



PERMACRAFTERS PRESENTS

Foraging for Edible & Medicinal Plants

MASTERCLASS ACTION GUIDE

THE 4-STEP FRAMEWORK TO BECOMING
A CONFIDENT FORAGER

*"The path to becoming an independent forager
is paved with beneficial weeds."*

- Christelle Siohan -

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YOU'RE IN THE RIGHT PLACE IF...

You want a meaningful connection to nature

*You want to develop the skillset to confidently
forage for plants*

*You want to be capable of making wild food recipes
and remedies*

TIPS FOR WATCHING THIS MASTERCLASS:

You deserve to learn these foraging skills without distractions. This is YOUR time in which you get to tune in fully.

- *Put your scrolling on pause*
- *Take notes*
- *Watch from a computer (if possible)*
- *If you're loving it, share your experience on Instagram or Facebook! Take a pic of the training & tag us @permacrafters. We'll give you a shoutout!*



Confident Foraging

What would it mean to you to be a confident forager?



Every forager should be _____ about what they're foraging.

Becoming a confident forager can signify...

... being able to whip up a wild foraged pesto without _____ about _____ your friends.

... feeling so _____ in your ability to diligently identify wild plants that you'll prepare them in meals for your loved ones without disproportionate _____ or _____.

... being able to know who your _____ are when you _____ yourself outdoors.

... having sufficient tools and practical skills to _____ your body with wild plants and work with them to harness their _____.



Becoming a confident forager does NOT have to mean knowing _____ about every single plant.

3 Common Mistakes

that may be stopping you from becoming independent in your foraging

Mistake #1: "Foraging is just for _____"

To become a forager, you do not need to be perfect at identifying _____

It can be more than enough to master the ins and outs of a _____. Or even just learn to perfectly identify and harvest _____.

What makes you a forager is _____, not the _____ you forage.

Mistake #2: "I'm _____ I'll _____ myself!"

Being _____ you'll _____ yourself means you're exactly the right person to get into foraging, because:

- You'll be caring enough to pay _____
- You won't have an unfounded _____

Beginner foragers are often _____ foragers.

When you're starting to forage, choose plants that don't have _____. You can remove some fear factors, like deciding to _____ the plants to guarantee there are no _____.

Mistake #3: “I have to get ___-_____ foraging training”

If it's available to you, ___-_____ foraging training is very enriching. However, depending on the format, it might not do much in terms of building _____ as a forager.

You don't need ___-_____ training to become a forager. _____ can get you part of the way there, but a detailed _____ could help you get to your goals much more easily.

Notes:



4-Step Framework to Becoming a Confident Forager



1.

2.

3.

4.

Step 1: _____ with _____ beneficial plants

In order to not lose your momentum in diving into the world of plants, you can begin by _____ with _____ beneficial plants. For example:

- Using English ___ or Horse _____ to wash _____
- Using _____ to make a _____ bar
- Using plants to naturally ___ clothing

Start with plants that you are already somewhat _____ with.

Notes:



Step 2: Pick up to _____

You can start with plants that are very _____ and that have few _____ (or at least no dangerous _____).

Once you've chosen your 5, you can:

- Regularly look at _____ or _____ of these plants
- Set an intention to _____ those _____ while you're out and about

A helpful learning tool, but definitely not the end-all-be-all, is using a _____.

Helpful learning practices include:

- _____ the plant
- Making an _____
- Taking detailed _____

Simple plants for beginners to learn to identify include:

- B.....
- O.....
- P.....
- S.....
- E..... W.....

Notes:



Step 3: Confirm _____

Ten Foraging _____:

1. Always be ___% _____ of your plant ID
2. Don't forage in _____
3. Harvest plants _____ CM or _____ them
4. Don't harvest plants that _____ or _____
5. Harvest the _____ of the plant
6. Follow the rules for _____ the plant
7. Be careful of _____; start slow
8. Don't harvest in a _____ area
9. Bring the right _____
10. Take basic measures to prevent _____

6 Rules about _____

1. Do not harvest _____ or _____ plants
2. Leave the _____ and _____ plants intact
3. Harvest no more than __ to __ % of a plant in a given area
4. Forage _____
5. Don't let your harvest _____
6. Help plants _____ by gathering and _____ their _____

Notes:



Step 4: Pick _____

Pick the edible and/or medicinal plants that you're most _____ about. (This can be from your list of _____ plants.)

Plant R _____

Start making R_____! Examples include:

- Sprinkling _____ on your pizza
- Making a _____ pie
- Making a _____ pesto
- Preparing a _____ hummus
- Massaging _____ _____ in a thick cloth to make a salad
- Making _____ tabbouleh
- Picking leaves for a _____ pesto
- Blending up a _____ lentil spread

Wild plants are typically more _____ than cultivated food.

Plant R_____:

Before making herbal remedies, familiarize yourself with the _____ for each plant.

Example of herbal remedies include:

- _____ syrup to support the immune system
- _____ poultice to heal the skin
- _____ tea for coughs and bronchitis

Notes

