

MEDICINAL HERB GARDEN PLANNING WORKSHEET

PAGE 1 OF 3 | Choose the right plants and site

Use one worksheet per garden area. Confirm plant identity and local suitability before planting. This is a garden-planning record, not a guide to treating medical conditions.

Garden and location

Garden / household name:Planning date:

Country / region / climate zone:Approximate last / first frost dates:

Growing space (bed, border, raised bed, containers) and approximate dimensions:

Species selection

Common name:Botanical name (genus + species):

Native / introduced / invasive status:Reliable local plant reference consulted:

Why this species fits the garden (climate, legal status, available space, pollinator value):

Growing conditions

Sunlight hours / shade pattern:Soil texture and drainage:

Soil pH / testing notes (if known):Water access / seasonal rainfall:

Site hazards: spraying, polluted runoff, roadside exposure, pets, children, nearby crops:

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Plan for mature plant size and local growing conditions, not just the size of a young seedling.

Planting plan

Seed / cutting / nursery plant source:

Planting or sowing date:

Number of plants / seeds:

Spacing and mature height / width:

Bed layout or container placement (sketch or written description):

Care schedule

Watering plan during establishment:

Watering plan once established:

Mulch / drainage / soil amendments:

Weeding / pruning / support:

Climate-specific concerns (heat, drought, frost, high humidity, wind):

Spread management and pollinators

☐ Spreading habit checked ☐ Rhizome / seed control planned ☐ Pollinator flowers retained

How will you contain unwanted spread without harming neighboring habitat?

How will you protect late-season flowers, nesting habitat, and beneficial insects?

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Use observations from each season to make next year’s plan more reliable.

Seasonal observation and harvest

First shoots / germination date:

First buds / flowering date:

Expected harvest window:

Plant part to harvest (if appropriate):

Harvest limits: what will remain for pollinators, seed production, and plant recovery?

Seasonal log

Date	Growth / weather / watering / pest notes	Action taken

End-of-season review

What grew well? What failed? What will change next season?

☐ Species rechecked ☐ Local restrictions reviewed ☐ Harvest records filed ☐ Storage labels complete

Safety reminder: Do not consume or prepare medicinal herbs unless their identity is confirmed and their suitability is understood. Traditional use does not establish clinical effectiveness. Consult a qualified professional about medicinal use, pregnancy, allergies, health conditions, or drug interactions.