

Classification
 family ~ ROSACEAE
 Latin ~ Rosa spp.
 Common name ~ Wild Rose
 genus ~ R. nothka, R. nutkana,
 R. acicularis, R. virginiana

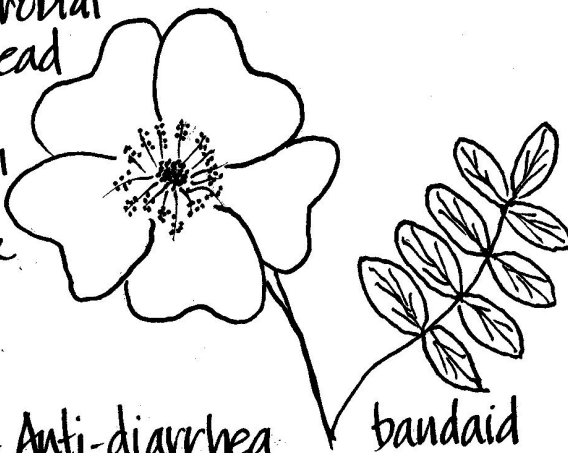
First Nations use
 Extensive use across North America
 Cree ~ decocted root for cough medicine
 Okanagan ~ chew leaf (poultice) for bee stings
 Inuit ~ made rosehip syrups
 Blackfoot (U.S.) ~ rosehips used in pemmican
 Thompson + Coast Salish ~ eat spring shoots

Did you know.....
 You can infuse rose petals 4 days
 into honey to make fragrant honey.
 Bears eat rosehips before they
 hibernate.
 You can eat fresh rosehips.
 Note, be mindful of the hairs!
 inside the hips.

growing ~
 open woodlands
 propagation ~
 seeds

Rose petals
 Anti-microbial
 rosary bead
 tea
 face wash
 ph
 balancer

Wild Rose



Roots ~ Anti-diarrhea

bandaid

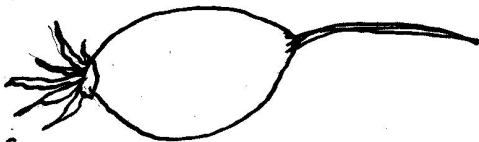
HARVEST

Leaf ~ spring
 flower petal - Summer
 rosehips ~ fall
 roots ~ spring

Recipe

Rosehip syrup.
 2C rosehips
 6C H2O
 chop hips and
 simmer in H2O
 until reduced by
 half. Strain.
 Add sweetener
 (honey or sugar)
 1 Tbsp brandy to
 preserve.
 Store in fridge.

44 Vitamin C
 3 rosehips = 1 orange of vit C
 Minerals
 Iron
 E.F.A.
 essential
 fatty acids
 Seeds - used to kill parasites



(H) best after 1st frost or before the rains!
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Uses

food ~ vitamin C, iron, minerals
 medicine -
 skin care ~ balances ph on skin
 tools ~ arrow shafts
 building materials - cradle hoops
 toys ~ hollow out hips
 jewelry - rosehip beads
 dye - roots - orange
 incense + perfume
 Smoking mix
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