WITCHWARD RISING

THE BOTANICAL STUDY

The Herb Jar Dossier

A BOTANICAL MATERIALS WORKBOOK



Museum herb jars, Boscastle, Cornwall.
Photo: Ethan Doyle White · CC BY-SA 4.0

A label starts the investigation. It does not finish it.

BOTANICAL FOUNDATIONS / B-02 · B-13

KNOW THE PLANT BEFORE YOU USE THE PLANT

Use this resource

Start with one jar or package you already own. Keep its packaging, label, photographs, and source records together. Give the material a sample code; give each reference a separate source code. Copy a claim before interpreting it, and use ‘not stated’ or ‘not established’ when that is the honest entry. A well-kept unknown is more useful than a tidy guess.

Use the comparison and extraction pages with B-02 and B-13. The extraction record supports the lesson’s tea demonstration; it does not supply a medicinal preparation. Keep experimental samples separate from material you use.

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.

Your pages

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Label & lot passport

Choose one packaged botanical. Record the actual label wording first, including any older scientific name. Keep a photograph of the whole package. Provenance means the documented origin and history of the material; a supplier’s statement and your own observation are different entries.

Sample code / date recorded

Product name copied exactly

Scientific name on label / plant part

Whole, cut, powdered, or other stated form

Supplier / brand / purchase source

Lot or batch number / stated origin

Harvest, packing, best-before, or other dates, as labeled

Package photograph IDs / place records are kept

What the supplier states about the material

Include cultivated or wild-collected origin only if documented. Mark information that was not supplied.

What remains unverified about this actual material

READ WITH: B-02 | REFERENCES: 2, 3

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Two jars. Four kinds of evidence.

Choose two packaged botanicals you already own. Copy the wording before interpreting it. Observe through the container if opening would create dust or another exposure concern. Keep investigation samples separate from anything you use.

Jar A / sample code

Jar B / sample code

Evidence category	Jar A	Jar B

> Use one row each for: label claim; direct observation; external reference; still unknown. An accurate species description does not authenticate the contents of your jar.

The strongest conclusion I can support

Give the observation or source that supports it.

One question I would ask the supplier

Drafting the question is enough; no purchase or contact is required.

READ WITH: B-02: Two jars, four columns | REFERENCES: 2, 3

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Photograph the evidence you will need later.

Photograph the packaging and visible material without creating dust or unnecessary exposure. Use your own photographs or images you have permission to reproduce. A scale records size; consistent lighting makes later visual comparisons easier to interpret.

Sample code / photograph session

Camera or phone / lighting / scale used

Photo ID	View / feature shown	Date / file location / limit
Whole package		
Label close-up		
Lot and dates		
Material through container		
Size or structure detail		

What these images let another person check

What a photograph cannot establish about this sample

For example, do not infer full chemical composition or freedom from contaminants from appearance alone.

READ WITH: B-02 | REFERENCES: 2, 6

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Follow the material through the claim.

Compare a product or plant material with the material described in a source. Similar names are a starting point. Check what was actually examined before carrying a conclusion across to another form.

Detail	My material	Material in the source

> Use rows for species; plant part; fresh/dried state; whole/cut/powdered form; preparation or extraction method; relevant quality or composition information.

Where the materials match

Where they differ, or where information is missing

A conclusion this comparison does not justify

For the B-13 extraction exercise, a color difference is an observation—not a measurement of clinical benefit.

READ WITH: B-13: material differences and extraction limits | REFERENCES: 4, 5

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A record of material transfer.

Use two identical commercially packaged plain black-tea bags from the same package, equal measured water volumes, and two heat-safe cups. Compare water temperatures at the same contact times; if hot water is unsuitable, compare two room-temperature samples at different contact times. Do not drink the experimental samples.

Question / prediction before starting

Tea package / lot / sample codes

Water volume / units / cup description

Variable changed / factors held the same

Time / interval	Sample A: condition and observation	Sample B: condition and observation

Photographs, actual temperatures if measured, and interruptions

Keep lighting consistent for color comparisons. Handle hot water carefully.

Conclusion and two limits

Color alone does not measure total extraction, identify all dissolved compounds, establish clinical benefit, or validate storage. Do not heat alcohol or conduct an oil-preservation experiment.

READ WITH: B-13 | REFERENCES: 4

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Ask a question the records can answer.

Draft clear questions using the information you already have. You do not need to buy anything or contact a supplier to complete this page. If you receive a reply later, keep its date and wording rather than rewriting it as an independent finding.

Material / supplier / record code

Information already supplied

Question 1: identity or plant part

What exactly is absent or ambiguous?

Question 2: origin, processing, or batch documentation

Reply or document received / date / exact source

Leave blank until a reply exists. Distinguish a supplier’s assertion from a test report you have actually examined.

What the reply resolves—and what it does not

READ WITH: B-02 | REFERENCES: 2, 3

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Keep the gap visible.

Use this page when labels, observations, or sources disagree. Record the discrepancy without trying to make the records match by assumption. A species description, a product label, and a laboratory report may address different questions.

Sample / linked source IDs

Date reviewed

Statement or observation	Where it came from	Conflict, missing detail, or next check

Current supported conclusion

What would justify revising that conclusion?

Name the missing observation, document, or appropriately matched test—not merely a more confident opinion.

READ WITH: B-02 · B-13 | REFERENCES: 2, 7

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-02 · B-13.
https://witchwardrising.org/study/botanical-study/botanical-foundations

[2] 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

[3] European Medicines Agency, Committee on Herbal Medicinal Products. Guideline on Good Agricultural and Collection Practice (GACP) for starting materials of herbal origin. Final, Revision 1. EMA/HMPC/246816/2005 Rev. 1; July 9, 2025. Sections 7, 10-14.
https://www.ema.europa.eu/system/files/documents/scientific-guideline/hmpc-guideline-gacp-may-2025_en.pdf

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https://link.springer.com/article/10.1186/s13020-018-0177-x

[5] 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

[6] University of Florida Herbarium (FLAS), Florida Museum of Natural History. Preparation of Plant Specimens for Deposit as Herbarium Vouchers. Section: Introduction.
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[7] 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.
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