

Mushroom and berry picking

Believe it or not, but it's possible to pick edible wild berries in the very centre of Jūrmala. While taking a morning jog through the pine-covered dunes or Dzintari Forest Park, pick a handful of bilberries from the bushes growing next to the path, thereby fulfilling your daily requirement for vitamins A, C and K, or pick a few boletus mushrooms that have just emerged through the moss. Latvians are crazy about mushroom picking, and they believe that autumn has not begun until you've made mushroom sauce from that first crop of hand-picked mushrooms.

