



ROOTED TRAVELER CO.

My Herbal Materia Medica

A Personal Herbal Study Journal



PRINTABLE HERB PROFILES • JOURNAL PAGES • STUDY NOTES

A PLACE TO BEGIN

Your Herbal Journal Begins Here

Every herb has a story worth learning, and your materia medica is a place to collect those discoveries.

You don't need to know everything before you begin. Start with one plant, follow your curiosity, and let your knowledge grow through research, observation and experience.



01

Choose an Herb

Begin with a plant you already know or feel curious about. A familiar garden herb, a wild plant or a kitchen staple is a wonderful place to start.



02

Learn & Record

Explore its botanical identity, family, growing characteristics, traditional uses and common preparations. Record what you discover on your Herb Profile.



03

Observe & Explore

Notice the plant's appearance, scent, texture and seasonal changes. Try different preparations and pay attention to how you experience it. Use your Herb Journal and Preparation Record to document your firsthand observations.



04

Return & Grow

Revisit your entries as you learn. Add new observations, refine your notes, and include what you discover over time. Your materia medica will become a personal reference that grows with you, season after season, year after year.



*A materia medica
isn't something you finish.
It's something you grow.*

Print a fresh set of worksheets for each herb you study, and return to your entries as your knowledge grows.



Herb Profile

Research & Reference



COMMON NAME

BOTANICAL NAME

PLANT FAMILY



*Botanical drawing
or specimen photograph*



PLANT PARTS USED



KEY HERBAL ACTIONS



TRADITIONAL USES



COMMON PREPARATIONS



SAFETY & CONSIDERATIONS



SOURCES & REFERENCES



Herb Journal

Observation & Growing Notes



HERB NAME

DATE

SEASON / GROWTH STAGE

GROWING LOCATION

Garden bed, container, indoor, or wild (description of location)

GROWING CONDITIONS	PLANT CHARACTERISTICS
Sunlight	Height / growth habit
Soil type	Leaves
Moisture	Stems
Environment	Flowers
Other notes	Scent
	Texture / other details

SEASONAL OBSERVATIONS

Growth, changes, flowering, harvest timing, and anything notable throughout the seasons.

PERSONAL FIELD NOTES

Observations, experiences, uses, questions, and things to explore further.

Preparation & Experience Record



HERB / BOTANICAL NAME

PREPARATION TYPE

DATE PREPARED

PLANT PART USED

INGREDIENTS & AMOUNTS

METHOD & PROCESS

STORAGE LOCATION

Jar, bottle, cupboard, refrigerator, etc.

FINISHED / STRAINED DATE

OBSERVATIONS & EXPERIENCE

Appearance, aroma, flavour, texture, and personal observations.

WHAT I'D CHANGE NEXT TIME

Adjustments, ideas, and lessons learned.





My Growing Herbal Library

A living index of the herbs you're getting to know.

HERB NAME <i>Common name</i>	BOTANICAL NAME <i>Scientific name</i>	PROFILE COMPLETED	JOURNAL ENTRIES <i># of entries</i>	NOTES TO REVISIT <i>Questions, follow up, next steps</i>
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Keep Growing Your Knowledge

Every herb you study adds another piece to your growing collection. Return to these pages as you learn, experiment, and discover more.

Explore the Rooted Library for more herbal knowledge, or continue building your collection with our complete *Build Your Own Materia Medica* guide.

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