



Creative Gardener

... inspiring gardeners to create

Sue Goetz

www.suegoetz.com

The Herbal Rosarian

"Of all Flowers, methinks a Rose is best,"

Emilia in the play "The Two Noble Kinsmen." By W. Shakespeare & J. Fletcher

Most think of roses as rich, velvety flowers filling a bouquet. A symbol of true love, the herbal use of roses is noted throughout history and modern day. Many uses include rose water added to beverages and single petals scattered as wedding confetti in aisles as the bride walks down to ensure a happy marriage. Roses are also used as a component of meditation and prayer. The petals ground, made into a pulp, and formed into rose beads to string into fragrant rosaries. Other herbal uses include healing medicine, perfumed flavorings, and aromatherapy.

Edible

Slightly sweet lingering perfume for syrups, jams, and vinegars. Use in beverages, salads, and baking.

Medicine

The essential oil in the rose petals is said to heal depression, nervous stress, and tension.

Skin Therapy

The petals infused into water, honey, and natural skin oils are used as a skin-softening treatment. Roses have a humectant quality that helps skin to hold moisture. It is used in lotions and oils to soften skin and lessen damage that causes wrinkles.

Fragrant Potpourri

One of the most popular ingredients of dry and moist potpourris is the intense fragrance in the petals, which holds well through drying and preserving. It is lovely in combination with lemon verbena leaves and lavender buds.

Harvesting Tips: Harvest roses in the morning, just after the dew has evaporated. The petals have the best aromas during this time, which is essential for creating aromatic rose recipes. Choose roses that are just about to open fully. Avoid flowers that are too tight (buds) or blown open and starting to wilt. Choose petals free from damage, discoloration, or pests. If possible, water the day before you plan to harvest and wash off any pests and dust, allowing them to dry naturally on the plant overnight.

If used for edibles: Trim off white end of the petals. (where the petal connects to the base of the rose, this part can be bitter.)

Drying- The faster you get a rose petal to dry, the better it will retain its color and fragrance. Do not expose them to a heat source like a dehydrator. The heat will release the oils rather than preserve them. Place fresh rose flowers on a drying screen (see HerbLoversGarden.com/make-these-easy-herb-drying-screens/ to for a how-to to make drying screens. Place rose filled screens in a warm space without direct sunlight or heat. If there is high humidity, use a fan to circulate air around. When completely dry, break the petals away from the base of the flower and store them in a tightly sealed glass jar.

New!

The Herbal Rosarian

16 page e-book download now available at SueGoetz.com/shop

Your mini Herbal Rose Compendium

Sample of contents:

- * History and the Apothecaries
- * Essence
- * In the Garden
- * Varieties to Grow
- * Herbal Companion Planting
- * Care and Keeping
- * Harvesting, Drying, Preserving
- * Over a dozen Recipes for herbal use-
Edible, Healing & Skin Care and Aromatics



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Remember! All roses for any herbal use must be grown organically. Do not use roses purchased from a grocery store or non-organic florist, they are typically treated with chemicals.

Rose Jasmine Green Tea

A hint of jasmine in green tea, tossed with rose petals, makes a heady, perfumed tea.

You need a handful of fresh, washed rose petals (cut off the bitter white ends with scissors.)

Bring two cups of water to a boil; remove from heat. Add two teaspoons of jasmine green tea and the rose petals in a warmed glass teapot. Pour steaming water over the rose/tea mix and allow to steep for about 7 minutes. Serve with rose petal-infused honey or sugar (if desired.)

Rose Sugar

Use to sweeten tea and as an ingredient in healing spa scrubs

Add about an inch of sugar in a small, wide-mouth canning jar. Add a layer of fragrant, dried rose petals; pour enough sugar to cover leaves. Place another layer of petals, cover with sugar, then alternate layers of rose petals and sugar until the jar is full. When ready, the sugar will be highly fragrant from absorbing the essential oils from the petals. See the floral sugar scrub recipe for another use!

Natural Skin Care

Floral Sugar scrub

2 cups sugar (see recipe above)

1 cup coconut oil

1 vitamin E capsule

1/2 cup fresh rose petals

A few drops of rose essential oil (if desired)

Mix all ingredients in a wide-mouth glass jar.

To use: Dampen skin. Massage onto the skin with a generous amount of floral scrub with a gentle circular motion. Use caution around scratched or irritated areas of skin. Rinse off with warm water. Your skin will be soft and aromatic.

A note on true rose essential oil.

Roses do not give up their oils readily, making them one of the more expensive essential oils on the market. It can take up to 10,000 lbs. of rose petals to extract 1 pound of oil. Some flower varieties, like *Rosa damascena*, take about 30 rose blossoms to make one drop of oil.



Aromatic

Rose Petal Potpourri

Creating rose petal potpourri is a great way to preserve the beauty and fragrance of your garden roses.

3 cups of dried rose petals

1 cup of dried sweet woodruff (*Galium odoratum*)

1 cup of another complimentary flower like chamomile or lavender.

1/2 cup of dried orange peel (optional, for a citrusy note)

1/4 cup of whole cloves (optional, or a spicy note)

1/4 cup dried orris root or 1

tablespoon powdered (this is used as a fixative)

Set aside orris root in a small bowl- add 8 drops of rose essential oil (or a high-quality rose fragrance oil) and mix well.

Gently combine remaining ingredients in a large bowl.

Sprinkle the oil-infused orris over the mix and gently toss.

Add more essential oil drops directly to the mixture. Toss gently to distribute the fragrance evenly.

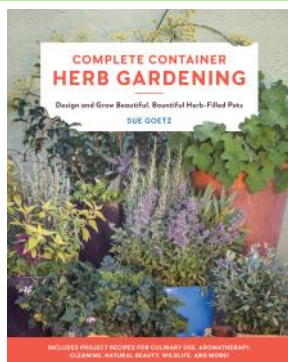
Adjust the number of drops to suit your desired strength of fragrance.

Cure the Potpourri. Place the mixture in an airtight container and let it sit for 1-2 weeks to allow the fragrances to blend—place in a small decorative bowl or sachets for display/storage.

**For more recipes see my ebook "The Herbal Rosarian"
Now available at SueGoetz.com/shop**

Thank you for attending my talk! Please do not copy or share recipes or any content without permission - contact me info@thecreativegardener.com for more information.

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