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Roses hold a certain mystical history. Their exotic beauty and alluring smell combined with prickly thorns have enthralled humans for thousands of years.

Roses have been found entombed with the ancient Egyptian pharaohs, and were highly prized by the Greeks and Romans. Josephine, Napoleon's wife, adored them and is responsible for many of the hybrids we have today.

The North American continent is host to several native species. In the Pacific Northwest we can find *Rosa pisocarpa*, *Rosa gymnocarpa*, *Rosa nutkana*, and *Rosa woodsii*. *Rosa rosgosa* is commonly found in North America and produces large rose hips.

Today most roses are grown primarily for their beauty, but historically roses have been an important food source.

The rose hips, or fruit of the rose, are **higher in vitamin C than an orange** and also have astringent qualities.

Take extra care when harvesting rose hips to avoid areas that have been sprayed with harmful pesticides.

Roses grown for commercial uses should be highly suspect. A wide variety of edible delights can be made from rose hips, including this yummy syrup. It is my favorite rose hip recipe.

Rose Hip Syrup, a great rose hip recipe



- Gather rose hips after they have developed and turned red. Some herbalists recommend waiting until after the first frost for improved flavor. (These fruits are commonly found on bushes well into winter.)
- Rinse rose hips well. Remove any stems or flower remnants.



- Bring two cups of water to a boil and add four cups of rose hips. Simmer for 20 minutes or until the water has been reduced by half.
- Allow to cool slightly and then strain through a jelly bag.



- Stir in one cup of honey, or to taste.

