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Where to Eat in Finland

By *Sally Schneider*



Sally Schneider

To view a slide show of markets and restaurants from Helsinki and the Finnish countryside [here](#).

Helsinki—high energy, easy to navigate, rich with restaurants and design—is the best place to get an instant feel for Finnish food and sensibility. From there you can easily travel to the countryside to experience an island retreat or an inn serving traditional country fare, with Swedish influences to the East, and Russian influences to the West. The country is so small that nothing is very far away.

High summer is the time to go, when wild foods, especially mushrooms and berries, are everywhere and the weather is fine. Winters are so dark and long in Finland that summer is taken very seriously.