

Usually, chantarelle can be found already starting from July in Southern Finland. It prefers bright forests especially accompanying birches. It grows on the same spot for many summers. Moss and other undergrowth often hides the spots where chantarelles grow.

You can learn to recognize chantarelle from its typical smell. This mushroom is suitable for frying, drying and freezing. It is one of our best keeping mushrooms. It keeps fresh in the refrigerator for a few days.



Funnel chantarelle *Cantharellus tubaeformis*

Funnel chantarelle is a funnel-shaped mushroom that ripens late in the autumn. Like chantarelle, it is a southern species. Its brown-yellowish or greyish cap is difficult to distinguish amidst its typical growing spot, mossy forest. Tree leaves that fall down in the autumn often cover funnel chantarelles that prefer fresh mossy forest, as well as yellow chantarelles that prefer damper soils.

There are gill-like longitudinal folds on the bottom surface of funnel chantarelle. The stem is yellowish and hollow. Funnel chantarelle can be fried as such or frozen and dried to be used during wintertime.



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.



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INSTRUCTIONS for mushroom pickers

- Cep ● Northern milk-cap ● Rufous milk-cap
- Chantarelle ● Funnel chantarelle

Finland is mushroom pickers' wonderland

Finnish nature gives chances for hobbies, well-being and financial success. In a good harvest year, 1000 million kilos of edible mushrooms grow in Finland's forests. Only a few per cent of these are collected. Commercially the most significant wild mushrooms are ceps, chantarelles, northern milk-caps, rufous milk-caps and funnel chantarelles.

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.

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.

When you pick mushrooms:

- a basket and its cover, a mushroom knife and a brush are necessary equipment
- pick young, fresh and good-shaped mushrooms in a dry weather
- pick the mushrooms whole, pull them off the ground carefully by twisting and pulling
- rinse mushrooms where you pick them. Do not pick mushrooms that have worms or that are damaged.
- cover the mushrooms in your basket, preferably collect only one species in one container.
- pack mushrooms into a thin layer. Do not transport mushrooms long distances.
- follow the buyer's requests for quality standards regarding size and stem treatment
- **do not pick mushrooms you don't know** or those that grow along roads and on private settlements

RECOGNIZING COMMERCIAL MUSHROOMS

Cep *Boletus edulis* and *Boletus pinophilus*

Cep is a large and fairly firm mushroom. It has a brown cap and often a pale and somewhat barrel-like stem. At the top of the stem there is a pale net of veins. The pores of a young cep are hard and pale. When the mushroom gets older it turns yellowish and yellow-green.

Ceps are picked whole, as young as possible. From the best commercial mushrooms, the picker removes only the mould in the lower part of the stem, and delivers the collected mushrooms to the buyer as quickly as possible. Buyers can give further information about the treatment and classification of ceps.

Ceps accompany many types of trees. They are commonly found in mossy spruce woods. The darker-capped pine cep, on the other hand, prefers heath forests and pine woods.

Cep also has a look-alike, bitter bolete, and these two should not be confused with one another. Bitter bolete is not poisonous, but it will spoil the whole mushroom batch when cooked together with ceps.



Northern milk-cap *Lactarius trivialis* ja *L. utilis*

Northern milk-cap is an important commercial mushroom. These mushrooms are fairly large, the top of the cap is slimy and the colour is greyish-brown. The stem is pale and hollow. When broken, the pale gills emit latex that stays white.

Northern milk-cap prefers fresh coniferous, deciduous and mixed forests with thick moss and somewhat marshy soil.

Northern milk-cap is edible when it is boiled in plenty of water for 10 minutes, after which the water is thrown away. In cooking, this mushroom is used in mushroom salads, marinades, sauces and soups.



Rufous milk-cap *Lactarius rufus*

Rufous milk-cap is our wild mushroom of the richest harvest. It has a brown dry cap and a brown stem. Its latex is always white.

Rufous milk-cap prefers especially harsh pine woods, and in damper summers it can be found on rocks that grow moss. In dry summers this mushroom can be found in marshy heath forests and on the edges of marshland trenches.

The bitter taste of rufous milk-caps disappears after 10 minutes of boiling and removing the boiling water. Rufous milk-cap is ideal, for example, in meat balls, mushroom salads or marinated as accompaniment for the main course.



Chantarelle *Cantharellus cibarius*

Chantarelle grows commonly in Southern Finland. It is beautifully yellow and a very appreciated edible mushroom. Its cap is funnel-shaped and quite often the edge of the cap is wavy. The bottom surface of the cap is longitudinally folded.