

WILD MEDICINAL PLANT IDENTIFICATION & SAFETY CHECKLIST

FIELD RECORD • Page 1 of 3 | Complete before any harvest. Use one set per species and location.

Plant and observation details

Working common name: _____

Scientific name (genus + species): _____

Date / time: _____

General location / habitat: _____

Observer / second identifier: _____

Physical characteristics — record what you actually see

Growth form / estimated height: _____

Leaves: shape, edges, arrangement: _____

Leaf surfaces / hairs / scent: _____

Stem: shape, texture, colour: _____

Flowers: colour, structure, arrangement: _____

Fruit / seed heads / other traits: _____

Sketch and evidence

Draw the plant or note photograph numbers. Capture whole plant, leaves (both sides), stem, flowers and habitat. Images alone are not proof of identity.

LOOKALIKES & IDENTIFICATION EVIDENCE

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Likely lookalikes and distinguishing features

Lookalike 1 / how ruled out: _____

Lookalike 2 / how ruled out: _____

Unresolved similarities or doubts: _____

Independent identification references

Record exact guide titles, page numbers, local flora references, or qualified expert names. Verify more than one diagnostic feature.

Regional field guide / page: _____

Second independent source / page: _____

Expert / botanical group (if consulted): _____

Key traits matched to references: _____

Habitat and seasonal cross-check

Expected range and season: _____

Actual habitat / flowering stage: _____

Features that do not match: _____

Identification decision

- Species-level identification confirmed with reliable evidence
- Identification only to genus / uncertain species
- Potentially dangerous lookalike remains unresolved — DO NOT HARVEST
- Need expert review before any use

Decision notes:

HARVEST SAFETY & FINAL VERIFICATION

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Site contamination and harvesting permission

- Harvesting permitted by landowner and local rules
- Away from road runoff, industrial sites and dumping areas
- No known pesticide / herbicide application or treated landscaping
- No sewage, floodwater, polluted waterways or suspect soil
- Plant is healthy: no mould, rot or unusual contamination
- Enough plants remain for wildlife, pollinators and regeneration

Personal and medicinal safety review

- Potential allergy (including plant-family sensitivity) reviewed
- Plant part and intended preparation verified for this exact species
- Traditional claims distinguished from proven clinical uses
- Medication, pregnancy, breastfeeding, kidney / heart conditions considered
- No plan to replace urgent medical care with a wild remedy

Final go / no-go check

- GO: species confirmed, site acceptable, harvest lawful, intended use reviewed
- NO-GO: any identification doubt, contamination concern or unresolved safety issue

Final identification verified by: _____

Date of final decision: _____

Harvested plant part / quantity (if GO): _____

Storage label / batch ID: _____

Follow-up notes and learning

Safety rule: Never consume or apply an unidentified wild plant. An app suggestion or photo match is not sufficient. If uncertain, leave it in place and consult a qualified local expert. This form documents a decision; it does not certify medicinal safety.