

Moroboi, Rosa canina, Dog Rose, Rosehip

Uses



Besides sea buckthorn, rose hips are the native fruits with the highest vitamin C content. Unlike other fruits, they do not simply fall from the bush, but remain attached to the small branches even when ripe. Even in the snow they can often be found and can still be harvested and eaten.

Rosehip seeds are known to us as itching powder from our childhood. Small, fine hairs with barbs surround the tiny

kernels, which are not only suitable as itching remedies, but can also help as tea for bladder and kidney stones.

Rosehips should always be harvested when fully ripe. They are then deep orange or red and taste pleasantly sweet and sour. Muddy fruits, even after frost, can also be harvested and eaten.

In the diet

The fruits make a valuable contribution to nutrition above all because of their high vitamin C content, which is found in the pitted fruit peel. Removing the seeds from the healthy fruit pulp can be quite tedious. The easiest way is to harvest a few fruits, to remove the seeds and eat them directly or to dry them as a supply of tea for the winter.

There are two ways to seed rose hips for further processing:

Rosehips are meditatively seeded one at a time and then washed to remove all the itching hairs. This way, pitted fruits can be processed into jams or similar like other fruits.

Place rosehips whole in a pot and cover with water. Bring to the boil and simmer for about 15 minutes. Puree with a blender or use a rammer to make mush. Then pass the mixture through a sieve. The crossed out mush can then be further processed as desired. The disadvantage is that some of the vitamin C is destroyed by the long cooking time. But not only the fruits can be eaten, also the flowers and leaves are edible. Young leaves in early spring are cut into small pieces and mixed into stews, soups or vegetable dishes.

Delicate, slightly sweet-smelling flowers boiled in apple juice make a delicious jelly. As edible decoration they are given over sweet and hearty dishes. They have their richest aroma immediately after flowering and should be harvested early in the morning until 10 am.

Dog rose buds can be used just like the flowers.

The roasted seeds can be used to make coffee, which in Chile is considered a good remedy for gastritis.

Healing applications

Already in the Middle Ages rosehips were prescribed for haemoptysis (coughing up blood), dysentery (inflammatory disease of the intestine) and diarrhoea (loose or liquid bowel movements). Nowadays, they are used in folk medicine to treat colds and to strengthen the immune system, mostly in the form of tea. In medicine, a powder for the treatment of osteoarthritis is made from the fruits and seeds.

The petals and hips are astringent, carminative (relieves flatulence), diuretic, laxative and tonic. The rosehips are taken internally in the treatment of colds, influenza, minor infectious diseases, scurvy (lack of vitamin C), diarrhoea and gastritis. A syrup made from the rosehips is used as a pleasant flavouring in medicines and is added to cough mixtures. A distilled water made from the plant is slightly astringent and is used as a lotion for delicate skins. The seeds have been used as a vermifuge. The fruit of many members of this genus is a very rich source of vitamins and minerals, especially in vitamins A, C and E, flavanoids and other bio-active compounds. It is also a fairly good source of essential fatty acids, which is fairly unusual for a fruit. It is being investigated as a food that is capable of reducing the incidence of cancer and also as a means of halting or reversing the growth of cancers. Ascorbic acid in rosehip shells (vitamin C, 0.2 to 2.4%).

Body care with rose petals

Valuable rose oil is pressed from the seeds. It can help with wrinkles and other skin problems and is often mixed into care products.

Rose oil from the flowers is easy to make yourself and is used for body care as well as in the kitchen. Pour the petals into a screw glass and pour warm oil over them. It is important to cover all leaves with oil. Close the glass, shake occasionally and leave to stand in a warm place for three weeks. Strain and keep in a dark place.



Recognition and tips for collection

The dog rose is a thorny shrub up to three metres high, which can be found in hedges, on the edges of paths and woods.

The leaves are alternately arranged and pinnate in 3-7 individual leaves.

They are ovoid with toothed rim

The branches often hang in arches and are provided with spines.

The flowers stand on stems about two cm long and have five petals.

They are usually slightly pink in colour and have a pleasant fragrance.

The fruits are mostly elliptic-long with a size of 1-2 cm.

They are red or orange and still hard even when ripe.

The main harvesting season for rose hips is the end of September and October.