

Your First Seasonal Field Note

A starting sheet for Seasonal Living and European Folk Medicine: Tradition and Physiology.
Observe a familiar place or read a historical source; no collecting or remedy-making is needed.

- Write the date, place and conditions.
- Describe what you directly observed.
- If using a memory or document, identify its source.
- Mark uncertainty instead of supplying a missing detail.
- Keep cultural meaning separate from a health claim.

Date, place and observation

Source or remembered account, if relevant

Three labels that keep a record honest

Ask permission before recording or sharing someone's story. Do not taste or gather unknown plants or fungi. Historical remedies are material for study, not instructions supplied by this field note.

Label	Use it when
Observed	You directly saw or heard the event
Reported	A person or document describes it
My adaptation	You created a contemporary activity inspired by it

What I do not know

One question for a source or a future observation

The full European Seasonal Traditions Fieldbook adds twelve distinct monthly observation and source prompts. Visit avonoria.com for availability.

Source article: Seasonal Living and European Folk Medicine: Tradition and Physiology

General education for adults; not diagnosis or treatment. No therapeutic outcome is promised.