



Heartwood Plant Tasting Notes

Name:

Date:

Plant:

Method of preparation: (for example – infusion, tincture or decoction)

Set yourself up with your plant, the drawing sheet and this tasting sheet, some writing equipment, and make yourself really comfortable. Close your eyes and notice your breath. Acknowledge your senses (ear, eyes, nose, mouth, skin). Now build some anticipation and open-hearted excitement – you are about to meet a living being for the first time.... What do you notice about them (i.e. the herb)?

1a) Smell (put words that you think of when smelling this herb e.g. strong, delicate, spicy, sweet, like perfume... etc)

1b) Taste (words for the actual tastes you experience e.g. spicy, dry, soft, thin, syrupy, bitter, aromatic, like soup, like malt, etc....)

2) Where (in your body) is it going? (what parts of your body are you noticing)

3) How is it getting there? (Does this herb feel fast, slow, solid, like vapour, vibrating or sinking or rising, swelling, sinking etc.)

4) What is it doing? (how does tasting this plant feel? how does it seem to be interacting with you so far? E.g. energizing, soothing, moving, warming etc.

5) What kind of person would this plant be? (thinking about your experience so far – what would this plant be like if it was a person – just be playful and see what pops up in your mind – write it down!)

6) Who might benefit from taking this plant? (Again, just ask yourself this question gently and see what ideas pop up in your body-mind)

Use this figure to add colour and drawings to help express your findings.

