
Eat My Rose

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July 1, 2012



Rose as an Herb

Herb of the Year 2012, by International Herb Association

HIGHLIGHTS AND REFERENCES



Fourth of July

The rose family is probably one of the six most important economically important crop plant families and includes, apples, pears, quinces, loquats, almonds, peaches, apricots, plums, cherries, strawberries, raspberries, sloes and roses.

The rose is the floral symbol of the United States.

Fossil evidence of roses dating to 32 million years has been uncovered in Oregon and Colorado.

Roses throughout the world and the ages have been treasured not only for their scent and flavor, but also for their medicinal and cosmetic properties.

It takes over 4,000 pounds of rose petals to make one pound of rose oil.

Rose hips have 24 to 36 times more Vitamin C than orange juice and 60 times more than lemons. Rose petals are used in making rose water and syrup, to flavor alcohol and honey, jelly, butter, vinegar, rice puddings, custards, baklava, tea cakes, scones, cookies, frosting, ice cream and other desserts.

Don't eat roses from florist shops.

Don't eat your roses if you are using systemic fertilizers with insecticides.

For an extensive list of roses that grow well in this region, go to the Marin Rose Society's website; marinrose.org.

References:

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