



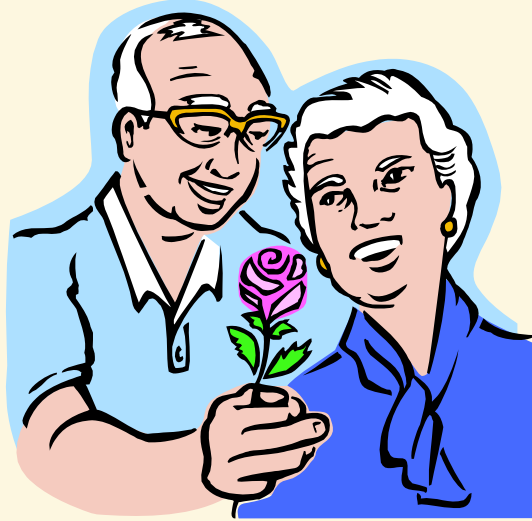
Roses in the Kitchen

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Introduction to Growing and Enjoying Roses

The American Rose Society Gulf District and Mississippi State University Extension Service



Rose for Beauty and Fragrance

Roses have been a part of our culture for 1000's of years. We have long enjoyed their beauty and their fragrance.

- Roses to add fragrance to cosmetics, perfumes and bath products



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We have used them to make us smell good by adding them to cosmetics, lotions, perfumes and bath products.

Rose as food?



- Who tasted the first rose?

The adventuresome person that first tasted a rose is lost in the mists of time. Since then we have learned that rose hip tea is a good source of vitamin C and we have also learned to use rose petals in many types of foods. Other than an occasional cup of Vitamin C packed rose hip tea have you thought about using roses to liven up your food preparation. This session will share with you some easy ways to impress your friends with your culinary flair and tantalize the taste buds of your family with fun, fast, simple recipes using roses.

Some Rules

- Edible parts
 - Hips
 - Petals
- Only use rose petals and hips from pesticide free plants
- Rose petal flavor is associated with fragrance-highly fragrant roses best

WARNING: Never eat any part of a plant unless you have positively identified it as edible.

Roses are related to cherries, apples, pears, peaches, strawberries, and blackberries—not so surprising that rose petals and hips are edible. Do not use roses that have been treated with any pesticide including systemics that translocate throughout the plant. Obviously, fragrant roses have the best flavor.

Fragrant Roses



- Hybrid Teas
 - Fragrant Cloud
 - Chrysler Imperial
 - The McCartney Rose
 - Mr. Lincoln
 - Memorial Day
 - Tahitian Sunset
- English Roses
 - Mary Rose
 - Evelyn
 - Gertrude Jekyll
 - The Prince
 - Golden Celebration
 - The Pilgrim
- Grandiflora/Floribunda
 - Sunsprite
 - Cecile Brunner



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Some examples of fragrant roses by class. Species (wild) roses are included in the ARS category of Old Garden Roses, which also includes albas, bourbons, centifolias, damasks, eglantines, gallicas, mosses, noisettes, portlands, teas, etc.

Certainly there are more than these, but this should get you started.

Fragrant Shrub Roses

- Blanc Double de Coubert
- Constance Spry
- Frau Dagmar Hastrup
- Fruhlingsgold
- Schneezwerg



Fragrant Old Garden Roses



- Mme Isaac Periere
 - Zephirine Drouhin
 - Duchesse de Brabant
 - La Reine Victoria
 - Mrs. B. R. Cant
 - Mme Alfred Carriere
 - Paul Neyron
 - Swamp Rose
 - Reine de Violettes
- Species
 - R. eglanteria (Sweetbriar)
 - R. laevigata (Cherokee)
 - R. rugosa
 - Fortuniana



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ARS defines Old Roses as those introduced before 1867. Swamp rose is *Rosa palustris*

Other Edible Flowers



- Herbs
 - Lavender
 - Sage
 - Basil
 - Chives
 - Pineapple sage
 - Monarda
 - Rosemary
 - Borage
- Pansy
- Daylily
- Violets
- Nasturtium
- Calendula
- Scented Geranium
- Elderberry



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Generally any herb with edible leaves has edible flowers

Rose Petal Preparation



- Gather petals from roses in mid-morning (after the dew has dried)
- Some rose petals have a bitter white heel to the petal that should be removed before using-taste one first, some are not bitter
- Remove tiny insects (e.g.thrips) by washing petals in salted water, rinse and pat dry



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Roses with Large/Showy Hips

- Old Garden Roses
 - Dortmund
 - Old Blush
 - Ballerina
 - Penelope
 - Wind Chimes
- Species Roses
 - *R. pendulina* (Alpine Rose)
 - *R. pomifera* (Apple Rose)
 - *R. rugosa*
 - *R. moyesi*
 - *R. laevigata* (Cherokee Rose)
 - *R. eglantheria*
(Sweetbriar, Shakespeare's Eglantine)
 - *R. carolina* (Carolina Rose)
 - *R. spinosissima*

R. pendulina-Alpine Rose with conspicuous pear-shaped hips

R. pomifera-Apple Rose with rounded hips like apples

R. moyesi-grown for long vase-shaped, brilliant red hips as well as for flowers

R. laevigata-Cherokee rose, naturalized in SE, large, decorative, bristly red hips

R. eglantheria-Sweetbriar, has clusters of bright red, oval hips. Foliage has fragrance of apples, especially when wet.

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Shrub Roses with Large/Showy Hips

- Blanc Double de Coubert
- Frau Dagmar Hastrup
- Hansa
- Rose de Rescht
- Scarlet Meidiland
- Schneezwerg
- Golden Wings



Hips pictured is Dortmund

Frau dagmar hastrup—large bright red hips

Hansa—large red hips

Rose de Rescht—distinctive tubular hips

Culinary Uses of Roses



- Rose sugar
- Rose jelly
- Rose butter
- Rose honey
- Rose cream cheese/neufchâtel spread
- Garnish
- Rose yogurt

We are going to briefly go through the process to prepare some of these. You can refer to the complete recipe instructions in your notebooks for the details and for the other recipes. Rose petals can be chopped and added to flavor honey, jelly, butter, yogurt, cream cheese for quick, easy and tasty toppings for crackers, biscuits, breads, fruit, vegetables, etc.

Rose yogurt makes a nice fruit dip.

Culinary Uses of Roses

- Roses in salads
- Sugared rose petals
- Rose hip soup
- Rose hip tea



Can add rose petals to green salads as well as fruit salads.

Rose Sugar



Here's Rose and she's getting sugar!



Rose Honey







Too long in the microwave!



Rose Butter and Cream Cheese

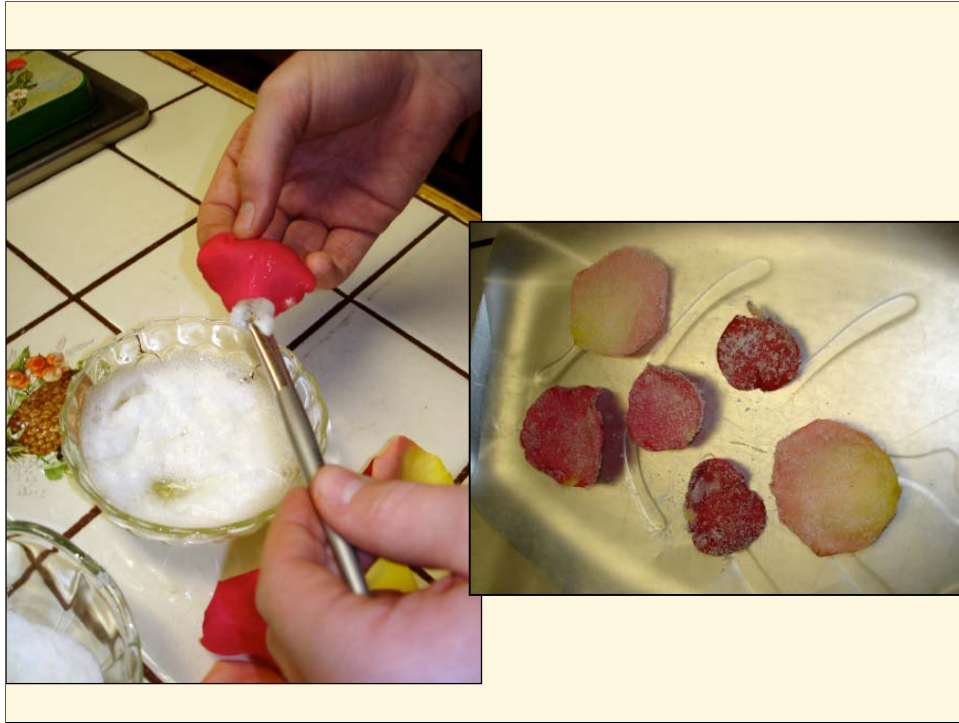


Rose butter and Rose cream cheese. Can substitute neufchatel if watching fat intake as it is 33% less fat than cream cheese. Use premixed spreadable cream cheese that has already been flavored with brown sugar, cinnamon or fruit for a quick and easy topper to crackers or on tea sandwiches.

Sugared Rose Petals



Refer to recipe in notebooks



Refer to recipe on notebook.

Rose flavored goodies!





The End

- All photographs were taken by Lelia Scott Kelly
- Usage of brand names was for examples only and does not constitute endorsement.



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Thank you!



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