

FORAGE & FEAST: JAPANESE ROSE

OUR RECIPE GUIDES SHOW YOU HOW TO CREATE FANTASTIC FORAGED FEASTS OUT OF NATURALLY-FOUND INGREDIENTS.

JAPANESE ROSE (ROSA RUGOSA)

There are many species of rose that can be encountered in our woods, hedgerows and green spaces. The native ones generally have smaller, more subtle flowers with a slight scent and small hips. The Japanese rose is an invasive species which has the most beautifully scented flowers and fat tomato like hips. It flowers from May through till October, so getting your hands on some of the delicious petals should be relatively easy (just mind the thorns!).



Habitat: This plant has been introduced to Europe from the Far East, mainly as a bush to mark boundaries in gardens or to provide a bit of greenery in urban areas. It has started to spread by seed dispersal from birds and animals and can be encountered in a variety of areas, but generally urban and sub urban areas, Parks are the best place to find it.

Distribution: Native to the Far East, it has now been introduced to the US, the UK and through central Europe. It is a common plant across Greater Manchester and can be found in some woodland edges, hedgerows and parks.

Description: The flowers which can be deep pink/purple or even white have the most wonderful aroma of rose, the flowers literally smell of Turkish delight. The hips, which are produced once it has flowered, are large, orange and are almost pumpkin shaped. Interestingly Japanese rose can have both flowers and hips on the bush at the same time, most other rose species have one or the other.

When's it in season: The flowers appear around May and can still be flowering in September. The hips appear once each flower has finished flowering and are generally found from July and can stay on the bush into winter.

Medicinal: The flowers have been used to increase appetite, as well as treat the spleen, liver and improve blood circulation. The hips are rich in vitamin C, A and E. Unusually for a fruit it contains essential fatty acids.

Edible bits and uses: The flowers have a wonderful rose aroma and can be used for infusing; the flowers are large and dry well. The hips can be used for making jelly and syrup, but they have to be strained during the cooking process as they contain hair which can irritate if ingested or get on the skin.

Ideas: The flavour is divine and there are different ways to capture this scent, as Rose Water (but this does not have a long shelf life when made at home) or as rose syrup which is useful to have on a summer's day, refreshing and looks amazingly pink.

The petals can be dried and added as a garnish; they will slowly turn the drink pink and release their flavour.



ROSE PETAL TEA

Firstly you can dry rose petals very easily in a number of ways. You could place them in a food dehydrator and let that do the work, or place them in an oven on a baking tray on the lowest setting (around 50 degrees C°) with the door slightly open and after around 2 hours they should be crispy and dry. Once dried (crispy, no moisture) and stored in an air tight container they will last a few years and can be called upon when needed.

This rose petal tea is a simple way to enjoy the subtle scent and it is so easy to make.

**150g rose petals (around 2 handfuls)
Juice of half a lemon or half a teaspoon
of citric acid.**

- 1. Place around 150g of rose petal in 1 litre of water in a pan.**
- 2. Add half a teaspoon of citric acid** or the juice of half a lemon.
- 3. Bring the water to the boil then turn off,** allow to cool for 20 minutes or so and then strain through a sieve and pour the resulting liquid into cups to enjoy.

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