

Honorable Harvest Day in Nuuksio, Sunday, 17 August

Explore Finnish foraging culture through the lens of Robin Wall Kimmerer's "Honorable Harvest"

Join us for a day in the Nuuksio National Park where tradition meets new perspectives. Together, we'll gather mushrooms and berries, share knowledge of Finnish foraging customs, and explore how Kimmerer's *Honorable Harvest* principles could translate into our local practices. Along the way, we'll discuss how to balance human needs with the needs of other species, and what ethical harvesting means in today's world.

This walk is part of the **A! Walks** series: <https://www.aalto.fi/en/events/a-walk>

Purpose of the Day

- Experience the joy of foraging in a Finnish forest
- Learn about the *Honorable Harvest* principles
- Compare and contrast Finnish foraging traditions with Kimmerer's approach
- Reflect on how we might align ecological respect with sustainable resource use

Itinerary

- **09:05** – Meet at Otaniemi (Tram 15 stop, "Aalto-yliopisto")
- **09:18** – Tram 15 departs Otaniemi → Leppävaara
- **09:35–09:52** – E-train from Leppävaara to Espoon keskus
- **09:55–10:18** – Bus 245A to Haltia Nature Centre
- **10:30** – Departure into the forest from Haltia Nature Centre
- **Lunch break** – Listen to Robin Wall Kimmerer's TEDx talk (bring your own device and headphones): <https://www.youtube.com/watch?v=Lz1vgfZ3etE>
- **16:13** – Bus 245A from Haltia back towards Espoon keskus (or return at your own schedule)

What to Bring

- Weather-appropriate clothing
- Foraging tools of your choice (basket, mushroom knife, etc.)
- Packed lunch and snacks; water
- Mobile device and headphones for the TEDx talk

Meeting Points:

- **Otaniemi:** Tram 15 stop ("Aalto-yliopisto") at 09:05
- **Along the way:** Join at Leppävaara train station or Espoon keskus bus terminal (or hop on the train/bus along the route)

Registration:

- Register using the link here: [registration link](#)

Organizers / contact:

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More info:

- **A! Walks** series: <https://www.aalto.fi/en/events/a-walk>
- **Telegram group:** QR-codes below



The graphic features a green background with a faint forest scene. At the top left, there are two circular portraits: the first shows a man in a blue jacket and sunglasses, labeled 'Walk leader: Halme Janne'; the second shows a woman with long blonde hair, labeled 'Coordinator: Emma Xu'. To the right of these are three QR codes. The first is labeled 'Registration' and has a small 'W' logo in the center. The second is labeled 'Telegram group' and has a small 'TG' logo in the bottom right corner. The third is labeled 'Visit course website or scan the QR' and has a small 'A?' logo in the center. A green wavy line runs vertically on the right side of the graphic, ending in a green circle with the 'A! Walk' logo. Below the portraits and QR codes, the text 'Event Overview:' is followed by a paragraph: 'We will explore the concept of "Honorable Harvest" as discussed by Robin Kimmerer in her book Braiding Sweetgrass. Participants will first watch a talk on this practice, followed by a group discussion on how it can be applied in the context of mushroom foraging and berry picking in Finland.'

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Halme Janne

Coordinator:
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A! Walk