

Rose Hip Jelly or Tea



INGREDIENTS

- 2 pounds of rose hips to make 4 cups of rose hip juice
- 7 1/2 cups sugar
- 1 box (2 pouches) liquid pectin (6 ounces)

DIRECTIONS

- First, make your rose hip juice.
- Harvest the rose hips after the first frost for the best ripeness and flavour. Remove the stems and blossom remnants and wash the hips in cool water.
- In a small saucepan, add your rose hips and enough water to cover them. You will need 4 cups of juice for the recipe, so add a little more to account for evaporation. Two pounds of rose hips should yield approximately 4 cups of juice.
- Bring to a boil and then lower to a simmer for about 15 minutes, or until the rose hips are soft.
- Cool the mixture and strain through a fine cheesecloth. Make sure the strainer or cloth is small enough so no little hairs get through.
- Add the 4 cups of juice to a large pot and stir in the sugar. Bring to a full, rolling boil.
- Add the liquid pectin and heat until boiling. Once it has reached a full boil, boil for exactly one minute.
- Remove from heat and skim off any foam off the top.
- Pour the jelly into hot, sterilized canning half-pint jars to 1/4 inch from the top. Seal with two-piece canning lids.
- Process the jars in a boiling water bath for 20 minutes. Note that this time is for Edmonton, and processing times vary by altitude.

Another recipe (included in resources):

https://www.simplyrecipes.com/recipes/rose_hip_jelly/ (rose hip jelly)

Rose Hip Tea:

<https://www.growforagecookferment.com/rose-hip-tea/> (Rose Hip Tea-Make sure to let the students add a bit of sweetener before they taste).

Recipe credit: <https://www.ealt.ca/natures-nourishment-1/rosehip-jelly#:~:text=Rose%20hips%20are%20the%20fruits,thickets%2C%20river%20banks%20and%20clearings>