

ROSE HIPS INFORMATION

COMMENTS



Apr 25, 2010 | By [Victoria Weinblatt](#)

Victoria Weinblatt graduated from Michigan State University with a B.S. in environmental and natural resource policy and is completing her master's in TESOL at Shenandoah University. Weinblatt worked for five years as a nationally certified massage therapist in Seattle and Philadelphia. She earned her hatha yoga teacher certification from the Vijnana Kala Vedi Cultural Centre.

Related Searches: [Healthy Food](#), [Rose](#)



Fotolia.com

Photo Credit rosehips image by Vonora from

Overview

Rose hips are the seed of rosebushes. They form as the flowers senesce. A wild variety of rose known as *Rosa canina* is the species that produces rose hips valued for their medicinal properties. Now naturalized to North America, *Rosa canina* is native to North Africa, Asia and Europe. The simple flowers of *Rosa canina* feature five blush-pink petals and are less showy than their prize-winning, hybrid relatives.

Traditional Medicinal Use

According to the Journal of Texas Medicine, rose hips from *Rosa canina* were used in medicinal folk remedies with no contraindications. Topical applications were prescribed to fight skin infection. Filtered teas and decoctions were employed as a therapeutic eyewash.

Traditional Food

Dr. Leonard Perry, Extension Professor at the University of Vermont, reminds us that rose hips were traditionally seen as a valuable food and medicinal resource. He warns to only ingest rosehips from [organic](#) rosebushes, not exposed to pesticides. After harvesting your rose hips you can use them in fresh, dried or preserved preparations. Traditional foods include rose hip jams, jellies and sauces.

Harvest

Best-practice rose gardening techniques recommend dead heading roses because it facilitates the creation of more blossoms. However, the Maryland Rose Society wants you to know that rose blossoms need to die on the bush to enable you to harvest rose hips. Viable rose hips only develop in pods at the base of rose blossoms that are left to naturally senesce. Collect rose hips only from spent flowers that have fallen off, rather than browned on the bush. The rose hip is ripe and ready to harvest when it swells and changes color to a shade of red or orange, usually after the first frost.

Tea

You can make a sweet and tangy tea with dried rose hips. Dry your harvested rose hips electrically with a dehydrator, or take a rustic, homesteading approach. Spread the rose hips out on a screen so they are not touching each other. Put another screen on top to keep out the bugs, and place the rose hips in the sun for a couple of days. Take them in at night to avoid bugs, critters and the hydrating effects of the morning dew. The resulting product will resemble a raisin.

Osteoarthritis

The Institute of Forensic Medicine at the University of Freiburg conducted a systematic review of clinical research on Rosa canina rose hip preparations. The results, published in the scientific journal Phytotherapy Research, concluded, "Moderate evidence exists for the use of a powder of the seeds and

References

- [PubMed: Evidence for Clinical Efficacy of Rose Hip and Seed](#)
- ["The Journal of Texas Medicine," Appendix: Contraindications or Potential Herb-Drug Interactions](#)
- ["Maryland Rose Society Newsletter": Rose Seed Propagation](#)
- [University of Vermont Extension: Rose Hips](#)

Article reviewed by demand32474 Last updated on: Apr 25, 2010