

Recipes



Rose hips *Rosa spp.*

Tips

- Use fresh, dried or frozen.
- Be sure to remove the irritating seeds before use. This can be done by cutting the hips in half and scraping out the seeds with the tip of a paring knife.
- Spread hips out on a screen or tray to dry for storage or freeze.
- Dried whole and powdered rose hips can be found online and at local herb and health food stores

Rose Hip Herbal Tea

1 tablespoon dried rose hips
1 teaspoon fennel seeds
1 teaspoon freshly ground grated gingerroot
2 teaspoons fresh lemon verbena
3 cups boiling water
3 thin slices lime
3 tablespoons rose hip liqueur, optional
honey

Warm a teapot by rinsing with hot water. Add all herbs to the pot, then fill the pot with freshly boiled bottled or filtered water. Cover the pot and allow the herbs to steep for 5 minutes. Strain out the herbs. Serve with a little honey and a slice of lime, or if desired, a spoonful of rose hip liqueur. Yields 3 cups.

Kathy Schlosser, HSA North Carolina Unit and Editor
The Herb Society of America's Essential Guide to Growing and Cooking with Herbs

Rose Hip Liqueur

¼ cup water
½ cup sugar
1 teaspoon aniseed
3 tablespoons crushed fresh rose hips (1 tablespoon dried)
12 ounces vodka

Put aniseed in a small glass bottle. Add vodka and allow to steep for 1 week. Strain out the aniseed, add rosehips, and allow to steep for 4 weeks.

Combine water and sugar in a small saucepan. Bring to a boil, reduce heat, and simmer for 5 minutes. Remove from the heat and allow to cool.

Filter the vodka through a dampened coffee filter. Pour into a sterilized bottle and add sugar syrup. Allow to mellow for at least 2 weeks.

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Rose Hip Syrup

1 cup rose hips
¾ cup water
Juice of 1 lemon
1 ½ cups sugar
1 package powdered pectin
¾ cup water

Cut stems and ends of washed rose hips. Slit down the side and remove seeds. Place rose hips, ¾ cup water, and lemon juice in a blender. Process until perfectly smooth. Gradually add 1 ½ cups sugar, running the blender the entire time. Blend for another 5 minutes to make sure the sugar is completely dissolved.

In a saucepan, stir 1 package pectin into ¾ cup water. Bring to a boil and boil hard for 1 minute. Pour this into the blender and blend for 1 minute more. Pour immediately into a sterilized jar with a nonmetal lid. Store in the refrigerator. Also freezes well in a freezer container.

Pour a little over ice cream, pancakes or pound cake. Pour over fresh fruit and allow to marinate for an hour or so.

Be sure to use rose hips that have not been contaminated by pesticides or roadside fumes. *Rosa rugosa* produces large hips that make an easy job of extracting the pulp. Very high in vitamin C and has a lovely flavor.

Marilyn Sly, Connecticut Unit
The Herb Society of America's Essential Guide to Growing and Cooking with Herbs



Rose Hip Jam

rose hips (with black ends removed)
equal amount of sugar by weight
water (1 cup per 1 pound of rose hips)

Use a heavy, stainless-steel saucepan. (Do NOT use aluminum.)

Add water and rose hips, and simmer until the fruit is tender.

Drain and rub rose hips through a fine sieve, then measure pulp and return it to the saucepan with an equal amount of sugar. Simmer until thick.

Pour into hot, sterilized, half-pint jars and seal.

Store in a cool cupboard, and use within six months; refrigerate after opening.

Kathleen Halloran
Old Farmer's Almanac, almanac.com

Facial Masks

Rose hips, fresh

Crush rose hips and mix them together with some rosewater or distilled water until you have a smooth paste. Spread the mixture on your face and neck and leave on for 10 minutes. Rinse off with cool water and pat your skin dry.

Janice Cox, HSA member
Natural Beauty from the Garden, more than 200 do-it-yourself beauty recipes and garden ideas, page 105

Do you have any recipes using rose hips to share?

Contact educator@herbsociety.org