

MEDICINAL HERB HARVEST CHART

HERB NAME	PART USED	BEST HARVEST WINDOW	DRYING METHOD
Calendula	Flowers	Morning, full bloom	Dehydrator (Low)
Echinacea	Roots	Autumn, year 3+	Sliced, air dry
Lemon Balm	Leaves	Before flowering	Hang dry, shade
Marshmallow	Roots	Late Autumn	Wash, slice, dry
Nettle	Leaves	Early Spring	Paper bag method
Peppermint	Aerials	Just before bloom	Bundled hang dry
St. John's Wort	Buds/Flowers	Summer Solstice	Fresh infusion/Air
Valerian	Roots	Late Autumn, year 2	Thoroughly washed

Note: Ensure positive identification before harvest. Harvest only from clean, unsprayed areas.