

## Rose Hip Preparation and Recipes

**Important: Before using as a food source, make sure the plant you're harvesting from has not been treated with pesticides or chemicals.**

**Do not use aluminum or cast iron cookware and utensils to cook the rosehips. Rather, use stainless steel, as aluminum or cast iron can deteriorate the Vitamin C in the hips.**

In late summer, rose hips ripen to bright red and are ready for gathering. After a hard frost, autumn color makes the hips harder to see.

### What Is A Rose Hip?

A rose hip is the fruit of the rose plant. It is filled with tiny seeds and covered with silky hairs. The food value is found in the skin of the hip and is similar to the taste of an apple.

To encourage your roses to develop rose hips, don't trim the rose blossoms and leave them to naturally fade and fall.

### Harvesting Rose Hips: Tips & Recipes

Rose Hips: Rose hips are a very rich source of Vitamin C and are free for the picking. Three average rose hips have as much Vitamin C as a medium-sized orange.

Harvesting: Pick only the ripe berries that are vivid red and slightly soft. They have a much better flavor if picked after the first frost...preferably late August, September or October. You can harvest them from your garden roses, but they're more plentiful from old-time shrub roses like rugosas and wild rose bushes.

The Use Of Rose Hips: Rose Hips can be used fresh in making jelly, jam, pickles, juice, etc., or they can be dried or canned to be used in the winter, or served raw, shredded or halved in salads, sandwich fillings and desserts. Dried rose hips are also a favorite in teas and homemade potpourri.

### How To Dry Rose Hips

#### Dried Rose Hips

Collect quantities of rose hips or berries to be dried or made into teas, jellies, juice, pickles, etc., for winter use. Drying the hips is very easy and similar to air drying flowers, follow these directions:

Sort out imperfect rose hips and rinse the batch. Carefully pat dry. Line a cookie sheet with a screen or a sheet of cardboard, or parchment or wax paper and spread the dry rose hips across in a single layer. Leave them to dry in a dark, well ventilated, area for a few weeks. They'll be ready when they are hard, wrinkly and darker in color. You can also dry them in the oven on the lowest setting or use a dehydrator. You can dry the hips whole or you can cut and seed first (directions below). If mainly using dried rose hips for teas, drying them whole is fine.

Tips: To remove the hairs from dried hips, grind them up a bit in the food processor (once they're dried) then shake the batch in a sieve, the hairs will fall loose. After hips have dried, stems and ends can be removed easily by plucking them off.

### How To Remove Hairs & Seeds From Rose Hips

It is desirable that the hairs and seeds of the rose hip be removed before consuming. The fine hairs associated with the seeds are unpleasant in the mouth and have an irritating action. A few different methods are used, try one of the following:

Preparation: Pick ripe rose hips after the first frost in the fall when they've turned bright orange or red. The frost helps sweeten the flavor. Trim off the stem and blossom ends, cut the hips in half and remove the seeds and small hairs inside each half, then wash well.

Cut in half and shake out seeds, this takes the longest time. Cover with water and simmer, then rub through a sieve using

the puree.

Simmer whole Rose Hips in more than enough water to cover, then merely strain. Bottle the juice. Add sugar if desired and process 45 mins. This juice contains Vitamin C and may be added to sauces, soups (not cream soup), puddings, beverages and many other foods.

Storage: Seal in airtight containers or glass jars, store away from direct light.

## Recipes

### Basic Rose Hip Tea Recipe

Pour 1 cup of boiling water over 2 heaping teaspoons of chopped rose hips. You can use rose hips with or without their seeds. Steep the herbal tea, covered, for 15 minutes and strain. Sweeten the refreshing, slightly sour tea with honey, if desired. Drink the tea lukewarm at bedtime for maximum effectiveness.

To make tea with whole rosehips, you'll need around 5 of them per cup of water (or 2 teaspoons, if you are using pieces). If you are using the whole hips, make sure to steep for at least 10 minutes. You can purchase rosehip tea in bags containing crushed pieces of the pod. Rosehips are often included in herbal blends (especially hibiscus), but can be purchased on their own. Rosehip tea has a tangy, tart flavour and a pinkish colour.

For tea, hips may be used fresh or dried. For fresh brewing, steep a tablespoon or two of clean hips in a cup of boiling water for about 10 minutes. Sweeten with honey and enjoy. To make a tea of dried hips, use only two teaspoons to one cup of boiling water and steep for 10 to 15 minutes.

### Rose Hip Tea

1/3 cup rose hips

5 cups water

2 tbsp. golden raisins or currants

1 tsp. sugar

1 tsp. fresh lemon juice

1. Rinse the rose hips. Chop the fruit into very small pieces. Place in a saucepan and cover with water. Let sit for 10 minutes. Slowly bring to a boil and continue to cook at a slow boil for 5 minutes.

2. Add golden raisins or currants for aroma and fresh lemon juice and sugar to taste. Strain and pour into teacups

### Rose Hip Tea

There is some loss of Vitamin C if there is a lengthy delay between picking and bottling the product although one of their important advantages as a source of Vitamin C is the unusual stability of this Vitamin in rose hips as compared with other Vitamin C foods.

### How To Make Rose Hip Tea

Fresh Hips: 1 to 2 TBS rose hips per cup of boiling water, steep for 10 minutes.

Dried Hips: 2 tsp per cup of boiling water, steep for 10 to 15 minutes.

Tip: Don't throw out the rose hips once you've used them to make tea, eat them after you're done drinking the tea or add to soups or serve as a side at the supper table. There's still a lot of nutritional value in the hips after they've been used in teas.

#### Medicinal Tea Mixture for Cold Prevention & Relief

1 ½ ounces rose hips

¾ ounce marsh-mallow root

¾ ounce mullein flowers and leaves

This tea stimulates the immune system. When you have a cold or flu, the tea loosens bronchial mucus and makes coughs more productive. For a cup of tea, use 1 cup of water and 2 teaspoons of the tea blend.

#### Roseberry Jam Recipe

Gather the berries after the first frost. Remove seeds and hull. Wash. Add water just barely to cover the berries. Cook berries until soft. If mixture is too thick add water as needed. Set aside to cool. Mash and put through sieve. To 2 cups puree add 1 cup sugar and cook slowly until thick, stirring frequently. A better consistency is obtained if commercial pectin is used. Pour into sterilized jars and seal.

The jam may be used on bread and as a filling for cakes.

Note: If desired, lemon juice may be added and used either as jam or meat sauce.

#### Rosehip Jam Recipe

This jam is somewhat of a marmalade jam, given the inclusion of the orange. It uses orange and grated apple to supply natural pectin, so you do not need to add commercial pectin to this recipe.

##### Ingredients

2 quarts large rosehips

1 large orange

1 large green apple

The zest and juice of 2 lemons

6 cups water

5 cups sugar

1/2 teaspoon butter

6 8-ounce canning jars and fresh lids

1 Prepare the rose hips. Cut away and discard the green scraggly ends. Cut the rosehips in half and scrape out and

discard all of the seeds and thistle-ly hairy bits. With the remaining rose hip pieces, discard any bits that are blemished. Then roughly chop the rose hips. You will need 4 cups of clean, chopped rose hip.

2 Prep the orange. Cut off and discard the ends of the orange. Slice the orange lengthwise into wedges. Remove (and reserve) any seeds, and if you can, remove and reserve membranes. Take the wedges and cut each one of them so that you have a bunch of little triangles of orange.

3 Prep the apple. Peel the apple, reserving the peel. Then grate the apple with a cheese grater (large hole). Chop up the core and reserve.

4 Place the chopped rose hips, grated apple, and chopped orange into a large (8-quart) wide pot. Add the lemon zest and lemon juice to the pot. Add the water to the pot. Take the apple core pieces, apple peel, and any orange seeds and membrane and place in a double layer of cheese cloth. Wrap them up and place in the pot with the chopped fruit and rosehips. (This will be a source of pectin.)

5 Prepare canning jars. You'll need 6 to 7 half-pint canning jars and lids. Sterilize the jars by either running them through the dishwasher, right before canning, or placing them on a rack in a large pot of water that you bring to a boil for 10 minutes, or by placing them in a 200°F oven for 10 minutes. To sterilize the lids, bring a kettle of a couple cups of water to a boil. Place lids in a shallow bowl and pour the boiling water over them.

6 Bring mixture to a hard boil, partially covered, for 30 minutes or so, or until the orange peels can be easily cut through without resistance. Remove from heat. Remove the cheesecloth pectin bag and place in a bowl to cool. Once cool enough to handle easily, gently squeeze the cheesecloth pouch to extract more of the pectin (it will be sort of gloppy). Add the extracted pectin-y juice back into the pan with the rosehips.

7 Measure out the sugar and add to the rosehip mixture. Heat to high, stirring with a wooden spoon until the sugar has all dissolved. Add butter (will help keep the foaming down). Bring to a rapid boil, uncovered, reduce heat to medium high. Place a small plate in your freezer. After about 25 minutes begin testing the jam by placing a small amount on the chilled plate. Allow 30 seconds to pass and then run your finger through it to see what the cooled consistency will be. Boil for a few minutes longer if desired for a thicker jam. Do not overcook or the mixture will caramelize and give you an odd taste.

8 Ladle the mixture into hot, sterilized canning jars. Wipe the rims of the jars clean with a dampened paper towel. Seal them with the sterilized lids, leaving 1/4 inch of head space.

9 To ensure a good seal, and to guard against mold, if you want, you can process the jars in a water bath for 5 minutes (bacteria is already killed by the sugar). To process, place the jars on a rack in a large, tall stock pot. Cover with an inch of water and bring to a rolling boil for 5 minutes. Then turn off the heat, remove the jars from the water, and let cool. As the jars cool you should hear a popping sound as the lids seal. The lids should seal; if not, store in the refrigerator.

Makes 6 8-oz. jars.

## Rose Hip Jam

(this recipe has been around since the 1700s)

1 pound prepared rose hips (about 4 quarts)

1 cup of water

Sugar

In a large pan, add the rose hips and water. Bring to a boil, then cover and simmer until very soft--about 20 minutes (add more water if necessary). Press or strain the mixture through a sieve to remove any seeds and to reduce large chunks of hips. Add one pound of sugar (about 3 1/2 cups) to one pound of pulp and simmer. Check the taste and add more sugar if desired. Cook until the mixture has thickened to jam-like consistency. Pour into sterilized jars and seal. This is good to eat when you have a sore throat.

## Rose Hip Jelly Recipe

Rose hips have seeds on the inside that are itchy and irritating. If you make jam, you will need to completely remove the seeds. If you make jelly, you can leave the seeds in if you want, or remove them; they will get strained out if you don't remove them before cooking. On doing research for the jelly recipe, one source said that the seeds were slightly tannic and recommended removing them. I tried it both ways and noticed practically no difference in the resulting taste. Removing the seeds is rather painstaking, and for the jelly recipe can add an entire hour to the jelly making process.

### Ingredients

#### Rosehip Jelly Ingredients

2 quarts rose hips

1 1/2 quarts water

1/2 cup fresh squeezed lemon juice

1 package SureJell pectin

1/4 teaspoon butter

3 1/2 cups sugar

6 8-ounce canning jars and fresh lids

### Rosehip Jelly Method

1 Rinse the rose hips thoroughly. Cut off the scraggly ends and discard.

2 Place the rose hips in a large pot. Add 1 1/2 quarts of water. Bring to a boil and reduce heat to simmer. Cover and cook for 1 hour (or longer), until rose hips are soft and mashable.

3 Use a potato masher to mash up the rose hips into a rough purée. Set up a jelly bag, or a large very fine mesh strainer, or 4 layers of cheesecloth over a bowl or large pot. Transfer the rose hip mixture into the jelly bag/strainer/cheesecloth. Let strain into the bowl for at least an hour. Squeeze the jelly bag or cheesecloth to get more remaining juice out.

4 Measure the juice. You will need 3 cups of juice for this recipe, so if you have less than 3 cups, add more water to the mixture (you can also add some boiling water to the jelly bag if you still have it set up, allowing more liquid to drain out).

5 Prepare canning jars. You'll need 5 to 6 half-pint canning jars and lids. Sterilize the jars by either running them through the dishwasher, right before canning, or placing them on a rack in a large pot of water that you bring to a boil for 10 minutes, or by placing them in a 200°F oven for 10 minutes. To sterilize the lids, bring a kettle of a couple cups of water to a boil. Place lids in a shallow bowl and pour the boiling water over them.

6 Place 3 cups of the rose hip juice in a large, wide pot. Add the lemon juice and pectin. Bring to a boil, dissolving all of the pectin. Add the sugar. Once the sugar has dissolved, add the butter. Bring to a hard boil (one that you can not reduce by stirring). The mixture will bubble up considerably. Boil for exactly one minute. Then remove from heat and pour off into prepared canning jars, leaving 1/4-inch headspace from the rim.

7 If any jelly falls on the rim as you pour it into the jars, wipe the rim with a damp paper towel. Place sterilized lids on jars and rings to secure. To ensure a good seal, and to guard against mold, you can process the jars in a water bath for 10 minutes (bacteria is already killed by the sugar). To process, place the jars on a rack in a large, tall stock pot. Cover with an inch of water and bring to a rolling boil for 10 minutes. Then turn off the heat, remove the jars from the water, and let cool. As the jars cool you should hear a popping sound as the lids seal. The lids should seal; if not, store in the

refrigerator.

Makes 5 8-ounce jars.

### Rose Hip Jelly

NOTE: Rose hips contain tannic acid in the seeds which cause a chalky taste. (Slit hips down one side and knock out seeds, or take pin and push out seeds before cooking for jelly.) The rose hips reduce by 2/3, so you will need 3 cups of raw rose hips for each cup of puree.

Rose hips have little or no pectin; therefore, a gel is difficult to achieve without added pectin. For this reason, we strongly recommend using pectin!

With Pectin: Yields 7 jars

9 cups raw fresh rose hips - to make 3 cups rose hip puree

1 pkg. powdered low sugar or no sugar pectin

2 tablespoons lemon juice

4 cups sugar

Add coloring, if desired

Simmer the prepared rose hips in water until soft -- about 10-15 minutes. Mash with a potato masher until smooth or puree in a blender. If you want extra smooth, clear jelly, filter through a jelly strainer or cheesecloth.

Combine 3 cups of the puree with pectin and lemon juice. Bring to a boil. Add sugar, boil hard for 2 minutes or until gel is reached (see page 1). Pour into sterile jars, leaving 1/8" headspace. Wipe jar rims, adjust lids and rings. Water bath 5 minutes.

Without Pectin: Yields 2 jars

3 cups raw fresh rose hips - to make 1 cup rose hip puree

1 cup sugar

2 tablespoons lemon juice

Simmer the prepared rose hips in water until soft -- about 10-15 minutes. Mash with a potato masher until smooth or puree in a blender. If you want extra smooth, clear jelly, filter through a jelly strainer or cheesecloth. Then boil until gel stage and pour into sterile jars, leaving 1/8" headspace. Wipe jar rims, adjust lids and rings. Water bath 5 minutes.

### Rose Petal Jelly

The white base of the rose petal is bitter and should be clipped away. Grasp as many petals as possible between your finger and thumb. Pull them from stems and snip away all white bases at once with a pair of shears.

In blender, put 1 cup rose petals, 3/4 cup water and juice of 1 lemon. Blend until smooth. Gradually add 2 1/2 cups sugar and blend until sugar is dissolved. In a separate small pan, stir 1 package powdered pectin into 3/4 cup water and boil hard 1 minute, stirring constantly. Pour hot mixture into blender and blend slowly until mixed. Pour into sterile jars and cover. Cool jars for 6 hours and then refrigerate. Keeps for about a month. Since the jelly keeps for only a month in the refrigerator, freeze it for next winter. Serve with muffins that have a slight mace flavor. Mace is said to enhance rose flavor.

Helpful Hints: Gather the roses in the morning before the sun has distilled their flavor and fragrance. Wild roses are best. But any fragrant rose, provided it has not been sprayed with poisonous insecticides, is fine.

### Roseberry & Crabapple Jelly Recipe

Use 1/2 crabapple juice and 1/2 rose hip puree. To one cup of this mixture use 3/4 cup sugar. This jelly retains its Vitamin C content for as long as nine months without loss.

Note: Rose hip puree may be combined in jelly or jam with fruit such as cranberry, grape, chokecherry, red currant, wild plum, etc. Combine one part rose hip to two parts fruit or one to three if taste of rose hip is not desired. A little acid such as lemon juice adds to the flavor as does honey used for part or all of sugar.

Most rose hip products will be softer at first but will stiffen on standing. Do not place in sun to stiffen as this destroys Vitamin C.

### Roseberry Catsup Recipe:

4 quarts ripe berries (red and ripe)

1 clove garlic

2 medium sized onions

1 cup water (or more if necessary)

Boil these ingredients until they are soft. Strain them. Add 3/4 cup of brown sugar. Tie in a bag and add:

1/2 TBS whole allspice

1/2 TBS mace

1/2 TBS whole cloves

1/2 TBS celery seed

2 inch stick cinnamon

Boil these ingredients quickly. Add 1 cup vinegar, cayenne, salt, if desired. Boil catsup 10 minutes longer. Bottle it at once. Seal the bottles with wax. The flavor of this catsup is excellent.

### Rose Hip Puree

(This is from an old 16th century recipe used to make rose hip tart)

1 1/2 cup prepared rose hips

3/4 cup water

2 T sugar

1/2 t cinnamon

1/2 t ginger

1 T lemon juice

Simmer the prepared rose hips in water until soft -- about 10-15 minutes. Stir in sugar, spices and lemon juice and simmer for 5 minutes. Use puree for tarts, ice cream toppings or to eat as a sauce.

### Rose Hip Soup

A favorite dish of the Swedish is rose hip soup. They literally consume rose hips by the tons each year. To make approximately four servings you'll need:

3 cups of freshly made or thawed unsweetened rose hip liquid

2 Tbsp. honey

2 Tbsp. lemon juice

2 tsp. corn starch

4 Tbsp. sour cream or yogurt as a garnish

minced mint

In a saucepan, heat the liquid and add the honey and lemon juice. Remove ½ cup of the heated mixture. Into this, whisk the cornstarch until smooth. Add the cornstarch mixture back into the pan and bring to a high simmer, stirring, until the mixture bubbles and thickens. Add a dollop of sour cream or yogurt to each serving, topping with minced fresh mint, if desired.

### Rose Hip Syrup

A syrup for pancakes, waffles, and vanilla ice cream is made from freshly gathered rose hips. Rinse and pat dry the hips and place them in a saucepan. Barely cover with water and bring to a boil. Lower the heat and simmer until soft, about 10 to 15 minutes. Cool and strain the mixture, pressing the liquid off the hips gently with the back of a spoon, being careful not to break them open and release the seeds. If this happens, merely strain the seeds out. The resulting liquid may be frozen in batches for future use in soup or jelly, or turned into tasty syrup. The solids left over from straining can be fed to chickens or tossed onto the compost pile.

To make rose hip syrup, add one part honey to two parts of the heated, strained liquid. Stir to dissolve the honey and refrigerate. After refrigeration, the syrup will thicken slightly. Rose hip syrup will keep in the refrigerator for about two weeks. Reheat the syrup for use on pancakes and waffles. Use it warm or cold to top vanilla ice cream.

Heated syrup may be canned by pouring it into hot, sterile jars and processing in a boiling water bath for 15 minutes. For every 1,000 feet above an elevation of 5,000 feet, add one minute to the processing time.

For a refreshing spring tonic punch, simmer rhubarb in rose hip syrup until soft. Strain and adjust sweetening as needed. Chill, and pour over ice for a refreshing, healthful libation to clear out the winter cobwebs. Add a sprig of fresh spearmint or lemon balm as garnish. Rose hip syrup may be used to sweeten and flavor herbal or black teas, as well.

### Rose Hip Wine

If you make your own wine, the following recipe for rose hip wine is one of the healthiest and most lovely in color. You'll need:

4 pounds of fresh rose hips

3 pounds of sugar



1 gallon boiling water

1 tsp. black tea

1 tsp. baker's or wine yeast

Rinse and drain the hips. Place them in a primary fermenting vessel such as a clean food-grade plastic bucket that has a tight-fitting lid. Pour in one gallon of boiling water. Add the teaspoon of tea and all the sugar, stirring to dissolve the sugar. Let the mixture sit tightly covered for 24 hours. Add one teaspoon of baker's or wine yeast and let the mixture ferment for seven days, covered, stirring once per day with a clean spoon.

Strain off the rose hips and pour the liquid into a one-gallon glass jug (an old wine jug works great) and fit with a fermentation lock or balloon. If you use a balloon, be sure to release the gases occasionally or it will burst. Place the jug in a warm spot until fermentation ceases. Siphon (rack) the liquid off of the yeast solids into a clean glass jug and refit with the fermentation lock or balloon.

Racking will usually reactivate fermentation for a short time. When fermentation ceases completely for several weeks, siphon the wine into clean wine bottles. Cork the bottles securely or use wine bottles with screw-on tops and store in a cool spot for six months or longer. There will usually be a glass or two of wine left after bottling. This you can enjoy right away.