

STEP 2

**PRACTICING THE HONORABLE HARVEST**

<b>GUIDELINE</b>	<b>INSTRUCTION</b>	<b>FOUNDATIONAL PRINCIPLE</b>
<i>RECIPROCITY</i>	give a gift in return for what you have taken	the earth gives food; give service & care in return
<i>RESTRAINT</i>	never take first, never take the last	never take more than half to ensure plants can share again
<i>NECESSITY</i>	take only what you need	avoid consumption driven by greed
<i>STEWARDSHIP</i>	harvest in a way that minimizes harm	sustain the ones you sustain you (& the earth will last forever)