

INSTRUCTIONS FOR PICKING

Always pick only ripe berries! The taste of unripe or only partly ripe berries is not mature enough. Furthermore, they do not loosen from the shrubs properly, but may break. Lingonberry, for example, is ripe enough only some two weeks after the colour of the berries has turned red. Blueberry also loosens when picked with a berry-picking scoop only some two weeks after the colour of the berries has turned blue.

Pick berries only in dry weather. Do not pick berries nearby roads or polluting industrial plants.

The best container for berries is a plastic bucket or box. The container must be clean. Never pick berries into plastic bags or sacks. Always try to bring the berries to the buyer the same day they are picked. If you have to keep the berries until the following day, keep them in a cool place. Avoid pouring the berries from one container into another, as they break easily. The container should be covered for example with a plastic cover or a cloth so that no dirt gets into the berries during the transportation. Make sure to transport the berries in such a container that no unfamiliar smells get into them (for example petrol smell).

EQUIPMENT USED IN PICKING

Berries to be sold are usually collected with berry-picking scoops. They are sold in grocery shops, hardware stores and sometimes at market places. Prices usually vary from 10-20 €.



Berries are usually sold uncleaned. Some buyers also buy cleaned berries. Cleaned berries have their own quality classification standards which are available from buyers.

Berries are bought by plants that refine them, resellers, buyers in grocery shops, market places and resting places along roads. Many 4H associations also supply nature products to industries using them. Find the buyers' contact information on Arctic Flavours website: www.arctic-flavours.fi

ACCOMMODATION FOR NATURE FRIENDS IN FINLAND

In Finland, camping sites, youth hostels and cottages of The Finnish Forest and Park Service provide favourable accommodation. You are allowed to camp out in the Finnish nature without the landowner's permission as long as the tent is not erected too close to privately owned houses and the environment is not harmed by making noise or littering. Camping sites charge a camping fee of some 5-20 euros per tent. Camping sites also provide their guests washing and cooking facilities and toilettes. Especially if you are travelling in a group, it is a good idea to rent a cottage at a camping site. The cottage prices vary around 20 euros and up per night. The most favourable cottages are rented without linen, so you may have to bring your own. You can also rent them separately when you rent the cottage.

You can find Finnish camping sites on the Internet by using the search words "camping sites" on Finnish websites (.fi). There are cottages to be rented in Finland's forests meant for recreational use. For more detailed information, please turn to your travel agency. The website of Finnish Youth Hostel Association can be found in: www.srmnet.org

The map of Finland (1:750.000), hotels and motels, spas and guest houses, youth hostels, bed and breakfast and holiday villages, cottages and time-share flats can be found in: www.matkailu.com

Here you can also find caravan and camping sites, contact information and prices of lodging houses along with their seasons, room and cottage equipment and other services, and reservation possibilities to all lodging houses that have fax machines. In the Finnish countryside, in addition to B&B accommodation you can also rent rooms from private persons. For further information, please turn to your resort's travel info.

Before coming to Finland or while here, you can find information in English about wild berries' harvests and ripening periods on Arctic Flavours website: www.arctic-flavours.fi In Finnish, information can also be obtained from: www.metla.fi/ajankohtaista Click "Marja- ja sienisadot" to find harvest estimates starting from each year's June.



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INSTRUCTIONS for berry pickers



● Lingonberry ● Bilberry ● Cloudberry ● Crowberry



Finland provides excellent chances for picking wild berries

Every year, some 500 million kilos of berries ripen in Finland's light forests, only a few per cent of which is currently picked. Berries are bought and sold by Finnish food manufacturers and markets. The commercially most significant types of berries are lingonberry, blueberry and cloudberry. Crowberry, cranberry and rowanberry also have commercial significance.

The harvest and their prices vary both annually and locally. Everyman's right allows also foreign pickers to move freely in the forests without the landowner's permission. Picking berries in the immediate vicinity of houses is, however, prohibited. Furthermore, you cannot do anything in nature to cause harm to the landowner. Breaking tree branches and twigs is prohibited.

BERRIES THAT CAN BE PICKED FOR SELLING

Lingonberry *Vaccinium vitis-idaea*

The most significant commercial berry in Finland. Lingonberry is common in all Finland. The best harvest is reaped in light heath forests. Thanks to its late bloom, the harvest is usually at least fairly good, as the flowers are not too exposed to spring frost. The ripe dark red berries (5-8 mm) form tight clusters at the top of the sprout. The suitable time for picking is from the end of August until the beginning of October.



Lingonberry

Blueberry *Vaccinium myrtillus*

Common in all Finland. Grows in shady places, needs more dampness than lingonberry. The annual variation in harvest is great due to the early summer frosts and midsummer drought. Unripe berries (6-8 mm) are green or lilac and hard. Ripe berries are dark blue (sometimes black) and soft. The harvest is usually ripe enough to be picked with a berry-picking scoop from the end of July until the first frosty nights of September-October.



Blueberry

Cloudberry *Rubus chamaemorus*

The most valuable wild berry, the harvest of which is the richest in the provinces of Oulu and Lapland. Grows in all Finland in different types of marshland and in backwoods. The flowers' sensitivity to frost causes great variation in harvests. Large (18-23 mm) ripe berries are yellow and soft. Unripe berries are hard and red. The harvest is ripe in Southern Finland from the mid-July on, and in Northern Finland cloudberry can be picked from the end of July until long in August.



Cloudberry

Crowberry *Empetrum nigrum, E. hermaphroditum*

10-30 cm tall shrub growing in different types of heath forests and on marshland tussocks. Rich harvest particularly in sunny spots. In Finland, there are two species: Southern Crowberry and Northern Crowberry. The Northern Crowberry growing in Kainuu and Lapland is more productive. Black berries (4-5 mm) ripen between July and August, when they are ready for picking until the first snows.



Crowberry

When you wander in a forest, please bear the following rules in mind:

- You may pick wild berries and mushrooms in forests.
- You may walk or cycle in forests.
- You may temporarily stay in areas where wandering is also allowed (you can, for example camp out if you erect your tent far enough from houses).
- You may swim and wash yourself in waters.
- You may not wander on yards, fields, meadows or on any cultivated areas that might be damaged, without the landowner's permission.
- Other people or any animals in the same area must not be disturbed.
- Making noise or littering in nature is prohibited. Always take your lunch wrappings, for example, to the nearest recycling point.
- Any growing or dead trees must not be harmed, cut or collected for your own use. Twigs or moss must also not be collected in the forest.
- Making a camp fire is allowed only in public campfire sites which you can find, for example, in campsites and recreation areas of The Finnish Forest and Park Service.
- You may use the roads constructed for log transportation.
- However, you may not drive in the terrain without the landowner's permission.
- Fishing and hunting without appropriate licences is prohibited.