

all about

Rose Hips

WHAT ARE 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 through autumn. 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.

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.

SELECTING AND STORING

- Rose Hips are ready to pick when they yield to a bit of a squeeze with your fingers
- Fresh rosehips are cut lengthwise to facilitate drying and placed on a paper-lined tray in a warm and 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

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.

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 get.
- 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"

