WITCHWARD RISING

THE BOTANICAL STUDY

# Botanical Claims & Sources Workbook

A HISTORY, RESEARCH AND SAFETY WORKBOOK




Basil herbarium sheet, Auckland Museum, accession AK94939.
Photo: Auckland Museum · CC BY 4.0

*Follow the claim back to something you can actually check.*

BOTANICAL FOUNDATIONS / B-14 · B-15 · B-16

KNOW THE PLANT BEFORE YOU USE THE PLANT

# Use this resource

Start with one claim, then choose the type of source that can answer your question. A historical text, an identification record, a laboratory study, and a human trial are evidence about different things. Record what you actually accessed. Preserve the original wording, the material examined, and the limits of the source before writing a conclusion.

The safety page is a bounded source profile, not a personal treatment plan. Do not test safety by consuming or applying a plant. Keep documented hazards, preliminary concerns, and missing evidence distinguishable. Use the source trail to strengthen an explanation rather than to assemble a list of benefits.

Print only what you need. The photographic cover is optional; all working pages use white backgrounds. Print at actual size on US Letter paper. Repeat a selected form for a new plant, batch, visit, or source. Color is not needed to use the records.

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# A plant name traveled through time. Did its meaning?

Locate a primary passage or an identified scholarly discussion. Record the edition and exact location before assigning a modern plant name. Do not carry out a historical preparation. Unresolved identity belongs in the record, not beneath a confident modern label.

Claim / source-record code

People / place / period represented

Author / title / language

Edition / translator / page or folio

**Plant name exactly as the source gives it**

**Proposed modern identity—and the evidence supporting it**

**Whose account is this? Whose perspective may be missing?**

For living knowledge, record attribution and any permission or sharing restrictions.

**What this establishes about history / what it leaves unresolved**

READ WITH: B-14: A claim with a source trail | REFERENCES: 2, 3

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# Do the old name and modern species really match?

Copy the plant name from the historical passage before assigning a modern identity. Record the edition, translation, and exact page or folio. If a modern author proposes an identification, preserve that attribution and the evidence offered rather than turning the proposal into a certainty.

Historical name / passage location

Edition / date / translator / source code

**Description, illustration, locality, or other evidence in the source**

**Modern identification proposed by whom / where / on what basis**

**Other candidates or reasons identity remains unresolved**

**The historical statement I can responsibly make now**

READ WITH: B-14 | REFERENCES: 3, 4

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# Whose knowledge am I recording?

Name the person or community represented by a source, and distinguish an insider account from an outsider’s description. For living knowledge, record the stated permissions, attribution, and sharing limits. A worksheet cannot supply consent that has not been given.

Source / people / place / context

Author, speaker, translator, or intermediary

**Whose perspective is present / whose may be missing**

**Attribution requested / permissions or restrictions stated**

**What I may record or share, and what I should keep out**

For a published source, note its reuse conditions. Do not seek private or restricted knowledge merely to complete a form.

**My remaining ethical question / next appropriate source**

READ WITH: B-14 | REFERENCES: 2

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# Where did the claim change?

Save the wording that caught your attention. Follow its references toward the original study or an appropriate primary source. Record the material, setting, and outcome at each step. A confident headline can grow from a much narrower finding.

Original public claim / date saved

My precise research question

| Source / location | Claim or faithful paraphrase | Material, setting, outcome, and missing context |
|---|---|---|
| | | |
| | | |
| | | |

**What I actually accessed**

Full text / abstract / excerpt / someone else’s account. Include URL or DOI and page or section.

**The defensible three-sentence conclusion**

What was examined; what was found, with uncertainty; what is not established.

> Keep observations, historical records, laboratory findings, and human outcomes distinct. An inaccessible paper is a limitation to record, not an invitation to fill in its methods.

READ WITH: B-15: One claim, one defensible conclusion | REFERENCES: 5

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# Read the material and methods before the headline.

Create one card for one source. Record the design, botanical material, population or model, comparator, and outcome actually examined. A comparator is what the tested condition is compared with. Mark a missing detail as not reported in the text you accessed.

Source code / full citation / DOI or URL

Access used: full text, abstract, or excerpt

Species / identity method / plant part

Preparation / extraction / composition stated

Population or model / study design

Comparator / outcome / observation period

**Main finding and uncertainty, in the source’s terms**

**Limits on applying this finding to another material or setting**

**The next source or missing method detail that matters most**

READ WITH: B-15 | REFERENCES: 5, 6, 7

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# Keep an access and search record.

Write a search another person could repeat. Keep the database, search terms, filters, date, and naming synonyms used. An abstract is a short research summary; it may omit methods or results needed for a complete appraisal. Do not fill those gaps from someone else’s confident retelling.

Question / accepted name and synonyms searched

Database or catalog / date / filters

**Exact search wording / combinations used**

| Source found | What I accessed / location saved | Relevant result or reason excluded |
|---|---|---|
| | | |
| | | |
| | | |
| | | |

**Important source still inaccessible / what remains unknown**

**Corrections, retractions, or later versions checked / date**

READ WITH: B-15 | REFERENCES: 8, 5

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# A safety profile with its boundaries visible.

Research a named botanical using an authoritative safety source or monograph. Match the plant part and preparation addressed. This is a source-based learning record; do not test safety on yourself or another person.

Species / synonyms / plant part

Preparation / route addressed by the source

Source / date / page or section

Population or model / scope

| Documented hazard or interaction | Theoretical or preliminary concern | Not studied / information missing |
|---|---|---|
| | | |
| | | |
| | | |

**Quality or material differences that limit this profile**

**Where sources disagree—and what could explain the difference**

**A responsible teaching response to a personal-treatment question**

Explain the relevant evidence and safety questions; refer individual treatment decisions to a qualified clinician.

> Missing safety information does not demonstrate safety. A species-level summary may not resolve the risks of a particular product or person’s situation.

READ WITH: B-16: Build a bounded safety profile | REFERENCES: 7, 6

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# Let the disagreement remain visible.

Compare sources without forcing them into agreement. Check whether they concern the same species, part, preparation, population, outcome, and date. A difference in scope can explain an apparent contradiction; some disagreements remain unresolved.

Claim / question under review

Source A / Source B / dates

| Detail to compare | Source A | Source B |
|---|---|---|
| Identity / part | | |
| Preparation / material | | |
| Population or model | | |
| Outcome / question | | |
| Finding / uncertainty | | |
| Limits / access used | | |

**A plausible explanation for the difference**

**Current conclusion / what would resolve the uncertainty**

READ WITH: B-15 · B-16 | REFERENCES: 5, 7

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# A reference another reader can find.

Use one page per important source, repeating it as needed. Record enough information to locate the exact edition, passage, or study. A homepage link alone may not lead another reader to the evidence for your claim.

Source code / source type

Author or institution / publication date

**Full title / edition / journal or collection details**

**DOI or full URL / date accessed / exact page or section**

**The claim this source supports—and the limit on that support**

**My paraphrase / any short quotation clearly marked as a quotation**

READ WITH: B-14 · B-15 | REFERENCES: 5, 2

# References & photograph credit

Numbers match the reference notes on working pages. These original Witchward Rising forms draw on the lessons and the sources below. Online records checked November 4, 2026.

[1] Witchward Rising. Botanical Foundations: The complete 17-lesson collection. November 2026 edition. Companion lessons: B-14 · B-15 · B-16.
https://witchwardrising.org/study/botanical-study/botanical-foundations

[2] International Society of Ethnobiology. Code of Ethics. 2006, with 2008 additions. Principles and Practical Guidelines.
https://www.ethnobiology.net/what-we-do/core-programs/ise-ethics-program/code-of-ethics/code-in-english/

[3] International Plant Names Index. About the index. Royal Botanic Gardens, Kew, Harvard University Herbaria and Australian National Herbarium.
https://www.ipni.org/about

[4] International Association for Plant Taxonomy. International Code of Nomenclature for algae, fungi, and plants: Madrid Code. 2025. About the Code.
https://www.iaptglobal.org/icn

[5] Schünemann HJ, Vist GE, Higgins JPT, Santesso N, Deeks JJ, Glasziou P, Akl EA, Guyatt GH. Chapter 15: Interpreting results and drawing conclusions. In: Cochrane Handbook. Version 6.5. Cochrane; 2024. Sections 15.2-15.3.
https://www.cochrane.org/authors/handbooks-and-manuals/handbook/current/chapter-15

[6] U.S. Food and Drug Administration. Small Entity Compliance Guide: Current Good Manufacturing Practice in Manufacturing, Packaging, Labeling, or Holding Operations for Dietary Supplements. 2010. Sections VIII and XII.
https://www.fda.gov/regulatory-information/search-fda-guidance-documents/small-entity-compliance-guide-current-good-manufacturing-practice-manufacturing-packaging-labeling

[7] National Center for Complementary and Integrative Health. Using Dietary Supplements Wisely. Sections on safety, product variation and interactions.
https://www.nccih.nih.gov/health/using-dietary-supplements-wisely

[8] National Library of Medicine. PubMed User Guide. Updated September 30, 2026. Sections: Combining search terms; Wildcards and truncation; Errata, retractions, and expressions of concern.
https://pubmed.ncbi.nlm.nih.gov/help/

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