

INGREDIENT of the MONTH

Rose Hips



The rose hip (rosehip) is also called rose haw and rose hep. It is the accessory fruit of the rose plant. It is typically red to orange, but ranges from dark purple to black in some species. Rose hips begin to form after successful pollination of flowers in spring or early summer, and ripen in late summer.

They are harvested after the first frost. Fresh rose hips are semi-sweet in taste but each haw holds a number of small seeds and hairs, which must be removed before consumption.

The ancient Chinese, Persians, Romans and Greeks all appreciated the benefits of the fruit, sometimes called hip or haw. Native American tribes would steam, mash, and feed the fruit to babies. The British kept this fruit in its pharmacopeia well into the 1930s.

Wild rose hip fruits are particularly rich in vitamin C, which is one of the best components to boost the immune system. The various acids within rose hips, as well as pectin, cause it to act as a diuretic. Rose hips can help eliminate toxins from the body, as well as excess salts, liquids, and even fat. The astringent quality of rose hips keeps the skin elastic. It can help heal burns and scars, and make the skin look younger and vibrant.

HEALTHY INGREDIENT CONTRIBUTION

Values from NutritionData.com based on rose hips, wild (Norther Plain Indians) 1 ounce (28g)

VITAMIN C: One serving of rose hips contains 199 percent of the daily recommended value of Vitamin C. This vitamin protects against infectious agents by strengthening the immune system. It promotes healing and coping with stress.

DIETARY FIBER: Rose Hips contain 27 percent of the recommended daily value of dietary fiber. Soluble fiber helps to slow digestion and help your body absorb vital nutrients from foods. Insoluble fiber stays in its fibrous form, helps food pass through the digestive system.

VITAMIN A: Rose Hips offer 24 percent of the daily recommended value of Vitamin A, which is essential

for healthy eyes, bones and teeth. The antioxidant properties of vitamin A combat free radicals that can damage the skin.

MANGANESE: One serving of rose hips contain 14 percent of the daily recommended value of manganese, a mineral that works with vitamin K to help keep bones strong. It plays an important role regulating the nervous system.

VITAMIN K: Rose Hips contain 9 percent of the recommended daily value of vitamin k. Among other benefits, vitamin K is used by the body to help blood clot.



TYPES AND VARIETIES

There is a wide variation between different species and hybrids of roses. Though hips produced by any rose plant can be used, some varieties of roses produce better hips for culinary use than others. The dog rose (*Rosa canina*) is one of the most commonly used varieties because of its sweet taste and high vitamin C level. *Rosa rugosa*, or the Japanese rose is also a popular variety.

SELECTING AND STORING

- Rose Hips are ready to pick when they yield to a gentle squeeze with your fingers.
- Fresh rosehips are cut lengthwise to facilitate drying. Then placed on a paper-lined tray in a warm, airy room out of direct sunlight.
- The irritant hairs on the dry hips can be winnowed by shaking the hips vigorously in a wire sieve.
- The hips should be stored in clearly labeled, dark glass containers in a cool location.
- Dried rosehips will retain medicinal potency for up to one year

INTERESTING FACTS

- During World War II, the British government used collected rose hips to make rose hip syrup as a source of vitamin C to replace citrus fruits that were impossible to attain.
- Eighty-five percent of the world's Rosehip Oil originates from Chile, Asia, India and South Africa.
- Rosehip oil is often used in cosmetics and is reportedly helpful in fading scars and stretchmarks.
- Unlike rose oil, rose hip oil doesn't smell like roses. The aroma is described as "earthy" or "coffee-like"

CULINARY USES

- Rosehip tea is made from steeping crushed or dried rosehips and has been praised for its health benefits.
- Extract the juice of rose hips for use in jams and jellies.
- Nyponosoppa is a Swedish rosehip soup. It is sweet and often topped with anything from whipped cream, nuts, sweet biscuits, yogurt, or ice cream.
- Rose hips can be used to make pálinka, a traditional fruit brandy popular in Hungary, Romania, and other countries sharing Austro-Hungarian history.
- Rose hips are also the central ingredient of cockta, the fruity-tasting national soft drink of Slovenia.