



RECREATION OPPORTUNITY GUIDE

Olympic National Forest

<http://www.fs.fed.us/r6/olympic>

Wild Berry Picking

Recommended Season
SPRING SUMMER FALL WINTER



On Olympic National Forest, berry picking season begins in July and extends through September. There are many different wild berries growing on the Forest. The following list describes those that are commonly picked for eating.

Huckleberries – Both red and blue huckleberries are among the most popular wild fruit on the Peninsula. Various species are found from low wet forests to the alpine slopes of the Olympic Mountains. The berries ripen first at lower elevations. Peak months are August and September. Look for them on relatively open forestland and on cutover timberlands and burned areas. Huckleberries are good when eaten fresh; they make excellent pies, jams and jellies.

Blackberries – The Himalayan, a large seedy fruit, is the most abundant berry; the Evergreen blackberry is much smaller and more difficult to find. Blackberries begin to fruit in June and will continue through September. They are found in wooded areas, but most often are found along roads, railroad tracks, in vacant lots, cutover forests and by the sides of streams. Excellent when eaten fresh or used in pies and jams.

Blue Elderberries – Red and blue elderberries are quite common on the Olympic Peninsula; however, only the blue should be eaten. Blue elderberries ripen from late July through September. Generally found along roads and cutover areas.

Salal Berries – Salal berries are abundant, easy to pick, but often ignored. The berries ripen from mid-July through mid-September. Look for them in wooded areas. They are ideal for jellies.

Other less commonly picked berries:

Oregon Grape – Best mixed with other berry jellies; should not be eaten fresh because of a laxative effect.

Wild Strawberries – Small, sweet berries with good flavor. Grows along roads and in cutover areas.

Black Caps and Raspberries – A red or black small-seeded berry. Excellent fresh or cooked. Grows in areas similar to blackberries.

Salmonberry – A yellow or reddish, mushy berry about the size of a raspberry. Taste may range from insipid to one of the best. They are one of the earliest berries to ripen (May-June).