

Spring Herb Walk

MINI COURSE

Wild Rose College Of Natural Healing



HERB 15:

Wild Rose



Hello again and welcome back to our virtual foraging trip.

Have you been gathering violets these last couple of days?

Today, Dr Terry and Yarrow come across a very special herbal ally: the wild rose (*Rosa acicularis*).

Roses are known to gardeners as being fussy and difficult to grow, but the wild rose abundant in our Canadian woods and fields is a hardy, abundant, and highly resilient plant.

The genus *Rosa* has over 150 species found throughout the Northern Hemisphere, from Alaska to Mexico. The specimen in today's video is likely a Nootka rose (*Rosa nutkana*), the bristly rose native to the Nootka Sound of Vancouver Island, British Columbia.

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Wild rose grows all over the world from China to the Middle East and Europe. Fossil evidence shows the rose is around 35 million years old, making it a precious elder with much to teach us.

In today's video, Dr Terry dives into the reasons he chose the wild rose as the emblem of our herbal college, along with our favorite therapeutic benefits and uses.

FAMILY: Rosaceae

PART(S) USED: Flower bud, flower, and fruit (rosehip) later in the season

WHERE DO YOU FIND WILD ROSE?

Wild rose is found in forested regions, along roadsides, and on open slopes along with well-drained soils.

HOW DO YOU IDENTIFY WILD ROSE?

Perennial bristly rose shrubs grow 30 – 120 cm high.

The flowers are usually light pink with the occasional white petal, with five petals and many stamens.

The leaves are pinnate with 5-7 coarsely serrated leaflets.

It has branches densely covered with straight slender bristles.

THERAPEUTIC BENEFITS OF WILD ROSE

Rose flower is used extensively for its



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skin benefits and in cosmetic products like lotions and rose water, thanks to its astringent and toning properties.

Used internally, wild rose offers palatable appeal as an edible flower. For internal therapeutic benefits, the rosehip harvested later in the season works as a nutrient powerhouse, especially rich in vitamin C and flavonoids - kind of like “Canada’s oranges”, as Terry points out in today’s video. Rosehip seeds also contain high amounts of vitamin E and antioxidants when pressed as an oil.

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associated with the heart chakra, anahata, which loosely translates to “unhurt”.

In North American mythology, the wild rose represents the same essence as the lotus blossom does of the higher chakras in India.

BENEFITS: Use wild rose as an astringent to soothe and tone inflamed tissue both internally and externally. Rosehips provide vitamins and nutrition.

MAIN PROPERTIES: Astringent, anti-inflammatory, rich in vitamin C

HOW DO YOU USE WILD ROSE?

Harvest wild rose petals to munch on fresh or sprinkle over meals.

The petals can also be infused in honey, vinegar, or alcohol for further extraction. Try placing lightly dried rose petals into a jar of sugar for future baking and sprinkling over sweet treats, or to use as an at-home spa body scrub.

You can also infuse fresh rose petals into oil for making lotions and salves - or a simple rose infused massage oil to use throughout the year, reminiscent of fragrant summer blooms.

Keep your eyes on your local wild rose



shrubs and visit them again in the fall to harvest rosehips, loaded with vitamin C and flavonoids as well as vitamin E rich seeds.

Some types of wild rose possess juicier, fleshier rosehips - like beach rose (*Rosa rugosa*), abundant on the East Coast. These make for better rosehips for jams, jellies, and juices, thanks to their juicy flesh.

The other wild rose types with smaller, seed-filled rosehips still make excellent tea when sliced and dried.

Terry enjoys infusing fresh rose petals into brandy.

Here's an old recipe from Terry's archives for wild rose liqueur:

Pick flower petals in partial or full bloom, with no wilted or dried ones. Let the blooms soak in brandy for two weeks, strain, sweeten to taste, and bottle. The resulting liqueur is said to be a cross between Grand Marnier and Chanel No. 5!

No matter how long you sit up drinking this liqueur around the campfire, you'll always come home smelling like a rose.