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# *For Love of the Rose*

## Roses In Medicine, Beauty And Food

Information compiled by Gerry Mahoney 9/2020 Do Not Copy or Use Without Permission



# Caution!

Rose Petals, Hips, and plant parts should only be used if they are grown organically with amendments that are safe for human consumption



*Herbal Medicine  
Traditions*



## *In Traditional Western Herbalism*

Rose petals and buds are prized for many benefits:

- calming properties.
- powerful medicine for healing grief, loss, sadness, fatigue and heartache..
- A remedy for wounds, burns, traumatic injuries and sore muscles.

Rose medicine is as diverse as the incredible number of their species





PL.106. Rosier des chiens. *Rosa canina* L.

- In both **Traditional Chinese Medicine (TCM)** and the **Unani (Greek-Arabic medicine)** traditions, the heart is important
- Both schools teach that rose has a powerful affect on the spiritual state of one's heart.
- Good for uplifting the mood
  - alleviating depression,
  - antispasmodic,
  - aphrodisiac
  - sedative qualities, as well as being anti-inflammatory.



- In Ayurvedic Medicine the rose has been used for:
- Blood purifier
- Anti inflammatory
- Aphrodisiac

It has been used to treat

- Stomach issues (paste or tea)
- Sore throats (as an infusion)
- Eye Problems (petal extract as eye wash)
- High Blood Pressure



Prairie Rose – *r. setigera*

## Native American Uses

**Different tribes had different medicinal uses for this plant.**

- **Omahas:** Steeped the roots or hips of roses to treat inflammation of the eye.
- **Chippewa:** Used rose and hips for food and to treat eye infections.
- **Pawnee:** Used insect-made galls growing on rose stems in dressings for burns.
- **Arapahos:** Treated muscle pain with rose seeds.
- **Cheyenne and Flathead:** Used petal, stem and roots to treat snow blindness. The Cheyenne made a rose bark tea to treat upset stomach and diarrhea.
- **Crows:** Boiled rose roots and used the vapor to stop mouth and nose bleeds and in hot compress to treat swellings.

## Use in the Middle Ages

- » The rose generally cultivated in late medieval England, (along with the red and white for the royals), was the damask rose.
- » The pink rose of Damascus may have been brought to England by merchants, monks, pilgrims, or crusaders.
- » Along with cultivated roses mention must be made of the native wild rose, the *Rosa rubiginosa*, known also as the sweet briar or eglantine, which has a lovely smell, is a good climber for walls and fences, and was used in the making of mead and various medicines.
- » Medieval cultivated roses would look fairly wild to the modern eye.



*Pink Rose of Damascus*



*Dried Damascus rose petals*

- » The flowers of Medieval cultivated roses were smaller, more open, and more fragile than today's roses
- » they were more delicate of fragrance.
- » The Medieval rose plants were more like rambling bushes than modern roses, and the thorns were longer and more plentiful.



*Rosa Rubiginosa* aka Sweet Briar  
Rose



*Rosa gallica* var. *officinalis*  
aka Apothecary rose, Red  
rose of Lancaster, & French  
Rose

## Roses for Aromatherapy



r. Damascena – The Damask Rose



r. Centifolia – The Cabbage Rose

Rose oil (rose otto, attar of rose, attar of roses or rose essence) is the essential oil extracted from the petals of roses.

Two major species of rose are cultivated for the production of rose oil:

*Rosa damascena*, the damask rose, which is widely grown in Bulgaria, Syria, Turkey, Russia, Pakistan, India, Uzbekistan, Iran and China

*Rosa centifolia*, the cabbage rose, which is more commonly grown in Morocco, France and Egypt

# Roses for Aromatherapy

Aromatherapy is about healing through scent and touch.

- Candles (which also create a romantic, glowing ambience)
- Spray a mist
- Add a few drops of essential oil to your bath
- Try a roll-on oil, which interacts directly with your skin.
- Essential oils in an oil massage

Rose aromatherapy brings a garden essence that helps cleanse the mind and heart while providing many other benefits!

Rose Essential Oil Relieves Stress, Fights Anxiety, and Relaxes Your Body and Mind



Rose Essential Oil



Candle Infused with Rose and Lavender

# Roses for Beauty

- » There are generally two species of roses that are used in skin care: *rosa damascena* and *rosa centifolia*.
- » Rosa Damascena, often hailing from Bulgaria, has a deep, potent scent;
- » Rosa Centifolia, known as the cabbage rose or the Moroccan rose, has a lighter, clean and sweet scent.
- » Both are valued for their pure essential oils, derived from the rose flowers.



Rosa Centifolia

- Containing a complex array of vitamins, minerals, and antioxidants, rose essential oil has excellent emollient properties for moisturizing dry skin;
- It also offers antiseptic and astringent properties to treat acneic skin, as well as anti-inflammatory properties that help treat redness and inflammation.
- Rose oil can also help refine skin texture, controlling skin diseases such as psoriasis and atopic dermatitis.
- A study has even shown that rose essential oil can help heal wounds, as inhaling the fumes inhibits water loss in the skin and lowers the concentration of cortisol (a stress hormone) in the body.



# Commercial Rose Beauty Products.



*“Fruit” of the Vine*



## What are Rose Hips?

Rose hips, also known as rose hep and rose haw, are the fruits of the rose plant.

- Form in late summer and autumn after the flowers have been pollinated
- The color is typically red, but it can also be orange, purple, or black.
- One of the most nutritionally packed fruits of any plant
- Historically, they have been used for hundreds of years by the Americans as well as Europeans.
- Recently, the complete medicinal value was discovered.
- They were even used as pet food for animals because it was noticed that animals were particularly attracted to the scent and taste of these small fruit pods.



## More About Rose Hips

When people began eating the components of rose hips, a great deal of attention shifted towards the potential it had for their health.

- The most common use of rose hips include jams, jellies, pies, and even marmalade.
- They are an extremely versatile ingredient enjoyed by people all around the globe, either due to the delicious flavor or for the nutritional benefits!



- Rosehips are a wonderful source of vitamins C, B2 and E.
- Some believe that the health benefits of rose hips include
  - their ability to reduce the symptoms of rheumatoid arthritis,
  - relieve respiratory conditions,
  - lower cholesterol,
  - increase urination,
  - regulate digestion,
  - boost the immune system,
  - increase circulation,
  - and help in building stronger bones.





*Roses on the Table*

## Some Edible Rose Species Include

- *Rosa canina*, Dog Rose
- *Rosa x damascena*, Damask Rose
- *Rosa gigantea*, Manipur Wild Tea-Rose
- *Rosa laevigata*, Cherokee Rose
- *Rosa moschata*, Musk Rose
- *Rosa multiflora*, Multiflora Rose
- *Rosa rugosa*, Rugose Rose



- *Rosa laevigata*, Cherokee Rose

- *Rosa gigantea*, Manipur Wild Tea-Rose



## Rose Flavorings – Sweet and Savory

» Rose Flavorings come in several forms

- Rose Water
- Rose Syrup
- Fresh Rose Petals
- Dried Rose Petals
- Fresh and dried Rose Hips



## How and Why of Rose Water

*The speed reader's version of the history lesson:*

- rose water, a liquid distilled from rose petals with steam, dates back to ancient Greece and Persia. It was brought to Europe via treats like marzipan and Turkish delight in the Middle Ages, and then later to the American colonies, where it was the most popular flavor before vanilla hit the market in the late 1800s. (Look at the earliest apple pie recipe and you'll find rose water among the ingredients.)

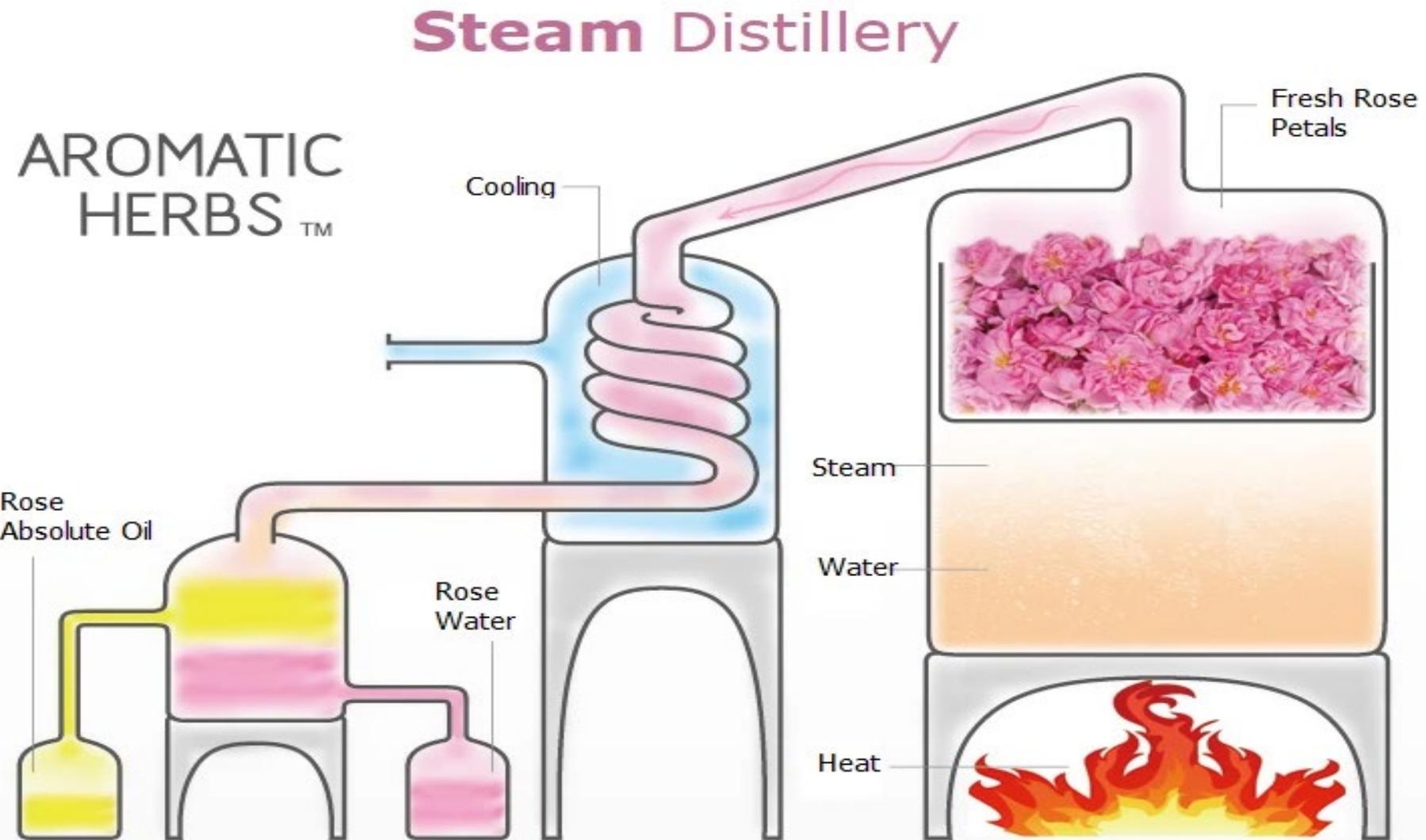


Arabic Distillation diagram



Woodcut of Medieval Distillation

# Distilling Rose Products



# Using Rose Flavor in Cooking

## » Stir It Into Creamy Things

- Rose water and cream were made for each other; there is something so delicious about digging into a spoonful of creamy panna cotta that has just a hint of floral flavor. Try it out in ice cream, panna cotta or puddings.



Persian Love Cake

## » Mix It Into Cakey Things

- Instead of vanilla, swap in rose water for a slightly more floral, but similar fragrant touch. This works wonders in cakes, muffins, and tarts.
  - Or add it to cookie dough,

# Using Rose Flavor in Cooking

## » Pair It With Fruit

- With its floral flavor, rose water goes so well with sweet spring and summer fruits like strawberries, raspberries, peaches, and rhubarb. Stir it into fruit syrups, mix it into sorbet, or add it to summertime jam.



Summer Fruit Salad with Rose Syrup

## » Give Your Meat A Rose-y Boost

- Floral flavors and meat might not seem like an obvious match, but they can work well together.

A classic Moroccan dish combines the exotic flavors of saffron, cinnamon, and rose water in a delicately spiced, nut-crusted roast chicken.





## Edible Rose Petals

- Both rose petals and buds are edible, but some varieties are better than others. Only use petals from roses that are organically grown.

A few favorite ways to eat fresh rose petals:

- add fresh rose petals to a salad,
- chop rose petals and put them in honey to be used as a spread (popular in Greece),
- chopped into a summer sorbet,
- candied rose petals, (or sugared rose petals)
- add rose petals as a colorful dessert garnish.

You can use dried rose petals in teas as well, but they don't pack nearly the flavor of rose buds

- *Rosa moschata*, Musk Rose



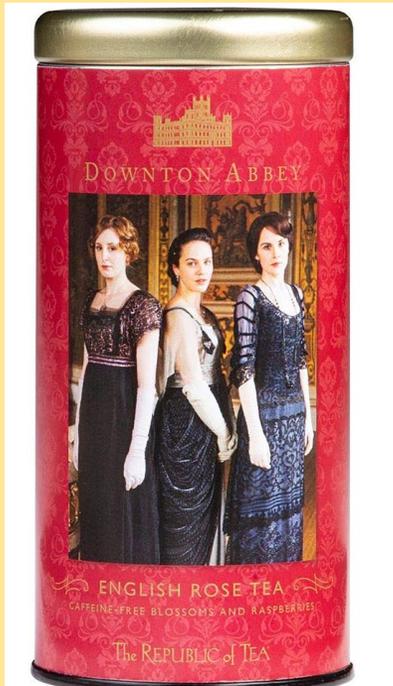
Rosa Moschata

## Other Ways to Add Roses to Your Diet

If you are still wondering how to add roses to your diet, here's some more ideas for you:

- Rose shoots (young) are edible cooked
- Rose buds can be pickled
- Rosehips eaten fresh like candy for flavor and vitamin C
- Rosehips make a fruity immune-boosting tea
- Rosehips in chutney
- Rosehips dried, ground, and added to cookies, cakes, and deserts

# Commercial Rose Food Products.





Rosa Ispahan

Thank  
You

## Credits and Sources

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## Rose Petal Sauce for Hens

\* Prep time 8 mins    Cook time 12 mins    Ready in 20 mins

Recipe by Elle

“Like Water for Chocolate? This rose petal sauce works great on Cornish hens or even chicken. Just prepare hens by method of choice - I bake them with salt and freshly ground pepper-”

### Ingredients

- 1 ½ tablespoons unsalted butter
- 4 cloves garlic, minced
- 1 pinch salt and freshly ground black pepper
- ¾ teaspoon ground anise seed
- 3 fruit, without refuses prickly pears (cactus fruit), peeled and chopped
- 12 flowers red or pink organic roses' petals
- 1 cup chopped walnuts
- 3 cups chicken broth, or as needed
- 2 tablespoons honey, or to taste

### Directions

- 1** Melt the butter in a saucepan over low heat. Add garlic, and saute until fragrant, 2 or 3 minutes. Season with salt, pepper and anise, and cook for another minute to blend the flavors.
- 2** In the container of a blender or food processor, combine the prickly pears, rose petals (reserving a few for garnish) and walnuts. Pour in just enough broth to cover. Cover, and process until smooth.
- 3** Pour the rose petal mixture into the saucepan with the garlic. Cook over medium heat for about 10 minutes, stirring gently. If the sauce is too thick, add more broth as needed. Mix in the honey, then taste and adjust seasoning with more salt and pepper or anise if desired. Serve poured over poultry, garnishing with a few rose petals.

# Rose Pistachio Shortbread

- prep time 20 mins   cook time 15 mins   ready in 2hours 35 mins

by Diana Moutsopoulos

“I don't think you will find a prettier version of shortbread than this. Flecked with specks of green pistachio and pink rose petals, it's easy to make yet gorgeously impressive. Dried rose petals can be found online or in specialty spice shops.”

## Ingredients

- $\frac{3}{4}$  cup all-purpose flour
- 5 tablespoons confectioners' sugar
- 1 pinch salt
- $\frac{1}{3}$  cup cold unsalted butter, cubed
- 1 egg yolk
- 3 tablespoons chopped pistachio nuts
- 2 teaspoons crushed dried rose petals

## Directions

- 1** Combine flour, confectioners' sugar, and salt in a bowl. Add cubed butter and rub everything together until mixture resembles fine bread crumbs. Add egg yolk and combine until a solid ball of dough is formed. Work in pistachios and rose petals
- 2** Roll dough into a log, approximately 1 inch in diameter and 10 inches long. Wrap in plastic wrap and chill in the fridge for 2 hours, or up to 5 days if making ahead.
- 3** Preheat the oven to 325 degrees F (165 degrees C). Line a baking sheet with parchment paper.
- 4** Remove plastic wrap from dough once it's chilled and solid. Unwrap and slice into 1/4-inch rounds and place on the prepared baking sheet.
- 5** Bake in the preheated oven until shortbread has a light golden color, about 15 minutes. Cool and store in an airtight container.

# Raspberry-Rose Scones

- prep time 25 mins   cook time 15 mins   additional time 5 mins   ready in 45 mins

by Laura F

## Ingredients

- 2 cups all-purpose flour
- 6 tablespoons white sugar
- 1 teaspoon baking powder
- ½ teaspoon salt
- ¼ teaspoon baking soda
- 1 stick unsalted butter, frozen
- ½ cup heavy cream
- 1 egg
- 1 tablespoon rose water (such as Nielsen-Massey)
- 1 cup frozen raspberries
- 2 tablespoons heavy cream, or as needed
- 2 tablespoons raspberry-flavored sugar

## Directions

- 1** Preheat the oven to 400 degrees F (200 degrees C). Line a baking sheet with a silicone mat or parchment paper.
- 2** Mix flour, sugar, baking powder, salt, and baking soda together in a large bowl.
- 3** Grate in 1/3 of the butter using the large holes of a box grater. Toss lightly with your fingertips until coated with flour. Repeat twice more with remaining butter.
- 4** Whisk 1/2 cup cream, egg, and rose water together in a small bowl with a fork. Pour over the flour-butter mixture. Mix with a fork just until large clumps of dough form. Gently mix in raspberries.
- 5** Turn dough out onto a lightly floured surface. Bring together and gently pat into a round about 3/4-inch thick. Cut into 8 wedges with a sharp knife.
- 6** Arrange wedges on the baking sheet. Brush tops with 2 tablespoons cream and sprinkle with raspberry sugar.
- 7** Bake in the preheated oven until golden, about 15 minutes. Let cool for 5 to 10 minutes before serving.

## Using Rose Petals to Make Potpourri

[wenkegardencenter.com/using-rose-petals-make-potpourri/](http://wenkegardencenter.com/using-rose-petals-make-potpourri/)



***The next time your roses start to wilt, instead of tossing those pretty petals in the trash, make potpourri.***

It's so easy and will make your home smell amazing. Potpourri also makes a memorable homemade gift.

After dead heading your roses, you can use them to make potpourri:

1. Pull the petals off the roses.
2. Spread the petals out on a screen and let them dry in a warm and dry place (approximately 2 – 3 days).
3. Separately, dry some whole rose buds, some lavender, some rosemary, and some orange peel.
4. In a bowl, combine one cup of dried rose petals, one half cup of dried lavender, and one quarter cup of dried rosemary. Add one eighth teaspoon of ground cloves and cinnamon, plus dried rosebuds and orange peels. Add a few drops of rose or lavender oil. Add one quarter teaspoon of fixative like crushed orris root. Orris root can be found in many health food and herbal stores. Mix well.

Pour the mixture into a Mason jar. Cover the mouth with Saran wrap. Store the jar in a cool dark place for 6 weeks.

In 6 weeks the mixture will be blended. Transfer to a bowl or use the lid to be removed when you want to release the fragrance. You can also sew the mixture into small bags to