



Herb  
Journal  
2025



# Happy Journaling!

Creating an herb journal is an excellent way to track the growth, harvesting, and uses of your medicinal herbs. Record planting dates, growth patterns, harvest times, and any observations about the plants' health or yield. Note how you've used each herb and the results you've experienced. This journal will become an invaluable resource as you continue to develop your herbal knowledge and practice.







- Harvesting medicinal herbs at the right time and in the proper manner is crucial to preserve their therapeutic properties.
- For most leafy herbs, the best time to harvest is just before they flower, when their essential oil content is at its peak.
- Harvest in the morning after the dew has dried but before the heat of the day sets in.
- For flowers, harvest when they're in full bloom, and for roots, harvest in the fall after the plant's energy has moved into its root system.





- Write down the date you planted each type of plant
- Write down the expected germination date for each type of plant
- Write down the expected harvest date for each type of plant
- Track any changes to your planting schedule, such as delays or early plantings



# 2025 Calendar

## JANUARY

S	M	T	W	T	F	S
		1	2	3	4	
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## FEBRUARY

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

## MARCH

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## APRIL

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## MAY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

## JUNE

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## JULY

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## AUGUST

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## SEPTEMBER

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

## OCTOBER

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## NOVEMBER

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

## DECEMBER

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



January

February

March

April

May

June

Notes



July

August

September

October

November

December

Notes













- Researching safe and effective ways to use your herbs is crucial.
- Start with reputable herbal resources to learn about the properties and traditional uses of each herb.
- Remember that while herbs can be powerful allies for health, they can also interact with medications or have side effects.
- Always consult with a qualified herbalist or healthcare professional before using herbs medicinally, especially if you have existing health conditions or are pregnant.







# Harvest Log

- Write down the date and amount of each harvest
- Keep track of which plants produced the most yield
- Note any issues or problems encountered during the harvest







- Reflect on your gardening season
- Write down your successes and failures
- Evaluate your garden layout and planting schedule
- Make notes on any changes you want to make for the following season









