Botanical Identification & Source Record

Date of study:

Participant(s):

Reference materials and identification

Use this table to document samples. Only use materials with reliable identification.

Plant / botanical name	Part / form	Supplier or origin	Identification evidence

Preparation and traceability

Sample selected for observation (name and form):

Source, lot number (if available), and date obtained:

How was the botanical identity verified?

Do not rely on common names alone. Keep purchased labels and photograph the original plant or packaging where available.

Hands-On Observation Log

Use a small amount of correctly identified food-grade slippery elm powder in a clean bowl. Add clean water gradually, stir, and observe changes. Discard the mixture after the exercise. Do not apply it to skin or wounds.

Practice date and time:

Slippery elm powder source / label details:

Observe and record

Dry powder appearance and texture:

What changed when water was added?

Consistency after stirring (thin, gel-like, thick, clumpy, etc.):

How did the consistency change after several minutes?

What did you observe as a thin sample began to dry?

Reflection

What does this demonstrate about mucilage?

Why does forming a gel NOT make this a sterile wound adhesive?

- [ ] Mixture discarded; tools cleaned; no application to skin or wounds

Evidence, Safety & Learning Review

Compare traditional claims with evidence

Choose one traditional claim to investigate (e.g., astringent, antimicrobial, adhesive):

Where did the claim come from? (book, supplier, study, oral tradition, etc.)

What evidence supports or limits the claim?

Safety assessment

- [ ] I can distinguish a historical use from a clinically tested treatment.
- [ ] I understand that drying or grinding plants does not sterilize them.
- [ ] I know that comfrey may contain toxic pyrrolizidine alkaloids.
- [ ] I know that garlic can cause skin irritation or chemical burns.
- [ ] I will not put homemade herbal powders or pastes into open wounds.

What I learned and what to improve

Most useful observation:

Question to research using reliable botanical or medical sources:

Next safe botanical study or documentation task:

SAFETY REMINDER: This worksheet is for historical and botanical education, not diagnosis or treatment. For injuries use established first aid and seek professional care when indicated.