

# Feeling "Sick as a Dog?"

Doc Jones is Available for Personal Consultations



Learn More At  
**HomeGrownHerbalist.net**

# Disclaimer

This presentation is for entertainment and educational purposes only. The author is not a physician and the contents of this presentation should not be viewed or taken as medical advice. The views expressed are the opinions of the author only and should not be taken as an endorsement of any product or practice. Herbs can and do interact with pharmaceuticals. No herb or herbal product should be taken without consulting a qualified physician. The author and publisher disclaim any liability arising directly or indirectly from the use of this information or any product, plant or practice mentioned herein. Don't run with scissors. Don't immerse your head in a bucket of water for a

prolonged period of time. Don't give your bank account number to deposed Nigerian princes on the internet. Don't stick your finger in a pencil sharpener.

Don't read very small type without proper magnification.....

# Copyright

Copyright © 2019 HomeGrown Herbalist, LLC

All rights reserved, including the right to reproduce this information or any portion thereof in any form whatsoever. For information, address HomeGrown Herbalist, LLC, PO Box 81, Buhl, ID 83316

Giving this document to people who haven't paid for it is stealing.

**Stealing is bad.**

**Don't be bad.**

# HomeGrown Herbalist School of Botanical Medicine



[HomeGrownHerbalist.net](http://HomeGrownHerbalist.net)





Dr. Patrick Jones & Carl The Herb Hound

[HomeGrownHerbalist.net](http://HomeGrownHerbalist.net)



# Harvesting, Drying & Processing Herbs

*Dr. Patrick Jones*



# The Plant Is The Medicine

## Why Not Just Use Them Fresh?





# Well...

## Sometimes Nature Isn't Convenient





# The Best Medicine Starts With The Best Ingredients



# Harvesting & Collecting: Quality Matters



# Quality Matters... **Grow Yer Own!**





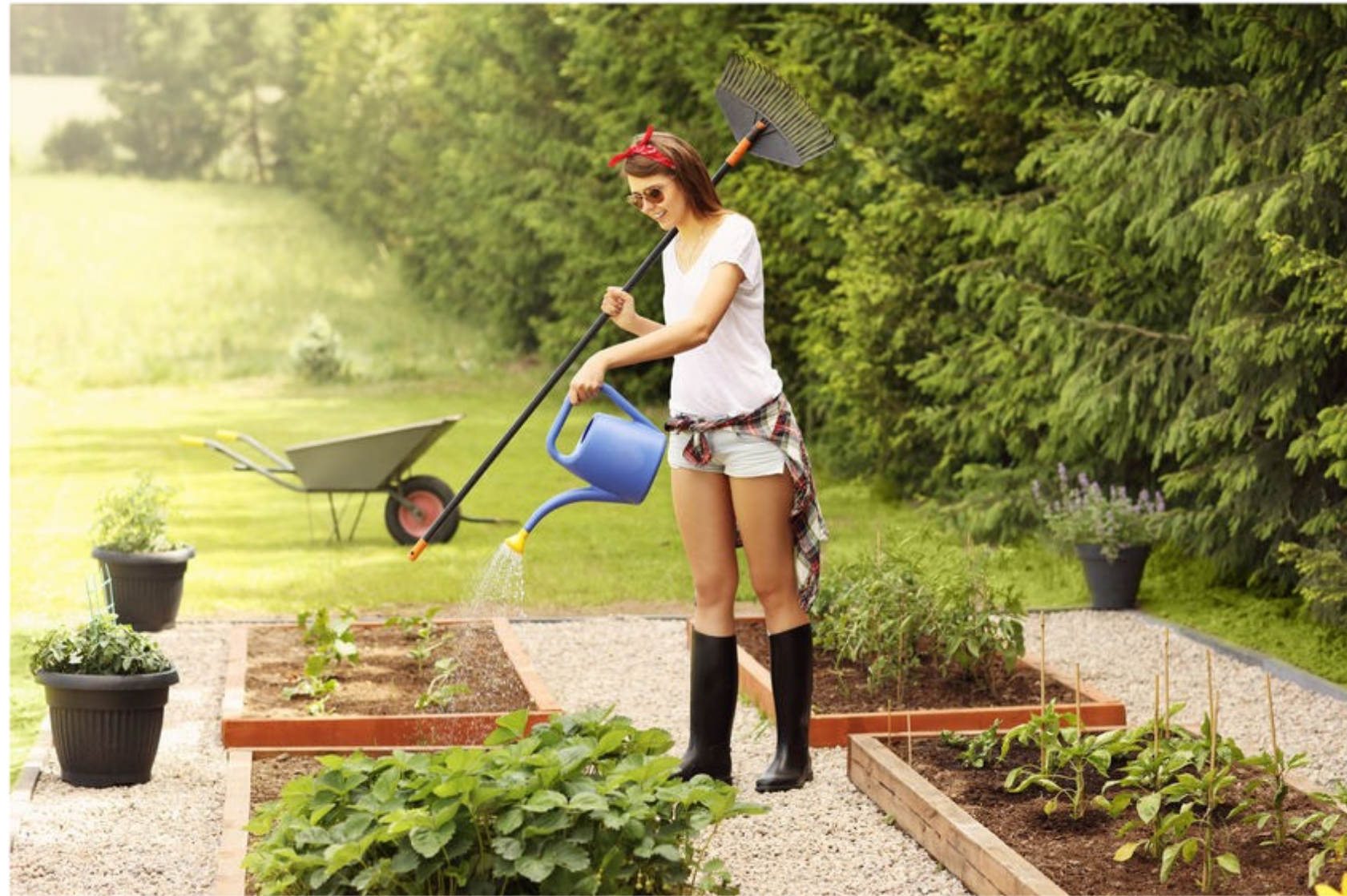
# Quality Matters...



## Herb Farms Are Great... But It's A Very Different Product.



# Grow Yer Own!



## Start Small & Do What You Can.

# Harvesting & Collecting: Timing Matters



**Think Like  
A Plant!**



**Hmmm...**  
**Where Should I Put My  
Energy Today?**





# Leaves In The Spring





# Roots in the Fall



# Flowers At Their Peak



# Harvesting Flowers...



**Harvest late morning or early afternoon  
when flowers are fully expanded.  
Harvest the entire flower, not just petals.**



# Flower Rakes

Great in theory...

Usually not that great  
in practice.  
Just use scissors.





# Harvesting Roots...



**Roots are typically best in the fall or early spring.**



# Biennial Roots...

**Biennial plants have a two-year life cycle.**

**Roots should be gathered in the fall of the first year or early spring of the second year before the plant bolts and flowers.**



*Mullein*



# Harvesting Aerial Parts...





# Harvesting Aerial Parts



**“Aerial parts” are often referred to in herbal books.**

**The aerial parts are any part of an herbaceous plant that is growing above the ground...in other words, the leaves and stems.**

# Harvesting Aerial Parts



**Harvest the top  $\frac{1}{4}$  to  $\frac{1}{3}$  of the plant.**



**Harvesting & Collecting:**

**Location**

**Location**

**Location**

# Harvesting & Collecting Tip:



## Avoid High-Traffic Areas



# Harvesting & Collecting Tip:



## Avoid Agricultural Areas



# Harvesting & Collecting Tip:



**Avoid...Well, You Get The Idea.**



# Harvesting & Collecting Tip: Avoid Getting Dead



Angelica  
(Medicinal)



Cow Parsnip  
(Edible)



Water Hemlock  
(Lethal)



# Harvesting & Collecting Tip: Be Mindful of The Plant's Needs



Barberry



# Harvesting & Collecting Tip:

**Harvest conscientiously and with Intention.  
Be nice to the plants and Reverence the process.**





# Drying Herbs





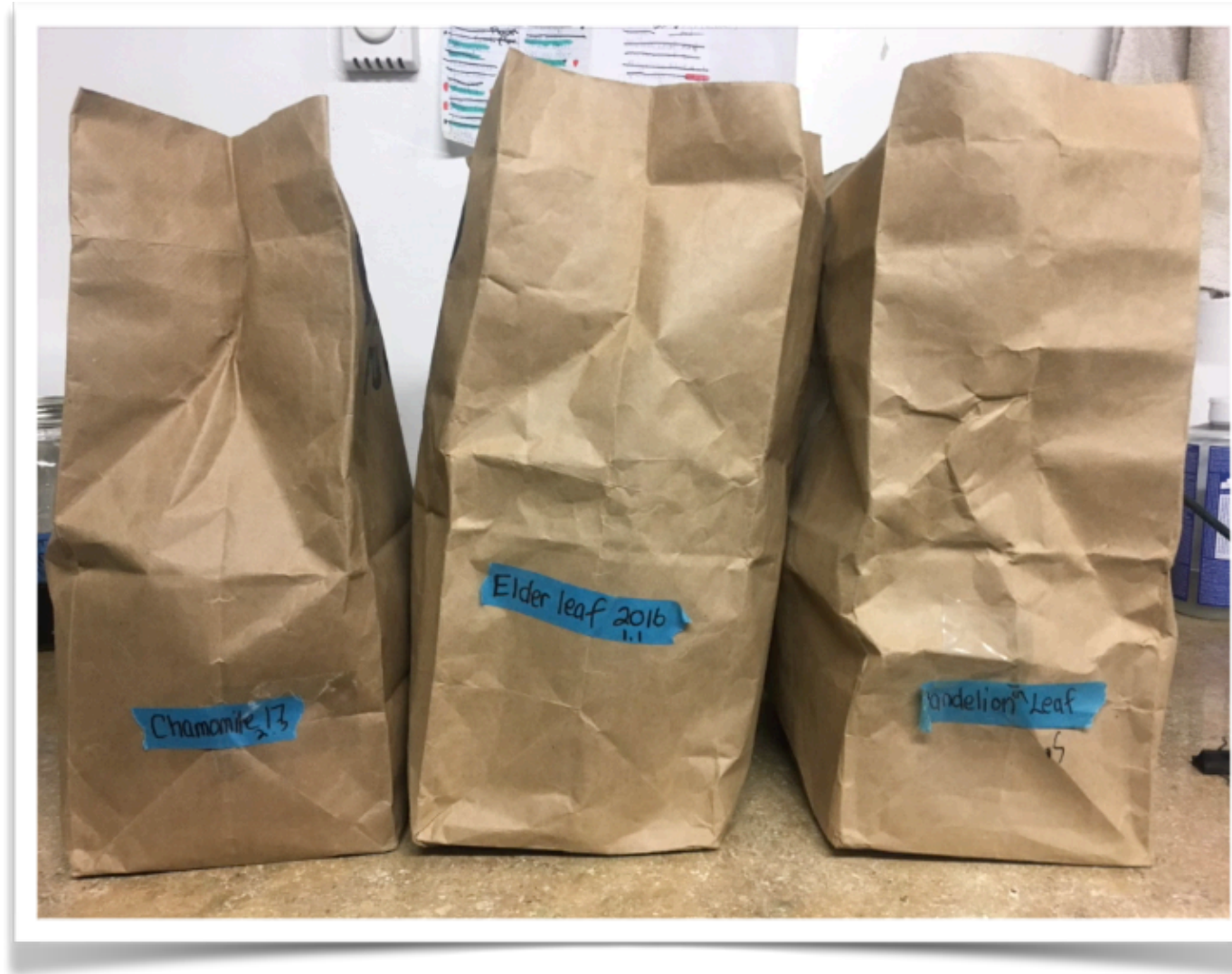
# Drying Herbs

**Clothes pins work too.**

**Never dry herbs in the sun.**



# Drying Herbs



**Brown Paper Bags Work Too.  
Shake Daily.**

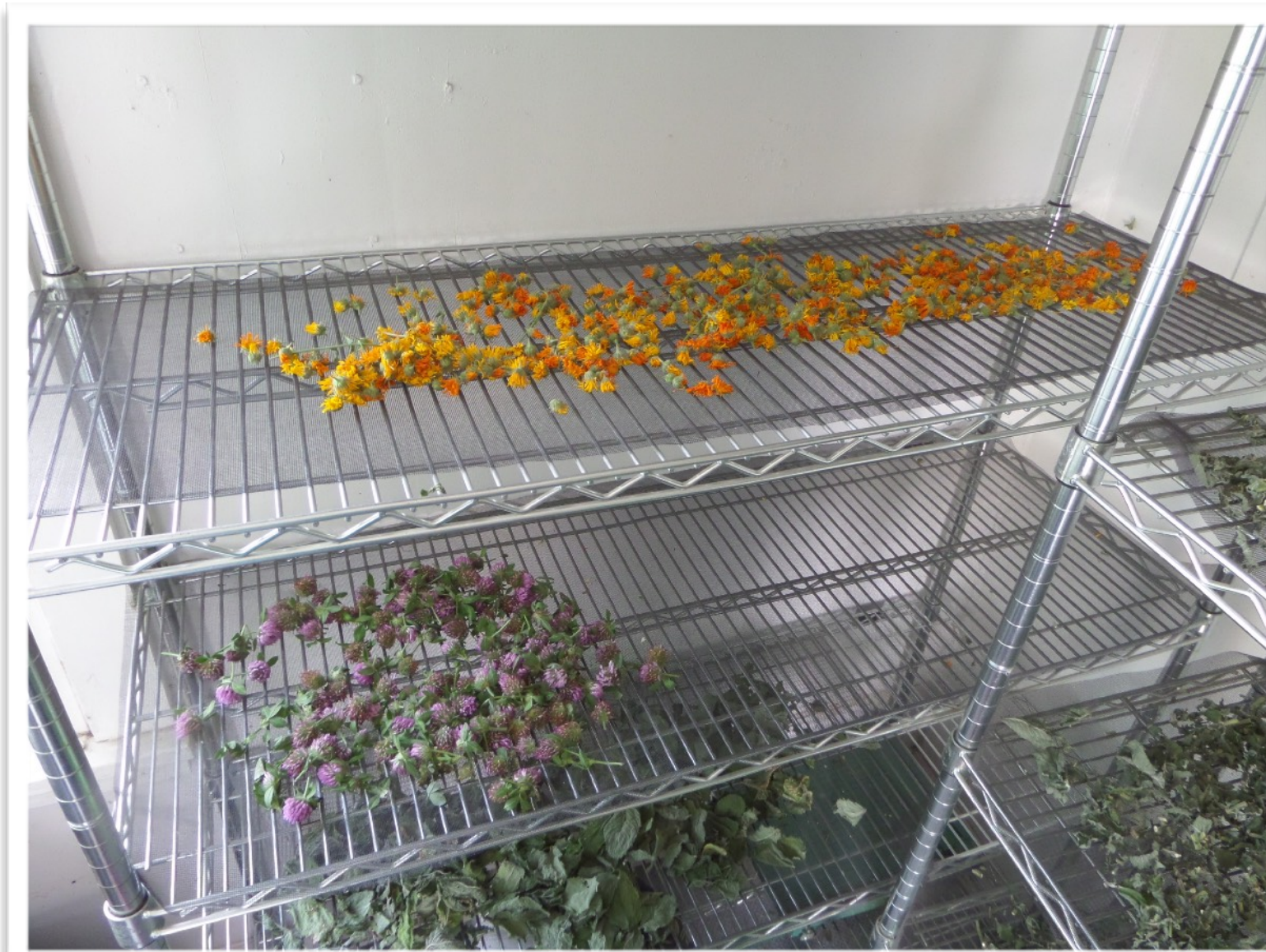


# Drying Herbs



**Food Dehydrators Are OK  
Turn the heat all the way down!**

# Drying Herbs



**Indoor Drying Racks Are Best  
Cover the racks with screen door fabric.**



# Drying Herbs



**Air Flow Is Good.  
Heat Is Bad.**

# Drying Herbs Tip:



**Chopping Herbs  
Facilitates Even Drying.**



# Drying Herbs Tip:



**We Actually Use  
An Old Paper Cutter**

# Drying Herbs Tip:



**Slice Roots Thin  
Or You'll Never Be Able To Grind Them.**



# Grinding Herbs

**Get Yourself a High  
Quality Blender for  
grinding dry herbs.**

**We Use Vita-Mix**



# Storing Dried Herbs

**Powdered herbs you've  
Grown yourself have a  
Shelf life  
Of 1-2 years**

**Glass bottles work well.**



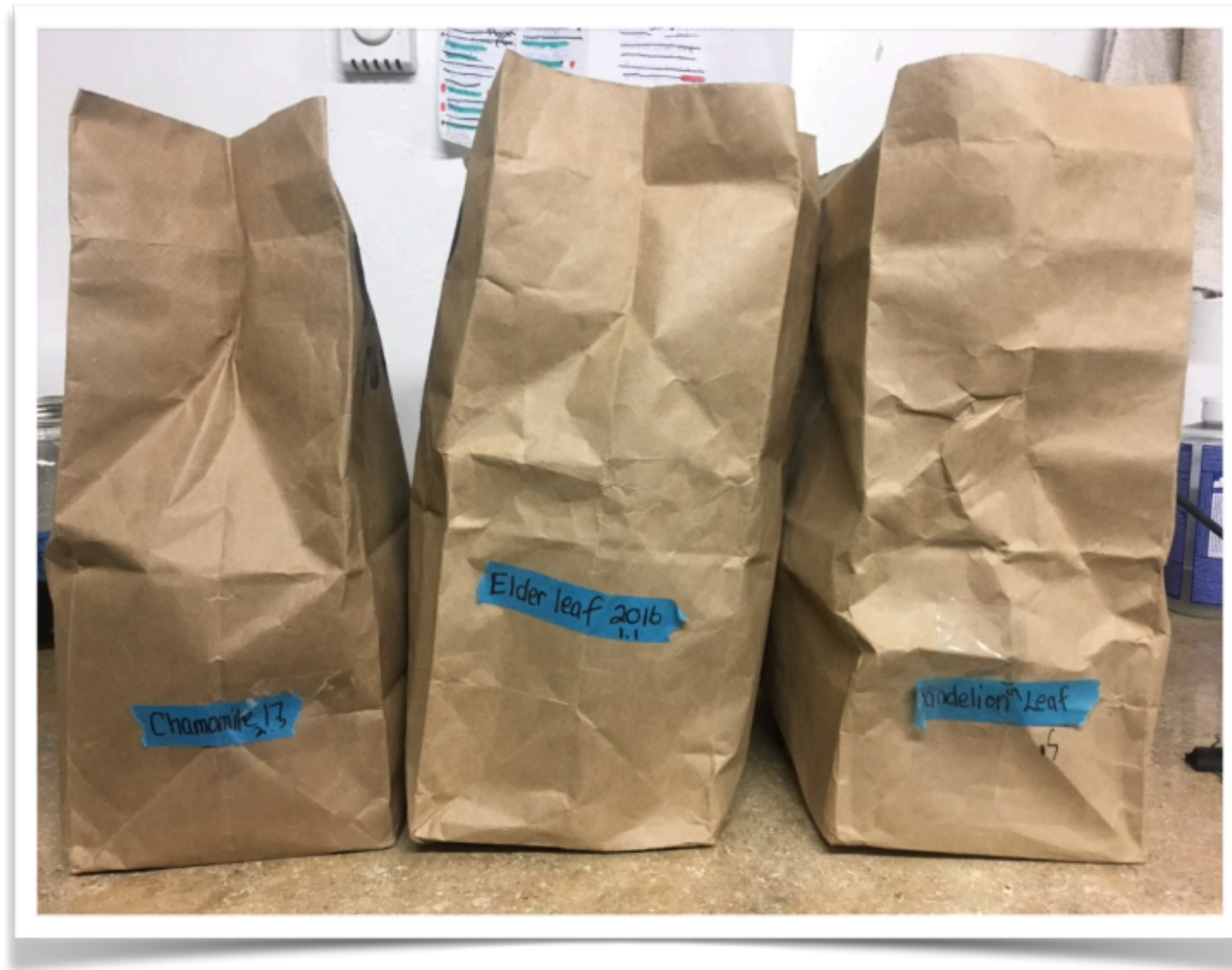


# Storing Dried Herbs



**If you're not going to use them soon, don't  
bother grinding them.  
They'll last longer that way.**

# Storing Dried Herbs



**Brown Paper Bags Work Too.**



# Thanks For Listening!



Dr. Patrick Jones & Carl The Herb Hound  
[HomeGrownHerbalist.net](http://HomeGrownHerbalist.net)



# The HomeGrown Herbalist

*School of Botanical Medicine*



**You Can Be a Clinical Herbalist!**

*Online Course Work, Personal Mentoring,  
Hands-on Workshops & Plant Walks.*

**Dr. Patrick Jones**  
208.410.2381

702 US Hwy 30 E. • Buhl, ID  
doc@HomeGrownHerbalist.net



**www.HomeGrownHerbalist.net**