

Rosehips are a wonderful food and vitamin source. Historically, Native Americans used rosehips in their stews and soups after using them for tea.

I enjoy using them to make jams, jellies, marmalade's and wine, as well as a delicious tea.

This nutrient rich herb boosts your health and helps shed pounds in so many ways. As a tea and wine, rosehips strengthen the body, reinforce digestive function, help flush the kidneys and urinary tract, plus stimulate the appetite and increase blood flow and circulation.

I find Rosehip tea to be deliciously tart, refreshing and yummy, plus I love that they contain vitamins A, B, C, E and K, pectin and organic acids. Pectin has the amazing ability to bind waste in our intestines; bonding with fats and cholesterol before they can be absorbed into the blood, aiding in removal of unwanted fats from the body. Rosehips can help lower cholesterol and gently regulate elimination. This gentle diuretic also helps the body eliminate accumulations of water in the tissues. How can you go wrong?

So let us stop worrying about how our hips look in jeans, and just enjoy our rosehips!

For Yummy Tea: Simmer 4 tablespoons of rosehips for 30 minutes in 1 quart of water and strain. Drink 2 cups of the tea daily.

For Yummy Wine: Steep 3 1/2 ounces of dried rose hips in 1 quart of strong, dry red wine for 2 weeks. Filter the wine. Drink 2 small glasses per day.

As always, please email any questions to herbalist@morganbotanicals.com.

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