DEMULCENT) HERBS?



MUCILANT HERBS HAVE A
DISTINCT SLIPPERY
TEXTURE. THIS IS DUE TO
THE PRESENCE OF
POLYSACCHARIDES, SUCH AS
GUMS, MUCILAGE, OR
PECTIN. THEY MAY ALSO
CONTAIN
GLYCOSAMINOGLYCANS.

WHAT ARE SOME
EXAMPLES OF
MUCILANT HERBS?



ALOE VERA
OKRA
SLIPPERY ELM
KELP

WHAT DO MUCILANT
HERBS DO?



MOISTENING, COOLING, &
NOURISHING
SOOTHE IRRITATED TISSUES &
SOFTEN HARDENED STOOL
POWERFUL LAXATIVE WHEN TAKEN
WITH PLENTY OF WATER
FEED & SUPPORT HEALTHY GUT
BACTERIA & PROMOTE INTESTINAL
HEALTH
SOOTHE IRRITATED/DAMAGED SKIN
ABSORB BILE

WHAT ARE
CONTRAINDICATIONS
FOR MUCILANT HERBS?



WHAT ARE OILY
HERBS?



WHAT DO OILY
HERBS DO?



DO OILY HERBS HAVE
CONTRAINDICATIONS?



BECAUSE MUCILANTS ARE
ABSORBENT, THEY SHOULD
BE TAKEN APART FROM
NUTRIENTS AND
MEDICATIONS. IN EXCESS,
THEY CAN SLOW
GASTROINTESTINAL
FUNCTION. MUST BE TAKEN
WITH PLENTY OF WATER.

THEY ARE MOSTLY SEEDS
WHICH HAVE AN OILY
TASTE AND TEXTURE DUE
TO THE PRESENCE OF
FATTY ACIDS. THEY
INCLUDE FLAXSEED,
EVENING PRIMROSE
SEED, AND COCONUT.

OILY HERBS ARE NOURISHING
AND COOLING. THEIR FATTY
ACIDS HELP WITH ENERGY
PRODUCTION AND IMMUNE,
NERVE AND GLANDULAR
FUNCTION. THEY MOISTEN
DRY TISSUES AND PROMOTE
TISSUE FLEXIBILITY. SOME
ARE MILD LAXATIVES.

No

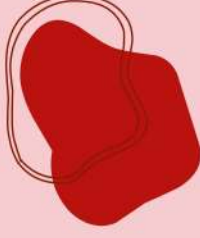
**WHAT ARE THE 6
TISSUE STATES?**



**WHAT HAPPENS
WHEN TISSUES ARE
IRRITATED?**



**WHAT ARE SOME
CAUSES OF TISSUE
IRRITATION?**



**WHAT IS THE PURPOSE
OF THE BODY'S
INFLAMMATORY
RESPONSE?**



**IRRITATION
DEPRESSION
STAGNATION
ATROPHY
CONSTRICTION
RELAXATION**

**OFTEN REFERRED TO AS
"HEAT" IN TRADITIONAL
HERBALISM. IRRITATION
OFTEN MANIFESTS ITSELF AS
OXIDATION, INFLAMMATION,
AND FEVER. IT IS OFTEN
ACCOMPANIED BY SHARP
PAIN, REDNESS, & WARMTH.**

**CHEMICALS
INFECTIONS
METABOLIC IRRITANTS**

**TO DESTROY
DAMAGED CELLS AND
DRAW IMMUNE AND
STEM CELLS TO THE
AREA IN NEED OF
REPAIR.**

**HOW CAN
IRRITATION BE
REMEDIED?**



**WHAT IS TISSUE
DEPRESSION?**



**WHAT ARE SOME
TYPICAL SYMPTOMS
OF TISSUE
DEPRESSION?**



**HOW CAN DEPRESSED
TISSUES BE TREATED?**



**WITH COOLING &
MOISTENING HERBS,
PARTICULARLY SOUR
HERBS.**

**DEPRESSED IS OFTEN
REFERRED TO AS "COLD"
IN TRADITIONAL
HERBALISM. DEPRESSED
TISSUES ARE COLD, PALE,
AND ACHY. SYMPTOMS
INCLUDE FATIGUE, A PALE
OR DARK PURPLE TONGUE,
AND A SLOW PULSE RATE.**

**SLOW FUNCTIONING
PALE COMPLEXION
PALE TONGUE
SLOW PULSE RATE**

**WITH WARMING
HERBS, SUCH AS
AROMATICS AND
PUNGENT HERBS.
FRAGRANT BITTERS
CAN ALSO BE HELPFUL.**

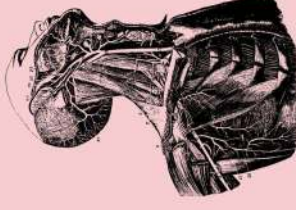
**WHAT IS
STAGNATION IN
THE BODY?**



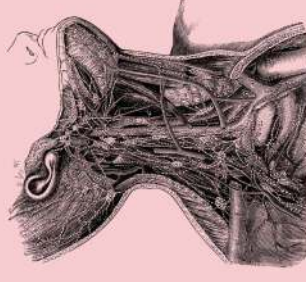
**WHAT ARE SOME
EFFECTS OF
STAGNATION?**



**WHAT ARE SOME
TYPICAL SYMPTOMS OF
TISSUE STAGNATION?**



**WHAT IS ATROPHY
IN THE TISSUES?**



**WHEN THERE IS TOO
MUCH FLUID IN THE
BODY THAT
ACCUMULATES IN THE
TISSUES.**

**EDEMA, SWOLLEN
LYMPH NODES, AND
SLUGGISH MOVEMENT
OF BODY FLUIDS.
STAGNATION IS OFTEN
CALLED "DAMPNESS."**

**PALE TONGUE &
CONGESTED PULSE**

**ATROPHY IS WHEN
TISSUES BECOME
HARD & BRITTLE.
THIS IS WHEN
TISSUES LACK GOOD
FATS & WATER.**

**WHAT ARE SOME
BENEFITS OF USING
FRESH HERBS?**



**IF YOU ARE GOING TO
STORE AN HERB FOR
AWHILE, WHAT IS THE BEST
WAY TO PRESERVE IT?**



**WHAT ARE SOME
USES OF DRIED
HERBS?**



**WHAT ARE SOME
BENEFITS OF TAKING
HERBS IN CAPSULES?**



**TYPICALLY, THE FRESHER THE
HERBS, THE MORE
MEDICINALLY POTENT ARE.
THERE ARE EXCEPTIONS TO
THIS, INCLUDING HERBS LIKE
CASCARA SAGRADA WHICH
NEEDS TO BE DRIED AND
AGED FOR AT LEAST A YEAR
BEFORE SAFE USE.**

**CUTTING, SIFTING, AND
DRYING AN HERB IS ONE
OF THE BEST WAYS TO
STORE IT. THE MORE
SURFACE AREA OF AN HERB
THAT IS EXPOSED TO AIR,
THE QUICKER IT WILL
DEGRADE, SO SIFT INTO
SMALLER PIECES.**

**TEAS &
EXTRACTS**

**CAN BE GROUND INTO
POWDER FOR
POULTICES OR
CAPSULES.**

**ELIMINATES ANY
STRONG-/UNDESIRABLE
FLAVORS.**

EASY TO QUANTIFY DOSAGES.

**CONTAINS THE ENTIRE PLANT
MATERIAL, INCLUDING THE
PLANT'S FIBERS.**

WHAT ARE SOME
DRAWBACKS OF
TAKING HERBS IN
CAPSULES?



THE LACK OF TASTE/SMELL
MAKES REGULATING DOSAGE
MORE DIFFICULT AS OUR
BODY OFTEN
COMMUNICATES WITH US
THIS WAY. SLOWER
ABSORPTION TIME THAN
TAKING A PURE HERB.

WHAT IS A BENEFIT OF
TAKING AN HERB IN
LIQUID FORM?



IT WILL BE
ABSORBED ALMOST
IMMEDIATELY.

WHY ARE HERBS OFTEN
EXTRACTED INTO
LIQUID FORM FOR
CONSUMPTION?



HUMANS LACK THE
ENZYME CELLULASE
WHICH IS NECESSARY
TO BREAK DOWN THE
CELL WALL STRUCTURE
OF PLANTS.

WHAT IS THE LIQUID
CALLED WE USE TO
EXTRACT AN HERB?



SOLVENT OR
MENSTRUUM

“MENSTRUUM” IS AN
ANCIENT ALCHEMICAL
TERM FOR A SUBSTANCE
THAT DISSOLVES A SOLID.

**WHAT ARE
SOME COMMON
SOLVENTS?**



**WHAT ARE THE
TWO BASIC WATER
EXTRACTIONS?**



**WHAT ARE
INFUSIONS ALSO
KNOWN AS?**



**HOW ARE
INFUSIONS
USUALLY MADE?**



**WATER
SYRUP (WATER + SUGAR)
ALCOHOL
GLYCERIN
VINEGAR
OIL**

**INFUSIONS
&
DECOCTIONS**

**HERBAL TEAS
OR TISANES
(A FRENCH TERM)**

**BY POURING BOILING
WATER OVER AN HERB
AND LETTING IT STEEP
FOR A CERTAIN LENGTH
OF TIME. A COLD
INFUSION IS MADE BY
SOAKING AN HERB IN
WATER.**

**HOW ARE
DECOCTIONS
MADE?**



**WHAT IS THE
BENEFIT OF
DECOCTIONS?**



**WHAT IS A
SYRUP?**



**WHAT ARE SOME
BENEFITS OF
USING SYRUP?**



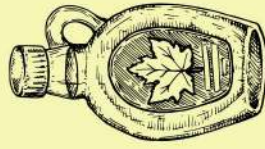
**BY BRINGING WATER
TO A BOIL, ADDING
THE HERBS, THEN
SIMMERING FOR A
LENGTH OF TIME.**

**THEY DRAW OUT
CONSTITUENTS THAT DON'T
READILY RELEASE FROM
PLANT MATERIAL.
DECOCTIONS EXTRACT
MORE MINERALS, TANNINS,
AND BITTER PRINCIPLES
THAN INFUSIONS DO.**

**A WATER BASED
EXTRACTION MADE
WITH WATER +
SWEETENER
(USUALLY RAW
SUGAR OR HONEY)**

**COVERS UP TASTE OF
BITTER HERBS
GREAT FOR COLD &
COUGH REMEDIES
NOURISHING &
MOISTENING**

**IF REFRIGERATED,
HOW LONG WILL
A SYRUP LAST?**



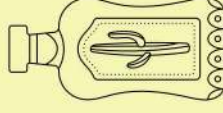
**ABOUT ONE MONTH.
THIS TIME CAN BE
EXTENDED IF
ALCOHOL IS ADDED
TO THE SYRUP.**

**WHAT ARE SOME
BENEFITS OF
ALCOHOL
EXTRACTIONS?**



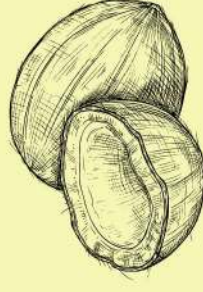
**EXCELLENT SOLVENT FOR
MOST HERBS
LONG SHELF LIFE WITHOUT
LOSING POTENCY
GREAT FOR INTERNAL USE
OR TOPICAL SOLUTIONS**

**WHY ARE ALCOHOL
EXTRACTIONS GOOD
FOR POTENT
BOTANICALS?**



**BECAUSE THE
DOSAGES CAN BE
REGULATED BY THE
DROP.**

**WHAT ARE SOME
BENEFITS OF USING
GLYCERIN AS AN
EXTRACTION MEDIUM?**



**NON-TOXIC
TASTES SWEET
LONG SHELF LIFE
ANTIFUNGAL
ANTIMICROBIAL
SOOTHING
EMOLLIENT**

WHAT ARE SOME
DISADVANTAGES OF
USING GLYCERIN AS AN
EXTRACTION MEDIUM?



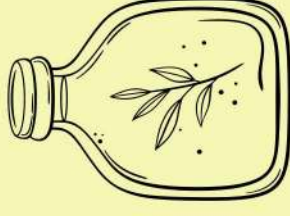
IT REQUIRES HEAT.
MAKING IT DIFFICULT TO
CREATE FRESH PLANT
GLYCERITES.
GLYCERIN WILL NOT
EXTRACT RESINS OR OILS.

WHAT DOES
“EMOLLIENT”
MEAN?



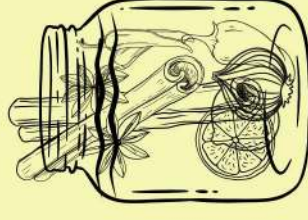
A SUBSTANCE THAT
HELPS SOOTHE,
SOFTEN, AND
INCREASE MOISTURE
LEVELS, ESPECIALLY
IN THE SKIN.

WHAT IS ANOTHER
WORD FOR AN HERBAL
VINEGAR?



ACID TINCTURE

WHEN CAN VINEGAR BE
A GOOD EXTRACTION
MEDIUM?



WHEN EXTRACTING
MINERALS FROM HERBS
THAT CONTAIN ALKALINE
MINERALS. ALSO WHEN
EXTRACTING AROMATIC
& PUNGENT HERBS.
EXAMPLE: FIRE CIDER.

**WHAT ARE SOME
ADVANTAGES OF OIL
EXTRACTIONS?**



**WHAT ARE SOME
DISADVANTAGES OF
OIL EXTRACTIONS?**



**WHAT IS AN
ESSENTIAL OIL?**



**WHAT ARE SOME
BENEFITS OF
ESSENTIAL OILS?**



**GREAT FOR TOPICAL
APPLICATIONS & SALVES.**

**SOOTHING AND
EMOLLIENT. GOOD FOR
BURNS, ABRASIONS,
RASHES, AND DRY SKIN.**

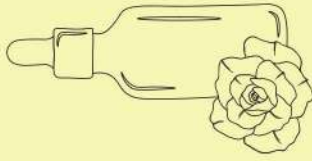
**IT'S A POOR SOLVENT
FOR MOST HERBAL
CONSTITUENTS.**

**NOT GOOD FOR OPEN
SKIN WOUNDS – CAN
TRAP BACTERIA AND
WORSEN INFECTIONS.**

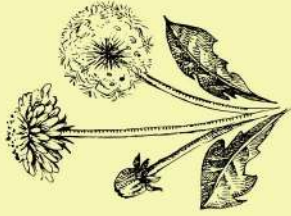
**A CONCENTRATED
EXTRACT OF THE
VOLATILE
CONSTITUENTS IN
HERBS. AKA
VOLATILE OIL.**

**LONG SHELF LIFE
CAN BE ANTISEPTIC
MOOD ALTERATION
AROMA THERAPY**

**WHAT ARE SOME
DISADVANTAGES OF
ESSENTIAL OILS?**



**WHAT ARE SOME
COMMON
MEDICINAL WEEDS?**



**WHEN IS TYPICALLY THE
BEST TIME TO HARVEST
BARK, YOUNG STEMS,
BUDS, AND LEAVES?**



**WHEN IS TYPICALLY
THE BEST TIME TO
FORAGE FOR
ROOTS?**



SOME ARE TOXIC

**DOESN'T CONTAIN THE
WHOLE PLANT**

**CAN IRRITATE SKIN &
MUCOUS MEMBRANES**

**BURDOCK
DANDELION
RED CLOVER
PLANTAIN
MULLEIN
WILD LETTUCE**

**IN THE MORNINGS
DURING SPRING.
THIS IS WHEN THE
SAP IS RISING.**

**IN THE EVENINGS IN
AUTUMN, AS THE
PLANTS STORE MUCH
OF THEIR NUTRIENTS
IN THE ROOTS DURING
THIS TIME.**

**WHY IS IT
IMPORTANT TO
HARVEST THE RIGHT
PART OF A PLANT?**



**WHAT ARE SOME
USES OF ELDER
FLOWERS?**



**WHAT ARE SOME
USES OF ELDER
BERRIES?**



**CONSIDERATIONS
WHEN HARVESTING
FLOWERS**



**SOME PARTS MAY BE
BENEFICIAL, WHILE
OTHERS CAN BE TOXIC.**

**TREAT TOPICAL SKIN
IRRITATIONS**

FEVER REDUCTION

**REDUCE
INFLAMMATION**

POTASSIUM-RICH FOOD

MILD DECONGESTANT

**STORE IN AN OPEN
CONTAINER TO PREVENT
MOLD**

REMOVE DIRT & INSECTS

**DRY IN A WELL-
VENTILATED AREA AND
PLACE ON PAPER**

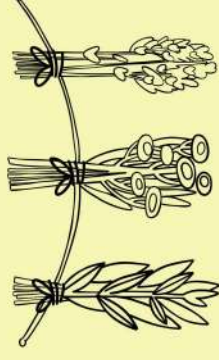
**WHEN IS THE BEST
TIME TO HARVEST
LEAVES & AERIAL
PARTS?**



**LEAF HARVEST
CONSIDERATIONS**



**HOW TO DRY &
STORE LEAVES**



**HOW TO
HARVEST SEEDS**



**EARLY TO MID-
SUMMER WHEN
THEIR CHLOROPHYLL
& MEDICINAL
CONSTITUENTS ARE
STRONGEST.**

**ONLY PICK LEAVES THAT
ARE HEALTHY & WHOLE.**

**HANDLE GENTLY - DON'T
CRUSH OR BRUISE.**

**COLLECT LEAVES IN THE
LATE MORNING.**

**BUNCH TOGETHER AND
HANG UPSIDE DOWN
AWAY FROM
SUNLIGHT. ONCE DRY,
STORE IN AIRTIGHT
CONTAINERS.**

HARVEST IN LATE AUTUMN.

**THE PLANT SHOULD BE
TOTALLY DRY BEFORE
EXTRACTING ITS SEEDS.**

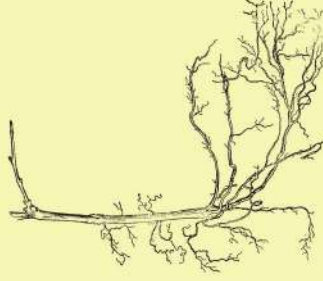
**HANG SEED PODS OVER
PAPER TO DRY AWAY FROM
SUNLIGHT.**

**WHAT DOES "AERIAL
PARTS" MEAN?**



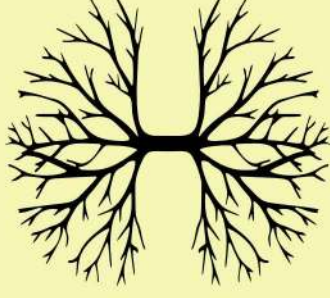
**IN HERBALISM, AERIAL
PARTS REFER TO THE
PARTS OF A PLANT
THAT GROW ABOVE
THE GROUND.**

**HOW TO CLEAN
HARVESTED ROOTS**



**MOST ROOTS CAN BE
SCRUBBED CLEAN.
HOWEVER, FOR ROOTS
LIKE VALERIAN, WASH
THEM VERY GENTLY SO
AS NOT TO STRIP AWAY
THE SURFACE CELLS.**

**HOW TO PREPARE
HARVESTED ROOTS**



**FOR LARGE ROOTS, CHOP
WHILE FRESH. LAY OUT
ROOT PIECES ON PAPER
AND DRY AWAY FROM
DIRECT SUNLIGHT. KEEP
IN A WARM, DRY PLACE
UNTIL COMPLETELY
DEHYDRATED.**

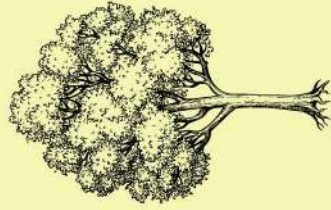
**WHEN IS THE BEST
TIME TO HARVEST
SAP AND RESIN?**



**RESIN – IN AUTUMN
WHEN THE SAP IS
FALLING.**

**SAP – IN THE
SPRING**

HOW TO HARVEST SAP/RESIN



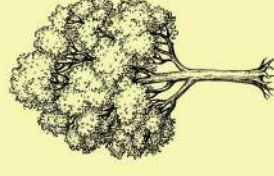
WHEN TO HARVEST BARK



CONSIDERATIONS WHEN HARVESTING BARK



WHEN IS THE BEST TIME TO HARVEST SAP AND RESIN?



**MAKE A DEEP INCISION IN
THE BARK AND WAIT FOR
SAP/RESIN TO DRIP OUT.
(COLLECT THEN PLACE A
WOOD CORK IN INCISION
TO PROTECT TREE FROM
INVADING INSECTS.**

**LATE FALL, WINTER,
OR EARLY SPRING**

**HARVEST FROM RECENTLY
FALLEN TREES BEFORE LIVE
ONES.**

**IT'S BEST TO SAW OFF A
BRANCH AND STRIP IT.**

**EASIER TO HARVEST IN WET
WEATHER.**

**IN AUTUMN WHEN
THE SAP IS FALLING.**