

FORAGING FOR ROSEHIPS

What are rosehips?

Rosehips are the fruit of the rose plant. On the Central Coast, we have Nootka Rose as our wild rose variety. However, all varieties of rose (including cultivated roses in the garden) can be harvested.

What parts are edible?

The edible part of the rosehip is the reddish-orange skin and flesh once the seeds inside have been removed.

How do you preserve and use rosehips?

You can dry rosehips whole in a dehydrator or string them into garlands with a needle and thread and hanging to dry. Whole, dried rosehips can be used in teas but should not be chewed and consumed.

If you'd like to eat the skin and flesh of the rosehips we recommend cleaning them before drying them.

To do so, trim the bottom of the rosehip, cut it in half, and scoop out the seeds and fine hairs. The hairs will irritate your mouth and throat so it's important to carefully dry-brush or rinse your halved rosehips to get them completely clean.

Once they're clean, you can use them fresh, toss them in the freezer, or dry them and rehydrate them when you're ready to use them.

How do you responsibly harvest?

Harvest rosehips in the fall. They should detach easily from the stem and be completely orange/red with no more traces of green to the skin. Never harvest all the rosehips from a single bush – harvest no more than 1/3 of the rosehips you see. Your rosehips will become sweeter the longer you leave them on the bush.

What are the nutritional and medicinal benefits?

Rosehips are high in Vitamin C and other vitamins and antioxidants. They have a tart, slightly sweet flavour that's similar to crabapples.



Responsible foraging

Before you go foraging, always make sure you are confident in your ability to correctly identify plants! Look for locally relevant field guides or ask a knowledge holder from your community for guidance.

Cautionary note

In a dry year, you can wait until after the first frost to harvest your rosehips. In a wet year, we suggest harvesting in early autumn before the rains cause the rosehips to rot.