



### Spring Herbal Harvest Checklist (South Central PA specific)

Here's a checklist to help you prioritize early spring herbs without becoming overwhelmed – Happy Harvesting!

#### Harvest FIRST (Short Window)

- Chickweed (*Stellaria media*)
- Cleavers (*Galium aparine*)
- Violet flowers & leaves (*Viola* spp.)

#### Harvest NEXT (Still Early Stage)

- Dandelion leaves (*Taraxacum officinale*)
- Plantain young leaves (*Plantago* spp.)
- Nettle tops (*Urtica dioica*)

#### Optional / As Time Allows

- Wild garlic / onion
- Henbit
- Purple dead nettle

#### Quick Harvest Notes

- Harvest young, tender growth
- Avoid polluted or sprayed areas
- Use fresh when possible
- Dry or tincture only what you will realistically use
- Label and date everything
- Wear gloves and protective clothing when harvesting nettles

