

Goldenrod Field & Preparation Worksheet

A printable companion to the Prepping Communities goldenrod lesson. Use this sheet to record identification evidence and preserve safe preparation practices.

1 | Plant identification

Date / region: _____

Location and habitat: _____

Botanical species (not just “goldenrod”): _____

- ☐ Compared leaves, stems, flower clusters and habitat with a local field guide
- ☐ Confirmed identification with a second reliable source or experienced forager
- ☐ Checked for local restrictions and harvesting permission
- ☐ Avoided roadsides, sprayed ground, contaminated areas and protected habitats

Notes or distinguishing characteristics:

2 | Harvest record

Harvest date and plant part: _____

Approximate quantity collected: _____

- ☐ Left ample flowering plants for pollinators and seed production
- ☐ Removed damaged material and checked for insects and contamination

Do not consume any plant unless its species identification is certain. Goldenrod species vary in their constituents and research.

Drying & Storage Log

3 | Drying and quality checks

Drying method / location: _____

Drying start date: _____

Drying completed date: _____

- ☐ Material arranged in small bundles or thin layers with good airflow
- ☐ Protected from moisture and harsh direct sunlight
- ☐ Leaves crumble and small stems snap; no damp spots remain
- ☐ No mould, mustiness or other unusual odour

4 | Storage record

Container / batch ID: _____

Species / source: _____

Storage date: _____

Planned quality review / replacement date: _____

- ☐ Clean, completely dry airtight container
- ☐ Label includes species, date, plant part and collection location
- ☐ Stored away from heat, light and moisture

5 | Household readiness review

- ☐ Reliable regional plant guide available offline
- ☐ Basic first-aid supplies stocked separately from herbal preparations
- ☐ Professional care plan for suspected UTI, kidney infection or severe illness
- ☐ Medical and allergy precautions reviewed before considering internal use

Additional notes:

Preparation Batch & Safety Record

6 | Record one preparation per batch

Batch ID / date: _____

Confirmed species / dried or fresh: _____

Preparation type (tea / tincture / external oil): _____

Ingredients and measured quantities: _____

Solvent or carrier oil / concentration if known: _____

Steep or infusion start and end dates: _____

Straining / bottling date: _____

Storage location and review date: _____

7 | Preparation checks

- ☐ Equipment and containers were clean and completely dry where required
- ☐ Ingredients were correctly identified and checked for spoilage
- ☐ Final container labelled with full ingredients and date
- ☐ For infused oil: dried herb used, no water added, external use only
- ☐ No universal medicinal dose assumed from an unstandardized extract

Observations (appearance, smell, contamination concerns):

8 | Safety decision

- ☐ No known aster-family allergy or prior reaction
- ☐ Medication, pregnancy/breastfeeding, kidney/heart and fluid restriction risks considered
- ☐ Professional advice sought where appropriate

Stop and seek medical care for fever with urinary symptoms, flank pain, blood in urine, difficulty breathing, serious wounds or worsening symptoms. Goldenrod does not replace antibiotics or urgent treatment.

Learning reflection: What did you identify, prepare or store more reliably this time?

