





Along with being high in vitamin C (ascorbic acid), Rose hips also have some beta carotene (plant precursor to Vitamin A), bioflavonoids, and considerable pectin (a soluble form of fiber) which helps to prevent intestinal cancers.

Rose Hips contain: calcium, citrates, citric acid, iron malates, malic acid, niacin, organic acid, pectin, phosphorus, resin, salts, sugar, tannin, vitamins A, B1, B2, C, E, K, P (bioflavonoids), and wax.

#### Actions:

- aperient (a mild stimulant producing a natural movement of the bowels; a gentle purgative)
- astringent (a binding agent that contracts organic tissue, reducing secretions or discharges of mucous and fluid from the body)
- diuretic (an agent that increases the volume and flow of urine which cleanses the urinary system)
- pectoral (remedy for pulmonary or other lung and chest diseases)
- nutrient (gives nourishment)
- refrigerant (an agent that lowers abnormal body heat, relieves thirst and gives a feeling of coolness)
- tonic (an agent that tones, strengthens and invigorates organs)

#### Uses:

- Blood Conditions: blood purifier, hemorrhaging.
- Female Conditions: excessive menstruation, uterine cramps.
- Gastrointestinal Conditions: diarrhea, dysentery, stomach disorders.
- Respiratory Conditions: lower respiratory infections, common colds, coughs, flu.
- Urinary Tract Conditions: cleanses the kidneys and bladder, eliminates uric acid accumulations, helping with gout and rheumatic complaints, fluid retention.

#### How To Use Rose hips:

Rose hips have a tangy, yet sweet, flavor and can be used fresh, dried, or preserved. The simplest use is to steep them for tea. Rose hip syrup, puree, jam, jelly, and sauce can be used as is or as a flavoring in other recipes.

Harvest rose hips in the Fall, after the first frost, when the berries are red and a little softened. To keep them, simply clean off the dried brown leaves and hair-like bristles near the top, wash, and cut in half (optional). Never use aluminum utensils or pans as they tend to destroy the vitamin C. Lay the halved berries in the sun or in a dehydrator until dry. Store in an airtight glass container out of direct sunlight. If you prefer to use them fresh, simply clean and store in a zip-lock bag in the fridge until you need them, or up to two weeks.

Dried rose hips need to be boiled about 10-15 minutes to make a tea of them; just pouring hot water over them results in a fairly tasteless brew. Use 2 tablespoons of dried rose hips per pint of water, boil covered. The hips must expand, split (if whole),



**WARNING:** YOU MUST NEVER USE THE HIPS OF ANY ROSE BUSH TREATED WITH A PESTICIDE.

Vitamin C, if taken in large doses without a gradual build up, may cause diarrhea. Also, suddenly ceasing to take Vitamin C, after taking it in large doses, may cause diarrhea. To take large doses of C, begin with 500mg, increasing slowly in order to allow the body to adjust. To come off of large doses, also decrease vitamin C intake somewhat gradually.

and let the water get at the soft seeds within. The hot tea is acid-tasting, but not as sharp as lemon juice. Most people prefer to drink the tea sweetened. A half-teaspoon of dried mint may be added to give it a different flavor. Add honey to taste.

### Lassi

Lassi (pronounced luh-see) is often served as the beverage of choice with an East Indian lunch because of its ability to enhance digestion. It is a sweet, flavored, milk type of drink. Lassi is best made fresh right before your meal. One popular recipe includes rose hips.

### Rose hips Lassi

- 1/3 cup fresh homemade yogurt
- 1 cup pure water
- Raw sugar, honey, or sucanat to taste
- 3-4 fresh whole rose hips
- 1 pinch ground cardamom

Place all the ingredients in a blender and blend until smooth. Strain and enjoy. 1 serving.

Follow the tincture making directions on the [bulkherbstore.com](http://bulkherbstore.com) website to make a rose hip tincture.

### Rose hip Quiz:

What is the name of the most commonly used medicinal rose? \_\_\_\_\_

Name three other types of roses used for medicinal purposes 1) \_\_\_\_\_ 2) \_\_\_\_\_

3) \_\_\_\_\_

What were rosehips used for during WWII?: \_\_\_\_\_

Can rosehips be eaten as a food? \_\_\_\_\_

List two symptoms that may occur because of a Vitamin C deficiency: \_\_\_\_\_

Is it possible to overdose on vitamin C? \_\_\_\_\_

What symptom may occur if a large amount of vitamin C is ingested suddenly? \_\_\_\_\_

When can rosehips be harvested? \_\_\_\_\_

Name three illnesses that can rosehips be used to treat: 1) \_\_\_\_\_ 2) \_\_\_\_\_

3) \_\_\_\_\_

Write a short story of how you could use rose hips to benefit your family:

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