

Rose Hips

Habitat:

Wild rose hips are the buds left after the bloom falls from the wild rose, rosa canina or dog rose plant.

Harvest Calendar:

Wild rose hips are available during the late fall and winter months.

Food Use:

Rose hips are edible, but the hairy inner seeds are not eaten. Seeds can be removed by hand. Rose hips contain natural pectin and are perfect for making jams and jellies.

Rose Hip Tea

- 2 cups wild raspberry puree
- Honey (optional)

Pour 1 cup of boiling water over 2 heaping teaspoons of chopped rose hips. You can use rose hips with or without seeds. Steep covered for 15 minutes and strain. Sweeten with honey, if desired.

Sources:

Wild Rose and Western Red Cedar: *The Gifts of the Northwest*. By Elise Krohn 2007
Grandmas-wisdom.com



Benteh Nuutah

Valley Native Primary Care Center
Wellness Center
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