



ROOTED TRAVELER CO.

Seasonal Foraging Field Notes

Observe • Identify • Record • Return



A printable journal for seasonal walks, plant observations,
and thoughtful gathering.

Before You Forage

Go slowly. Look closely. Leave the landscape thriving.



01 A Thoughtful Beginning

Foraging begins with observation. Take time to notice the plants, fungi, habitats, and seasonal changes around you. These field notes are a place to record what you find, ask questions, and return with greater understanding. You don't need to harvest something to make a discovery worthwhile.

02 Before You Head Out

PERMISSION & LOCAL RULES

- ☐ I have permission to access this location and gather where allowed.
- ☐ I've checked local rules, protected areas, and any harvesting restrictions.
- ☐ I know whether the species I may encounter are protected or restricted.

IDENTIFICATION & RESPONSIBLE GATHERING

- ☐ I will confirm identification using reliable references before harvesting.
- ☐ I will avoid roadsides, sprayed areas, and potentially contaminated sites.
- ☐ I will gather only where permitted, taking modest amounts and leaving plenty behind.
- ☐ I will leave anything unidentified or uncertain undisturbed.

03 My Foraging Essentials

- | | |
|--|---|
| ☐ Field notebook & pencil | ☐ Water & weather layers |
| ☐ Identification references | ☐ Suitable gathering container |
| ☐ Phone or camera | ☐ Map or navigation tool |



04 My Foraging Intentions

What would I like to observe or learn on my next walk?





My Foraging Walk

A little record of the places and seasons I explore.

01 Walk Details

DATE: _____

LOCATION / TRAIL: _____

WEATHER: _____

SEASON: _____

APPROXIMATE TIME OF DAY: _____

02 Habitat & Surroundings

What kind of place am I exploring today?

☐ Woodland / Forest

☐ Wetland / Streamside

☐ Garden Edge / Hedgerow

☐ Meadow / Field

☐ Coastal / Shoreline

☐ Other: _____

Notable conditions — shade, moisture, soil, nearby trees, or terrain:

03 Plants & Fungi Observed

Record what you notice, even when identification is uncertain.

PLANT / FUNGUS	WHERE FOUND	IDENTIFYING FEATURES	ID STATUS

04 Seasonal Changes & Field Notes

What is changing in this landscape? New growth, flowering, fruiting, fungi, wildlife activity, moisture, or signs of seasonal transition.



Plant Observation & Identification Notes

A closer look at the details that make each discovery unique.



01 Observation Details

DATE OBSERVED: _____

LOCATION / HABITAT: _____

COMMON OR TENTATIVE NAME: _____

BOTANICAL NAME (IF KNOWN): _____

02 Sketch / Photograph

Draw, attach a photo, or note details.

03 Identifying Features

LEAVES / ARRANGEMENT: _____

STEM / BARK: _____

FLOWERS / FRUITS / SPORES: _____

SCENT / TEXTURE / OTHER: _____

04 Possible Lookalikes

What other species could this be? Which features help distinguish them?

05 Identification Sources

Field guides, references, or expert input.

06 Questions to Research

What still needs to be verified?



Recording or identifying a plant or fungus does not confirm that it is safe to eat or use.

Harvest & Preparation Record

From the wild landscape to the things we make and keep.



01 Harvest Details

HARVEST DATE: _____ CONFIRMED PLANT / FUNGUS NAME: _____

PART GATHERED: _____ AMOUNT GATHERED: _____

HARVEST LOCATION: _____ IDENTIFICATION CONFIRMED BY: _____

☐ Identification and suitability for intended use verified before harvesting or preparation.

02 Harvest Conditions

Weather, plant condition, abundance, and any observations worth remembering.

03 Preparation Method

☐ Dried

☐ Infusion / Tea

☐ Oil / Salve

☐ Frozen

☐ Tincture

☐ Other: _____

PREPARATION NOTES

Method, ingredients, proportions, timing, or steps to remember.

04 Storage & Follow-Up

DATE PREPARED / STORED: _____ STORAGE LOCATION: _____

CONTAINER / BATCH LABEL: _____ CHECK / REVIEW DATE: _____

05 Notes for Next Time

What would I repeat, change, or remember about this harvest?



Seasonal Reflections & Return Visits

Every season reveals something new to those who return.



SEASON / YEAR: _____

LOCATION / HABITAT: _____

01 What I Noticed This Season

Plants and fungi observed, seasonal changes, patterns, and memorable discoveries.

02 What I'd Like to Learn

Species to research, identification questions, habitats to explore, or skills to develop.

03 Places I'd Like to Revisit

Where should I return, when, and what would I like to look for?

LOCATION / HABITAT	WHEN TO RETURN	WHAT TO OBSERVE

04 My Next Foraging Goal

One thing I'd like to observe, practise, or discover on my next walk.



The landscape is never quite the same twice. There is always something worth returning for.

