

# Blueberry / Mustikka

## Habitat

In Finland, 'blueberries' commonly refer to bilberries. These berries are widely distributed in Finnish forests and prefer acidic soils and cool climates.

## Ripening Period

Bilberries typically ripen between July and September, with exact timing varying based on climate and region.

## Common Uses

Can be eaten fresh or used to make jams, juices, pastries, and desserts. They are also a popular breakfast ingredient, often added to yogurt, cereals, or baked goods.

## Leaf Shape

Small, ovate, and have finely serrated edges

## Fruit Shape

Small, round, and dark blue



# Raspberry / Vadelma

## **Habitat**

Raspberries are commonly found in open areas and forest edges in Finland. They prefer sunny locations and well-drained soils.

## **Ripening Period**

Raspberries ripen in the summer, typically from mid-July to mid-August.

## **Common Uses**

Used to make jams, juices, pastries, and desserts. They can be eaten fresh or frozen for later use. Rich in vitamin C and fiber.

## **Leaf Shape**

Pinnate with three to five leaflets, serrated edges, and a rough texture.

## **Fruit Shape**

Many small drupelets arranged around a central core.



# Gooseberry/Karviainen

## Habitat

Gooseberries typically grow on the edges of forests and in thickets in Finland. Thrive in cool climates and fertile soils.

## Ripening Period

Gooseberries usually ripen in the summer, from late June to early August, depending on local climate conditions.

## Common Uses

Gooseberries have a sweet and tart flavor and are commonly used to make jams, jellies, pies, pastries, and desserts. They can also be eaten fresh or used to make beverages.

## Leaf Shape

Roundish with three to five lobes and serrated edges.

## Fruit Shape

Round and can be green, yellow, red, or purple, often with translucent skin.

