

What to do with rose hips and petals

100-year-old recipes that still work today.

Rose Hip Tea: Top and tail the hips, make sure they are clean and dry. Spread out in a roasting tin. Place in a slow oven until absolutely dry. Then grind in hand grinder (or in modern times use an electric coffee grinder) and store in an airtight jar.

Using about one teaspoon per cup, prepare as you would Indian tea, leaving to infuse for six to seven minutes. Then strain through a very fine strainer. Sweeten with honey to taste if required.

Rose Petal Tea: Pour four cups of boiling water over three teaspoons full of dried rose petals. Infuse for three to five minutes and sweeten with honey to taste.

Rose Hip Syrup: After picking quickly grate or chop 1 lb (454 grams) of rose hips and put immediately into 3 pints (1.35 litres) of boiling water. Simmer them for no more than five minutes and then leave stand for fifteen minutes. Strain and measure and add about 10 oz (283 grams) of sugar to each pint of juice. When the sugar is dissolved, pour into pre-heated bottling jars (do not fill too full) and allow to cool.

Stand the jars on a cloth or wooden rack in a large pan; slacken the screw bands slightly from the tight position. Then *very slowly* bring to simmering point and hold at that for twenty to thirty minutes, depending on the bottle size. Remove carefully on to a wooden surface and tighten the screw band. This method helps to retain the valuable vitamin C.