



Finnish berries and mushrooms

Berries divided wild berries mixed cultivated or garden berries. Growing in the woods berries is called wild berry





Blueberry

This grows in different types of forest all over Finland all the way to Lapland in the far north.

Blueberry is one of the blue berries in Finland.

Sweet little raspberry

Raspberries are very sweet in Finland, specially during sunny summers.

Raspberry is my favorite berry.



Ligonberry

In September, Finnish forests turn red with lingonberries. The berry is known as the red gold of the Nordic forests.

Ligonberries can be used to make jam, pastries, juice, used in porridge and various desserts.



Cloudberry

This is the most valued Finnish forest berry and the most expensive to buy. Cloudberryes grow best on boggy terrain in northern Finland, often in places that are well hidden and difficult to reach. If someone finds a good spot with lots of berries, it remains a well-kept secret.

The cloudberry is related to the raspberry but its plants do not grow as high as the latter's.

Mushrooms





Boletus

These mushrooms are very common in Finland, except for the northernmost part of Lapland, Finnish mushroom dishes are very Russian in style. Often salted and eaten as a salad, mushrooms are also used to make creamy soups, sauces and casseroles.



Chantarelle

Every time you see something yellow peeking out from the moss on the forest floor. Chantarelles grow in southern and central Finland, and are used to make sauces and soups



Ear fungus

This mushroom is deadly poisonous when raw but incredibly delicious when properly prepared. It has a wrinkly brown hollow cap and can be found on the forest floor as early as April after the snows have melted.





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