

Herbal Sustainability Questions

1 Plant part?



Aerial parts
(plant regenerates)

— VS —



Roots / whole plant
(kills plant)

2 Growing time?



E.g. Turmeric
(less than 1 year)

— VS —



American ginseng
(10+ years)

3 Habitat?



Cultivated

— VS —

Wildcrafted

4 Abundance? Availability?



Grows anywhere/ weeds
(e.g. nettle, cleavers, dandelion)

— VS —

Specific environment
(e.g. rhodiola)

5 Life cycle?



Post harvest recovery
(e.g. barks)

Can plants regrow following harvest?

How many harvests per year?

6 Equity?



Care for individuals and communities

Fair wages and work conditions

7 Environmental protection?



Preserving ecosystems / replenishing the soil and the earth

— VS —

Deforestation / exploiting the world's resources

8 Preservation?



Are we preserving living cultures?

— VS —

Reducing access of traditional cultures to their traditional medicines?

9 Medicine miles?



Grown locally?

10 Checklist



Before you buy, ask...

- Where is this species / herb / product grown?
- How was the herb sourced – was it cultivated (from a farm) or was it wild harvested?
- If cultivated, is the herb **Certified Organic** and / or **Fair trade**?
If wild harvested, is the herb **Fair Wild certified**?
- If not, do you have any information about where it was harvested and under what conditions it was harvested? Can you provide any information to show that wild populations are being harvested sustainably and cared for?
- Has this herb been tested for quality standards?

Find further information here:

Herbal Reality
www.herbalreality.com

Sustainable Herbs Program
www.sustainableherbsprogram.org

Fair Wild Program
www.fairwild.org

