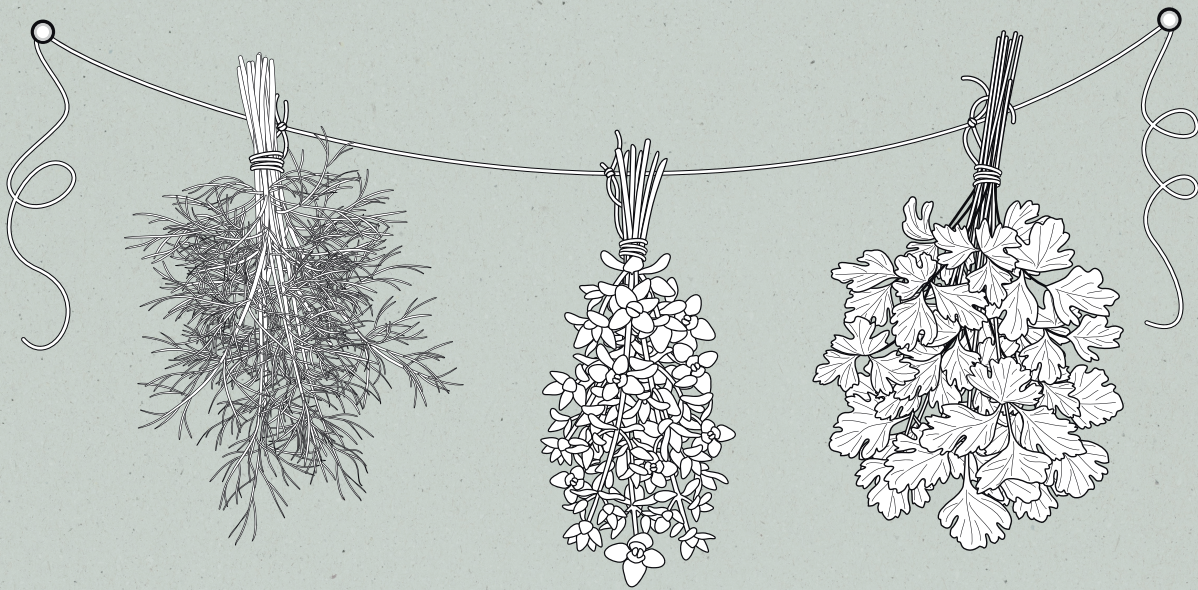




# HERBS & ESSENTIAL OILS *Planner*



# HERB:



Botanical Name:

Common Names:

Plant Family:

Common Uses:

Medical Uses:

Growing Cycle:

Annual ☐

Biennial ☐

Perennial ☐

How and where it grows:

Notes:

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# Herbal Identification



Drawing

Aroma

Common Names

Latin

Family

Tradition

Edible ☐

Toxic ☐

Endangered ☐

Botanical Description \_\_\_\_\_

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History \_\_\_\_\_

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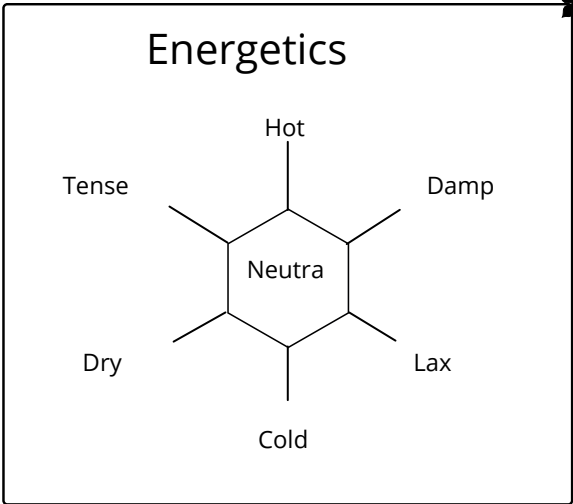
# Medical Properties



Taste

Parts Used

Active Compounds

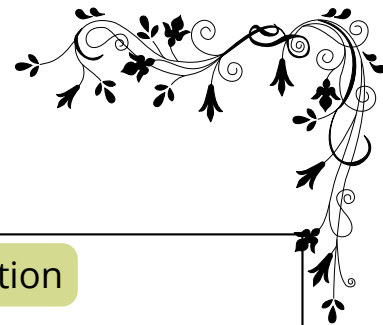


Actions

|                                            |                                         |                                       |                                            |
|--------------------------------------------|-----------------------------------------|---------------------------------------|--------------------------------------------|
| <input type="checkbox"/> Adaptogen         | <input type="checkbox"/> Anti-parasitic | <input type="checkbox"/> Cholagogue   | <input type="checkbox"/> Laxative          |
| <input type="checkbox"/> Alterative        | <input type="checkbox"/> Anti-pyretic   | <input type="checkbox"/> Choloretic   | <input type="checkbox"/> Nervine           |
| <input type="checkbox"/> Anthelmintic      | <input type="checkbox"/> Antispasmodic  | <input type="checkbox"/> Demulcent    | <input type="checkbox"/> Rubefacient       |
| <input type="checkbox"/> Anti-catarrhal    | <input type="checkbox"/> Anodyne        | <input type="checkbox"/> Depurative   | <input type="checkbox"/> Sedative          |
| <input type="checkbox"/> Anti-depressive   | <input type="checkbox"/> Aperient       | <input type="checkbox"/> Diaphoretic  | <input type="checkbox"/> Spasmolytic       |
| <input type="checkbox"/> Anti-emetic       | <input type="checkbox"/> Aromatic       | <input type="checkbox"/> Diuretic     | <input type="checkbox"/> Stimulant         |
| <input type="checkbox"/> Anti-hemorrhagic  | <input type="checkbox"/> Astringent     | <input type="checkbox"/> Emetic       | <input type="checkbox"/> Styptic           |
| <input type="checkbox"/> Anti-inflammatory | <input type="checkbox"/> Bitter         | <input type="checkbox"/> Emmenagogue  | <input type="checkbox"/> Thymoleptic       |
| <input type="checkbox"/> Anti-lithic       | <input type="checkbox"/> Cardiac Tonic  | <input type="checkbox"/> Emollient    | <input type="checkbox"/> Tonic             |
| <input type="checkbox"/> Anti-microbial    | <input type="checkbox"/> Carminative    | <input type="checkbox"/> Expectorant  | <input type="checkbox"/> Trophorestorative |
|                                            |                                         | <input type="checkbox"/> Febrifuge    | <input type="checkbox"/> Vulnerary         |
|                                            |                                         | <input type="checkbox"/> Galactagogue | <input type="checkbox"/>                   |
|                                            |                                         | <input type="checkbox"/> Hepatic      | <input type="checkbox"/>                   |
|                                            |                                         | <input type="checkbox"/> Hypnotic     | <input type="checkbox"/>                   |

Specific Indications

# Preparations



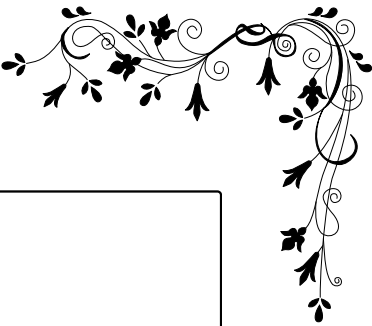
Forms of Use

Dosage / Duration

Precautions &  
Contraindications

Notes

# Cultivation



Native to

Soil Type

Position

Water

Plant When

Germination

Maturity

1

a / b

2

a / b

3

a / b

4

a / b

5

a / b

6

a / b

7

a / b

8

a / b

9

a / b

10

a / b

11

a / b

12

a / b

13

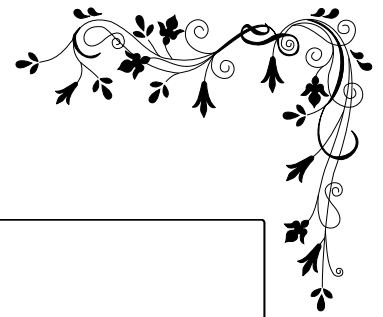
a / b

Planting/Transplanting  
& Propagation

Harvesting



# Foraging Journal



*Plant / Tree / Fungus*

*Parts Harvested*

☐ leaves   ☐ flowers   ☐ fruit   ☐ roots   ☐ twigs   ☐ bark

Date

Time

*Recent Weather Conditions*

*Terrain*

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| <input type="checkbox"/> mountain | <input type="checkbox"/> forest |
| <input type="checkbox"/> hill     | <input type="checkbox"/> river  |
| <input type="checkbox"/> beach    | <input type="checkbox"/> urban  |
| <input type="checkbox"/> moor     | <input type="checkbox"/> swamp  |
| <input type="checkbox"/> plain    | <input type="checkbox"/> tundra |
| <input type="checkbox"/> marsh    | <input type="checkbox"/> desert |
| <input type="checkbox"/>          | <input type="checkbox"/>        |

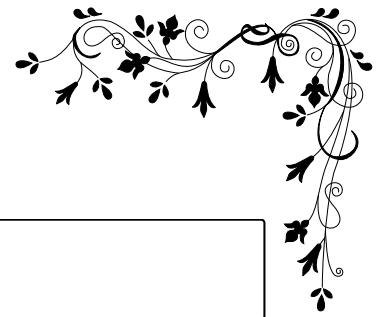
*Intention*

Meal   Medicine   Spell  
Art/Craft   Other

*Abundance*

Notes

# Foraging Journal



*Plant / Tree / Fungus*

What drew me to this plant?

What color is it?

Sight

Where is it growing?

What other plants grow nearby?

Sound

Can I hear any sounds from the plant?  
(Swishing, Rustling, Creaking, Nothing?)

Are any creatures visiting?

Scent

Notes

Touch

How does the plant feel?

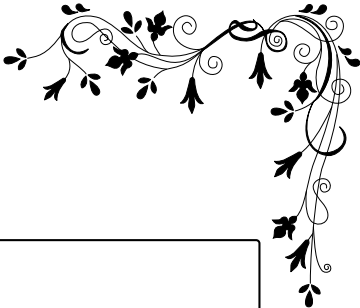
Taste

I am 100% confident in my  
plant identification & know this  
plant is not toxic

It tastes...

Sweet   Sweet/Slimy   Sweet/Soapy   Sour/Astringent  
Sour   Salty   Bitter   Pungent/Spicy   Pungent/Numbing

# Plant Meditation



Plant / Tree / Fungus

|            |  |
|------------|--|
| Feelings   |  |
| Thoughts   |  |
| Knowing    |  |
| Images     |  |
| Sensations |  |

[illegible]

# Essential Oil Blends



Blend name

Date

Purpose

Secondary Purpose

Application method

*Aromatically*

*Topically*

*Internally*

*Other*

Oils for Primary Purpose

☐

Qty

☐

Qty

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Qty

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Qty

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Oils for Secondary Purpose

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Qty

Carrier Oil

Dilution Qty

Notes

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# Essential Oil Profile



Oil name

Botanical Name

Country of Origin

Parts Used

Color

Edible

☐

Topical

☐

Endangered

☐

Toxic

☐

Child safe

☐

Pet safe

☐

## Fragrance Family & Sub Family

Floral

Amber

Woody

Fresh

*Floral*  
*Soft Floral*  
*Floral Amber*

*Soft Amber*  
*Amber Woody*  
*Amber*

*Woods*  
*Mossy Woods*  
*Dry Woods*  
*Aromatic Fougère*

*Citrus Fruity*  
*Green Water*

## Odor Intensity

*Very High*

*High*

*Moderate*

*Low*

## Blending Notes (s)

Top

Middle

Base

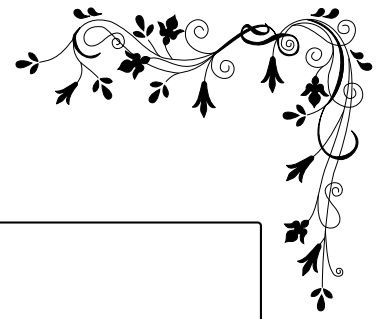
Notes

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# Uses / Body Systems



*Cardiovascular*

*Digestive*

*Integumentary*

*Excretory*

*Endocrine*

*Immune*

*Musculoskeletal*

*Nervous*

*Respiratory*

[illegible]



Date Harvested

[illegible]



# Herbal Apothecary

## Teas & Supplements

|                                                                                   |                                                                                                                |
|-----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| <div>Title:</div> <div>For:</div> <div>Ingredient:</div> <div>Helped? Y / N</div> | <div>Date:</div> <div>Tea? Supplement?</div> <div>Name:</div> <div>Helped? Y / N</div> <div>Ingredients:</div> |
| <div>Title:</div> <div>For:</div> <div>Ingredient:</div> <div>Helped? Y / N</div> | <div>Date:</div> <div>Tea? Supplement?</div> <div>Name:</div> <div>Helped? Y / N</div> <div>Ingredients:</div> |
| <div>Title:</div> <div>For:</div> <div>Ingredient:</div> <div>Helped? Y / N</div> | <div>Date:</div> <div>Tea? Supplement?</div> <div>Name:</div> <div>Helped? Y / N</div> <div>Ingredients:</div> |
| <div>Title:</div> <div>For:</div> <div>Ingredient:</div> <div>Helped? Y / N</div> | <div>Date:</div> <div>Tea? Supplement?</div> <div>Name:</div> <div>Helped? Y / N</div> <div>Ingredients:</div> |
| <div>Title:</div> <div>For:</div> <div>Ingredient:</div> <div>Helped? Y / N</div> | <div>Date:</div> <div>Tea? Supplement?</div> <div>Name:</div> <div>Helped? Y / N</div> <div>Ingredients:</div> |

# Herbal Tea Recipe



Tea name \_\_\_\_\_

Ingredients

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Shopping List

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Good for health:

Notes

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# Herbal Supplement Recipe

Supplement name \_\_\_\_\_

Ingredients

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Shopping List

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Good for health:

Notes

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Notes : \_\_\_\_\_

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# Notes

