

Rosehips

Botanical Name: *Rosa canina*

Family: Rosaceae

Energetics: Cooling, nutritive

Taste: Tart, slightly sweet, astringent

Actions: Immune support, nutritive tonic, antioxidant, anti-inflammatory, mild diuretic

Overview

Rosehips are traditionally used for their high vitamin C content, immune support, anti-inflammatory properties, and general nutritive benefits. They are commonly used in teas, syrups, and tinctures.

Uses

Internal Uses

- Supports immune system health
- Rich in antioxidants and vitamins
- Anti-inflammatory support
- Mild diuretic effect

External Uses

- Infused oils or salves for skin health
- Used in facial tonics and creams for antioxidant support

Medication Interactions

- May interact with anticoagulants or antiplatelet medications
- May affect blood sugar control

Contraindications

- Pregnancy: generally safe in culinary amounts
- Allergy to Rosaceae family
- Children: safe in teas and syrups

Caution & Safety

- Moderate intake recommended
- Monitor for allergic reactions
- High doses may affect kidney function due to oxalates

Herbal Pairings

Blends Well With

- Hibiscus (flavor and antioxidant synergy)
- Elderberry (immune support)
- Lemon Balm (mild calming effect)

Avoid Combining With

- Anticoagulants or blood sugar medications without supervision

Possible Side Effects

- Mild digestive upset if overconsumed
- Rare allergic reactions
- May affect kidney function in sensitive individuals at high doses

Forms & Dosage

Tea / Infusion

- 1–2 tsp dried fruit per cup water
- Steep 10–15 minutes
- 1–3 cups daily

Tincture (1:5)

- 2–4 mL, 1–2 times daily

Syrup / Infused Oil

- As desired for internal or topical use



Rosehips are a highly nutritive, antioxidant-rich herb ideal for immune support and general wellness. Best used in teas, tinctures, syrups, or external skin applications.

For educational purposes only; not intended to diagnose, treat, or cure any condition.

© HomesteadGardener.ca | @YourHomesteadGardener