

Time Codes: Video Lesson 2 – Harvesting and Processing Roots

0:00

Part I: Harvesting and Digging Roots

0:00 - 6:20

When to harvest roots: Spring vs. Fall

6:20

Conscious and sustainable harvesting methods for roots (wildcrafting vrs. cultivation)

7:50

Proper identification

8:25

About burdock root - *Arctium lappa*

11:20

Digging the roots (burdock)

15:48

Digging ashwagandha - *Withania somnifera*

18:10

Part II: Processing Roots - Washing

20:33

Part III: Processing Roots - Cutting and Preparing to Use, Dry or Store

26:30

How to Dry Roots