

SPECIES	COMMON NAME	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
<i>Alnus rubra</i>	Red alder				BARK								
<i>Arbutus menziesii</i>	Pacific madrone				LEAF								
<i>Balsamorhiza sagittata</i>	Arrowleaf balsamroot				ROOT	LEAF & ROOT			ROOT				
<i>Cornus nuttallii</i>	Pacific dogwood				BARK	FLOWER							
<i>Delphinium menziesii</i>	Menzies' larkspur					SEED (CAUTION: TOXIC)							
<i>Dicentra formosa</i>	Pacific bleeding heart				ALL				ROOT				
<i>Fragaria spp</i>	Native strawberry						FRUIT & LEAF						
<i>Frangula purshiana</i>	Cascara			BARK					FRUIT				
<i>Gaultheria shallon</i>	Salal					LEAF		FRUIT & LEAF					
<i>Heuchera glabra</i>	Alpine heuchera									ROOT			
<i>Holodiscus discolor</i>	Oceanspray				LEAF								
<i>Lomatium nudicaule</i>	Bare-stemmed biscuitroot						SEED						
<i>Maianthemum racemosum</i>	Treacleberry maianthemum									ROOT			
<i>Mentha canadensis</i>	Wild mint					LEAF & FLOWER							
<i>Monardella odoratissima</i>	Mountain monardella					LEAF & FLOWER							
<i>Oplopanax horridus</i>	Devil's Club/Needlepaw			BARK & ROOT			LEAF						
<i>Populus trichocarpa</i>	Black cottonwood	BUD											
<i>Prunella vulgaris</i>	Self-heal					LEAF, FLOWER, STEM							
<i>Pseudotsuga menziesii</i>	Douglas fir				BARK & NEEDLES								
<i>Rosa nutkana</i>	Nootka rose				FLOWER						FRUIT		
<i>Rosa gymnocarpa</i>	Baldhip rose				FLOWER						FRUIT		
<i>Rubus leucodermis</i>	Blackcap raspberry					LEAF		FRUIT & LEAF					
<i>Rubus spectabilis</i>	Salmonberry				LEAF	FRUIT & LEAF		LEAF					
<i>Rubus parviflorus</i>	Thimbleberry				LEAF		FRUIT						
<i>Sagittaria latifolia</i>	Wapato									ROOT			
<i>Solidago canadensis</i>	Goldenrod							LEAF & FLOWER					
<i>Stachys cooleyae</i>	Pacific hedgenettle						LEAF, FLOWER, STALK						
<i>Urtica dioica subsp. gracilis</i>	Stinging nettle	ROOT	ALL						SEED				
<i>Vaccinium spp</i>	Native huckleberry						LEAF	LEAF & FRUIT	FRUIT				
<i>Viburnum edule</i>	Highbush cranberry				BARK								
<i>Viola adunca</i>	Early blue violet				ALL								

## KEY

MEDICINE	FOOD	MEDICINE AND/OR FOOD
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## BEST PRACTICES

When harvesting, please prioritize your safety and the needs of the entire ecosystem. Even in your own garden, consider these essential guidelines:

### Never Munch on a Hunch

- Only harvest species you are absolutely sure you've correctly identified

### Be a Picky Eater

- Limit portion size when consuming new species
- Only consume one new species at a time
- Harvest only what you plan to use

### The 20% Rules

- Harvest no more than 20% of fruits from any individual plant
- Harvest from no more than 20% of a species population

Phenological events are impacted by many factors such as annual weather patterns, elevation, and latitude. This harvest calendar is only an estimate, not a hard rule.

Created by Lea Dyga, August 2024

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