

# GATHERING EXPERIENCES

TASTY WILD PLANTS, INSECTS AND MORE





**W**  **E**  
WOLVERINE ADVENTURE

## WILDCRAFTING - FORAGING

Wildcrafting (foraging) is the practice of harvesting plants from their natural, or "wild," habitat, primarily for food. Here in Trysil, we have many delicious and flavourful plants, berries, and other offerings from nature. The selection I have chosen is based on availability, taste, and overall experience. All the species depicted and briefly explained are safe to eat or store for later use.

During this foraging day, you will get to engage all your senses—tasting, smelling, seeing, and feeling your way to both subtle and intense flavour experiences straight from nature's diversity.

When wildcrafting is done sustainably and with proper respect, generally only the fruit, flowers or branches from plants are taken and the living plant is left.

The trip is expected to take approximately 4–6 hours, and a list of what you should and must bring will be sent to you in advance.

**Enjoy your adventure!**



## WILDCRAFTING - FORAGING

Foraging means collecting food or other resources directly from nature – without cultivating or processing them beforehand. It can be anything from picking berries and mushrooms, to gathering wild herbs, seaweed, nuts or shells.

In Norway, gathering is an important part of outdoor life and tradition, and it is closely linked to the right of public access (**allemansretten**), which allows you to freely roam the countryside and gather for your own use (if you follow certain rules, such as not taking protected species with you or destroying the countryside).

Examples of gathering in Norway:

- Blueberries, cloudberry, raspberries
- Chanterelles and other edible mushrooms
- Wild onions, spruce shoots, nettles
- Seaweed and kelp along the coast
- Wild apples, rose hips, roe and other wild plants.



# WILDCRAFTING - FORAGING

## How to gather safely and sustainably.

### 1. Learn what you are picking

Not everything in nature is edible – some plants and mushrooms are poisonous. Use mushroom and plant books or apps, and feel free to ask experienced gatherers for advice.

### 2. Don't gather more than you need

Only take what you know you will use. Leave some for animals, insects and other gatherers.

### 3. Avoid gathering in polluted areas

Stay away from roadsides, industrial areas and places with pesticides. Also check that the water is clean if you are gathering shells or seaweed.

### 4. Respect nature and the rules

You can usually gather on public land and in the wild, but remember that some plants are protected. Check local rules if you are in doubt.



## WILDCRAFTING - FORAGING

### First choice - list of current crops and berries for wildcrafting.

Blueberry (*Vaccinium myrtillus*)

Cranberries (*Vaccinium vitis-idaea*)

Black crowberry (*Empetrum nigrum*)

Cloudberry (*Rubus chamaemorus*)

Rowan (*Sorbus aucuparia*)

Juniper (*Juniperus communis*)

Raspberry (*Rubus idaeus*)

Norway spruce (*Picea abies*)

Pine (*Pinus sylvestris*)

Dandelion (*Taraxacum officinale*)

Nettles (*Urtica dioica* L)

There will also be many other plants, berries and herbs available.





Blueberries (*Vaccinium myrtillus*) are a perennial dwarf shrub in the berry heather family, named after the blue berries, that the shrub bears. In good years, a single shrub can bear between 25 and 40 berries. The shrubs often grow closely together and form carpets or tufts of blueberry heather that usually grow around 30 to 50 centimeters tall. They have little smell, and the berries taste sweet and slightly sour.

Harvest time: from July to October.

Uses: Blueberries are suitable for everything from pies, salads, toppings, desserts, jams, juices and porridge, but the berries are also a brilliant accompaniment to meat dishes and yogurt.





Cranberries (*Vaccinium vitis-idaea*) are a dwarf shrub in the heather family. They produce edible berries similar to blueberries, cranberries and blackberries. The cranberry plant usually grows between 10 and 30 centimetres tall and has distinct leathery, downward-curving leaves.

Harvesting time: from July to October.

Uses: Cranberries have a characteristic sour and slightly bitter taste. Cranberries are a popular accompaniment to pork and game dishes. In Norway, reindeer meat is also often served with cranberries. Cranberries are also used in desserts, such as cream and cranberries with rice. Cranberry leaves can be harvested all year round to be used in sweet tea after being roasted in a pan or in the oven.





Black crowberry (*Empetrum nigrum*) is a small, evergreen plant in the genus *Empetrum*, heather family. It typically thrives in marshy areas, high mountains and in spruce and pine forests. The fruits are blue-black "berries" (botanically, they are drupes with many stones per fruit). The fruits ("berries") are edible, but as they are drupes, the seeds are surrounded by a somewhat hard shell that makes the berries less palatable. However, the berries are juicy and are well suited for juice, wine or jelly, and they are very rich in antioxidants.

Harvesting time: The season is normally from August until the snow comes.

Uses: The berries can be eaten raw or cooked, or they are used to make juice and wine. Both the flowers and fruits can be used to make liqueurs and schnapps. In traditional North American herbal medicine, branches and leaves of the crowberry plant are also used. Black crowberry contains relatively little vitamin C, but a lot of antioxidants.





Cloudberry (*Rubus chamaemorus*), is a perennial herb that can grow to just under 30 cm tall and has a creeping rhizome. Cloudberrries are also known in Norway as both the gold of the mountains and the gold of the forest.

Harvesting time: July to September

Area of use: Cloudberrries have an aromatic and distinctive taste that many people like. They are considered a delicacy. Therefore, hikers often keep it a secret if they find an area with a lot of cloudberrries, a so-called cloudberry bog.

Cloudberrries can be eaten naturally or used for jam, liqueur, yogurt, cloudberry cream and decoration on various cakes. Cloudberrries are almost never cultivated.





Rowan (*Sorbus aucuparia*) is a deciduous tree belonging to the rose family. Rowan berries were previously used as food for both humans and livestock. Rowan bark was used as livestock feed in times of emergency. Rowan is characterized by the fact that the leaf blade consists of equal-sized free leaflets that are all narrowly oblong and serrated. The leaf is usually unequal-pinnate with one end of small leaflets and 6-8 pairs of approximately equal leaflets along the main axis.

Harvest time: September to October

Uses: Rowan berries are still used today for jams and jellies. The fruits often become sweeter after a frosty night because the starch is then converted to sugar. Rowan berry jelly is fresh and tart, and is an excellent accompaniment to game meat, traditional dishes or cheese. – In addition to freezing, rowan berries can be stored by placing them in sugar syrup, vinegar or drying them.





Juniper (*Juniperus communis*) is a species of conifer belonging to the genus *Juniperus* in the cypress family. It includes 2 subspecies. Juniper berries are edible and used as a spice. In larger quantities, it can cause kidney damage and have an abortifacient effect. Juniper was a tree with many different uses, as a material for wood where durability and strength were required, a cleaning agent and as a flavoring for food and drinks.

Harvesting time: Juniper berries ripen in the fall, but can be picked all year round. Wear gloves when picking juniper berries.

Uses: The berries have primarily been used to season food, beer and spirits, but the uses range from caramels cooked from cream and juniper berries (trek) to cleaning milk containers, smoking meat and fish, and as the purest panacea for diseases in both people and livestock. Juniper berries take two years to ripen. The first year they are green, the following year the ripe berries get a blue coating of wax.





Raspberry (*Rubus idaeus*) is a semi-shrub in the rose family that is common in large parts of Norway. The plant is characterized by having thorns along the branches and red or yellow berries after flowering. The shoots are biennial and bloom and bear fruit in the second year. It is therefore important not to remove fresh shoots. Raspberries should be watered relatively sparingly but need extra moisture during the berry ripening process for the berries to become juicy. If they do not get this, the berries become gnarled. In Norway, we distinguish between wild raspberries that grow in the forest and garden raspberries. Wild raspberries are smaller but have a stronger aroma than garden raspberries.

Harvest time: late June to September.

Uses: Raspberries can be eaten naturally alone or together with other berries for ice cream or other desserts. Fresh raspberries can also be used as a decoration on sponge cakes or together with other berries in pies. Also delicious as compote, for cheese, filling in sponge cakes or rolls.





Spruce (*Picea abies*) is a tree in the pine family. The species grows in cool temperate regions of Europe and has great socio-economic importance. It is used for building material, paper and furniture, as well as a Christmas tree. In English, spruce is called Norway Spruce. Spruce trees can grow up to 50 m tall. It has a flat root that usually does not go further into the ground than 1 m. Flowering in May. The tree crown is narrowly conical, the branches often slightly drooping and swaying. The bark is pure brown or gray, brown, the annual shoots can be orange-brown and slightly hairy. They are flat underneath and have needles on top. The needles are up to 10 mm long and 3 mm wide, square in cross section, dark green and slightly shiny.

Harvest time: all year.

Uses: The spring shoots can be used for decoration and in salads, you can run them in a blender together with apple juice and get a cool drink. You can also make vinegar, oil, salt and sugar from the spruce. Buds, cones, seeds and acorns can all be used. And the pine needles themselves can be used all year round, for example, to make tea.





Scots pine (*Pinus sylvestris*) is a conifer (Pinales) in the pine genus (*Pinus*) and belongs to the pine family (Pinaceae). The species is the only pine tree that grows wild in Norway. The flowers are wind-pollinated and appear in mid-June (two weeks after spruce). It takes 2 years from flowering to seed maturity. The seed is attached to a pincer on the seed wing.

Harvesting period: All year

Area of use: The bark is dried and powdered and can then be used as a flavoring in all types of baking, be it waffles, pancakes, buns, biscuits or bread. Here, the distinct flavor of pine (yes, it tastes like a pine tree smell!) has met its aromatic counterpart in a strong, salty blue cheese. In spring, young pine shoots can be eaten fresh or used for tea.





Common dandelion (*Taraxacum* sect. *Ruderalia*) and includes many small species among several hundred in the dandelion genus. The yellow flower basket is well known and has given many children joy after it has matured and turned into dozens of tufts that fly when you blow on them. The name dandelion comes from Old French and refers to the fact that the leaves are reminiscent of teeth.

Harvesting period: May to September

Area of use: The entire plant is edible: Leaves, stem, flower buds, flowers and the root. The leaves are used raw in salads, or they are boiled and used in soups and stews. The flower buds can be fried or pickled. The tongue crowns can also be eaten raw. The roots are boiled and eaten like carrots or fried. The stem can be prepared as pasta. The flowers are also used for wine, the roots can be roasted and ground into a coffee substitute or boiled into fruit syrup.





Stinging nettle (*Urtica dioica*) is a perennial plant in the nettle genus that occurs in several subspecies. The subspecies nettle is most common in Norway; it is widespread on cultivated land with rich soil and can grow up to 2 meters tall.

Harvest time: June to September

Uses: Nettle is a versatile plant that has a tradition as food, medicine, feed, fertilizer, plant protection, dye and textile plant. In early spring, when the shoots have grown to about 15 cm tall, nettle is a valuable food plant. At this time of year, the herb contains up to three times as much protein as cabbage.



Other plants, berries and herbs that we will find in these areas:



**Norsk**

Kløver  
Reinlav  
Rødhylle  
Sisselrot  
Røsslyng  
Ryllik  
Geitrams  
lium  
Bjørk  
Dunkjevle  
Teiebær  
Gjøksyre  
Mjødurt  
Marikåpe  
Tunbalderbrå  
Hestehov  
Tranebær

**English**

Clover  
Lichen  
Racemosa  
Polypody  
Calluna  
Yarrow  
Rosebay willowherb  
  
Birch ++  
Cattail  
Stone bramble  
Wood sorrel  
Meadowsweet  
Lady mantle  
  
Coltsfoot

**Latin**

Trifolium  
Fungi  
Sambucus racemosa  
Polypodium vulgare  
Calluna vulgaris  
Achillea millefolium  
Chamaenerion angustifo-  
lium  
Betula pubescens  
Typhaceae  
Rubus saxatilis  
Oxalis acetosella  
Filipendula ulmaria  
Alchemilla vulgaris  
Lepidotheca suaveolens  
Tussilago farfara  
Oxycoccus





# Wolverine Adventure

**Nature is calling - join us on our adventures!**

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