My exposure timeline

Use one sheet per period you remember. Estimates are OK. Save a blank copy. Write on it privately or print it.

When and where?

Approximate years or season, town or state, farm or nursery.

What was happening?

Work tasks or nearby activity you remember.

What product do I remember?

Brand, label or description. “Unknown” is a useful answer.

What do I want to check?

A date, a record to look for, or a question for my next visit.

Keep your completed sheet off social media.