

## Rose: Preserve It!

### Rose Hip Jelly

4 cups rose hips  
2 pounds sugar

1. Sterilize canning jars by boiling for 10 minutes at altitudes of less than 1,000 feet. At higher elevations, boil jars 1 additional minute for each additional 1,000 feet elevation.
2. Wash rose hips and remove outside covering. Add just enough water to cover and bring to a boil.
3. Add sugar and simmer until the fruit is soft. Strain and return juice to kettle.
4. Bring juice to boil again and test for gel.
5. Remove from the heat, skim foam if necessary.
6. Fill hot jelly into hot, sterilized jars, leaving 1/4-inch head-space. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
7. Process jars in a boiling water or atmospheric steam canner for 5 minutes at 0-1,000 feet elevation, 10 minutes at 1,001-6,000 feet, and 15 minutes above 6,000 feet.

*Source: University of Wyoming Cooperative Extension B-1210.3, 2011*



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