



# CAPE COD COOPERATIVE EXTENSION

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## ROSE HIP JAMS, JELLIES AND TEA

After the rose blossoms fade and petals drop, rose hips appear as pulpy seedpods. Most varieties have small hips which are few in number. Rugosa roses produce the largest, tastiest, and most prolific number of rose hips. Other rose hips may be astringent and unpleasant tasting.



Rose hips should be gathered when they are fully rip, but not over-ripe. They should be bright red. If orange, they are under-ripe; if deep red, they are over-ripe. Some varieties do not ripen until after a frost and some people say that frost improves their flavor.

If rose hips are gathered before frost, chill them for several hours or overnight. Inspect the hips and discard any hips with worm or insect damage. Wash the hips and remove both blossom and stem ends with scissors. Rose hips can be made into jams, jellies and purees or frozen up to six months.

### Rose Hip Extract

1 cup washed, trimmed rose hips  
1½ cups boiling water  
Bottled lemon juice



Bring water to a boil. Add rose hips, cover and simmer 15 minutes. If fresh rose hips are used, mash with a potato masher. If dry rose hips are used, grind in a meat grinder. Let the mixture stand in a pottery or china bowl for 24 hours in the refrigerator. Strain off the extract, bring to a rolling boil. Add 2 tablespoons lemon juice to each pint of extract. Pour into clean, hot jars, adjust lids and process in a boiling water bath for 10 minutes.

### Rose Hip Tea

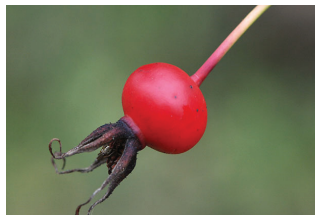
Rose hip tea may be made from the dried hips of any roses. For each cup of tea pour boiling water over a teaspoonful of dried rose hips.

To dry the hard, fresh rose hips, inspect, clean and cut off stems or ends. Place the rose hips on trays so they are not touching each other, and put in the oven at a very low temperature, (110° F) with the oven door left open. The temperature can be gradually raised to 130° F-140° F over a period of six to eight hours. The drying should be stopped as soon as the berries yield to the pressure of a finger. They should not be dried completely because they again become hard and too difficult to handle. The dried rose hips can be coarsely ground for easy steeping in the boiling water. Store in an airtight container.

## Rose Hip Jam

1 orange  
1 lemon  
2 cups sugar  
1 cup water  
1½ cups prepared rose hips  
2 pieces crystallized ginger,  
minced

Pick over, remove stem and blossom ends, and rinse rose hips. Quarter the rose hips, and with a small spoon carefully scrape out and discard the seed and hairs. Chop the rose hips coarsely. Thinly peel the orange and lemon, chop peels, and boil peel in water 5 minutes. Add sugar and stir until dissolved. Then add rose hips and the juice of the orange and lemon. Boil covered for 15 minutes. Uncover, reduce heat and simmer until the hips are clear and transparent and the syrup is thick, about 20 minutes. Add ginger and pour into clean, hot jars. Adjust lids and process in boiling water bath 10 minutes. Makes 3 half-pints.



## Rose Hip Jam (2)

2 cups washed, trimmed rose hips  
2 cups water  
sugar

Simmer rose hips in water until tender, mashing the fruit while it cooks to release juices. Push the fruit through a sieve. Measure pulp. For each cup of pulp, add 1 cup of sugar. Cook until mixture reaches 220°F or thickens. In judging thickness allow for the additional thickening of the mixture as it cools. Remove from heat, pour into clean, hot jars. Adjust lids. Process in boiling water bath 10 minutes. Makes 3-4 half-pints.



## Rose Hip Jelly

4 cups rose hip extract  
7 cups sugar  
2 pouches liquid pectin

Pour rose hip extract into a large pan. Add sugar and mix well. Place over high heat and bring to a boil, stirring constantly. Stir in liquid pectin at once. Bring mixture to a full rolling boil and boil hard for 1 minute, stirring constantly. Remove from heat, skim and pour into clean, hot jars. Adjust lids. Process in boiling water bath 10 minutes. Makes 8 half-pints.

## Rose Hip Jelly (2)

5 cups rose hip extract  
4 cups sugar

Pour extract into a large pan. Add sugar and heat slowly until sugar is dissolved, then boil rapidly until mixture reaches 220°F, or until jelly mixture sheets from spoon. Remove from heat. Skim off foam. Pour jelly into clean, hot jars. Adjust lids. Process in boiling water bath 10 minutes. Makes 5 half-pints.