

# **NOTES FOR IN-HOUSE TRAINING**

## **INSTRUCTIONS FOR PICKING LINGONBERRIES** (Latin name – vaccinium vitis-idaea)

**Do Not pick berries on polluted ground (industrial sites, railways, waste disposal sites (garbage dumps), or areas that have been contaminated by fertilizers, pesticides or herbicides )**

**Do Not pick berries when it is raining or when it is still wet in the morning**

**Do Not wash berries before bringing them for sale, berries must be dry**

**Do Not keep berries longer than overnight**

**Do Not freeze berries**

**Do Not keep berries in plastic bags or pick into plastic bags (they will get squashed and will sweat and mold and are unacceptable for resale or processing)**

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**Do pick ripe and firm berries**

**Do take time to clean berries (remove leaves, moss, soft, green or yellow berries, and other dirt) this will speed up weighing and sorting and will earn you the best price)**

**Do keep berries in a safe, cool, dry place if you have to store the berries overnight (children should not be allowed to handle berries).**

**Do pick into and transport berries in wooden, cardboard or plastic containers.  
Pails and jugs with handles are excellent for picking.**

## **AT THE WORK CENTRE**

**Staff will do a final hand sorting and cleaning of the berries**

**The berries will then be weighed and you will receive cash for the weighed berries**

**The Centre will not buy green, overripe, wet or squashed berries.**

**The Centre will reduce the price per pound of berries where extensive sorting is required.**

## **GENERAL RULES FOR YOUR SAFETY AND THE ENVIRONMENT**

**Do not go alone into the woods. Pick in a group if possible. Tell someone where you are going**

**Carry a whistle and be watchful for bears. Be aware of your surroundings and try not to get lost. If you have a problem, use the whistle to alert others of the problem.**

**Respect the earth and the Creator – don't harm the plants or other growing things.**