

ROSE *(Rosa spp)*

GROWING TIPS

- Choose a site that gets 6+ hours sunlight per day
- Plant in well-drained soil, amended with organic matter
- Natural planting amendments: 1 tbsp Epsom salt, a ripe banana, and/or a handful of crushed eggshells
- Set the crown at ground level, or 2 to 3" below if cold climate
- Water newly planted roses every 2 to 3 days.
- After that, water as needed, about once or twice per week.
- Mulch will discourage weeds & retain moisture.
- Companion plants to repel pests include alliums, yarrow & thyme

HARVESTING & PRESERVING

- Collect petals from unsprayed plants. Avoid wilted or browned petals.
- Air dry in single layers on paper towels or screens until completely dry.
- Store dried petals in paper bags or glass jars out of sunlight for 9 to 12 months.
- Freeze rose petal tea in ice trays, use within 3 to 6 months.



BENEFITS

External

– astringent, soothing, anti-inflammatory, antimicrobial, cools flushed & reddened skin

Internal

– a mild nervine, calming, cooling, use when overheated, use caution during pregnancy

Just the scent of roses uplifts the heart and gladdens the spirit!



SEASON: *Late Spring, Summer*

USES FOR PETALS

- **Infused oil:** 1 part dried flowers covered with 2 to 3 times as much oil
 - Use infused oil for lip balm, salves, lotion bars, creams, scrubs, soap
- **Salve:** Melt 3.5 oz infused oil with 0.5 oz beeswax.
- **Lotion Bars:** Melt together 1/4 cup each infused oil, beeswax, shea or mango butter, pour into small molds
- **Vinegar:** Fill jar 1/2 to 3/4 with fresh petals, top with vinegar, infuse several weeks
 - Use vinegar for hair rinse, cleaning spray, bug bites, vinaigrette
- **Witch Hazel:** Make just like vinegar, but for external use only
- **Tea:** Fill jar with fresh rose petals, cover with simmering water, steep 5 to 10 minutes for drinking, or until cooled for skin care projects
- **Glycerite:** 1 part fresh rose petals, 2 parts glycerin, blend, infuse 2 weeks, then strain, use for nervousness, anxiety, PMS & overwrought feelings
- **Oxymel:** Fill jar 1/2 to 3/4 with rose petals, cover with honey until the jar is half full, then fill remainder of jar with apple cider vinegar, take by spoonful for sore throat & cough