

Stay safe and respectful!

- Be alert and aware of what is going on around you.
- Don't trespass, and make sure you're not invading other people's personal spaces.
- Be careful what you touch, and don't eat anything you find unless you're with a professional forager.
- Be aware of how you interact with other living creatures. Assess if interacting with them can be dangerous or disturbing to you or them.
- For plants that you know are safe to touch:
 - Don't pick it if there is only one of them.
 - Take only what you need.
 - Leave enough for others and for plants to reproduce.
 - Show gratitude for what you have foraged.

Here is an [ethics video](#) by Alexis Nikole Nelsons, aka The Black Forager, talking about some of her principles while foraging and being in nature.