

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
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Medication Interactions

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

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

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

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

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.

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