

ROSE



Rosa species

For essential oil: *Rosa damascena*, *R. centifolia*, *R. gallica*

For eating/medicine: *R. rugosa*

Family: Rosaceae

Names: Rose (German); rose (French); rosa da essenza (Italian); rosa (Spanish); Roza (Polish); Rosa de Castilla (Mexican)

Rose hips--Hipberry

Essential oil roses: Damask Rose, Bulgarian rose, Turkish rose, Red Rose

Cabbage Rose: hundred leaf rose, Shatapatri (Sanskrit); Gulab (Hindi)

Description: a woody shrub its shoots bear thorny, alternate, unpaired pinnatisect leaves and flowers in terminal corymbs with a swollen receptacle that produces the fleshy false fruit or hip, which contains the true fruits or achenes.

Cultivation: Perennial to zone 5. Germinates in 2-3 months. Space 3-4 feet apart. Soil temperature 70-75F. Soil should be fairly rich and well drained with a pH of 5.5-6.5. Full sun. Propagates best by cuttings. Dry, hot weather produces more fragrant flowers. The roots are dug up in summer and dried in the sun to make rose-root water.

Constituents: Flower contains essential oil which includes citronellol, geraniol, nerol, eugenol, linalool, L-p-menthene, cyanin, gallic acid, beta-carotene

Fruit: vitamins C, B, E, K; nicotinamide, organic acids, pectin.

Properties: Rosehips: antiscorbutic, diuretic; Petals: carminative, stimulant, emmenagogue, antibacterial; Astringent; Tonic.

Energetics: (petals) sweet, slightly bitter, warm; rose hips: sour, neutral

Meridians/Organs affected: (petals) liver, spleen; rose hips: kidney, bladder, colon

History: The Rose is thought to have originated in Persia. According to the ancient Greeks, the red rose, a symbol of passion, first bloomed when Aphrodite stuck her foot with a thorn and bled while assisting Adonis. One legend has it that the rose was born from a drop of sweat that fell from the brow of Mohammed. It gave its name to the town of Damascus several thousand years ago and to the silk material made there in the color of the flower. Syria means "land of the rose". From the Near East, its culture spread to Greece and Italy and the Mediterranean islands. The flowers are depicted on the walls of the Palace of Knossos in Crete dating from 2000 BC. *Rosa* comes from the Greek word for red, *rodon*. The

Greek poetess Sappho first christened it "Queen of Flowers" around 600 BC.

The Gallic rose was cultivated by the Greeks and Romans, early in their history. The Romans lavishly covered banquet floors, statues, wedding couples and the streets in front of victors with it. The dried petals were sold from barrels in apothecary's shops, hence its name of Apothecary's Rose. The flower was used to adorn the shields of Persian warriors several thousand years BC and was introduced by Roman legions wherever they went reaching Gaul in Northern France 2000 years ago and later, the British Isles. That the plant is able to survive in the most arid conditions accounts for it being possibly the oldest plant known to man still in cultivation. Spanish priests brought the plants to the missions of California where they were used for nutritive and medicinal purposes. Four states in the US regard the rose as their state flower. For early Christians, the rose was a symbol of the Virgin Mary. After Europe's "conversion" to the Christian religion, the rose was forbidden to be used as a symbol of the Virgin Mary because of its earlier associations with Venus, Bacchus and other classical deities. The purer lily was adopted as her floral symbol.

The first rosaries were strung with beads made from ground rose-petal paste and rose bead necklaces are still popular. The rose and the nightingale have long been linked together, and from France comes the legend that the rose is red from the blood of the nightingale, forming an eternal alliance of the beauty of song and flower. Scandinavians have believed that elves colored the rose and man benefits from its special protection. In Germany ill omens were once connected with roses and you got rid of evil spirits by burning the fallen petals. A rose suspended over the table signified that all talk beneath it would be confidential, or *sub rosa*. (The plaster rose once placed in the center of ceilings had the same meaning.)

The story is that a Persian princess, Nour-Djihan, discovered rose oil while being rowed during her wedding procession in a canal filled with fresh roses. The hot day caused the

oil to float on the water's surface. When the princess swept her hand into the water, it was covered with exquisite perfume. She begged her father to have his alchemist extract the essence and the manufacture of attar of roses began in Persia in 1612. By the 18th century, France began making rose oil. Currently attar of roses is mostly distilled from flowers grown in Bulgaria. The Turkish rose oil is slightly less expensive.

The fruit of the rose, rose hips, are a popular ingredient in herbal teas. Its vitamin-C content is so high that British sailors during World War II were encouraged to use it as a substitute for citrus.

Rose water, obtained by distillation, is a valuable astringent and relieves tired eyes. Along with almond oil, spermaceti and wax, it makes a soothing cold cream.

The cabbage rose produces both the famous Indian attar of roses which is used as perfume and for scenting soaps and bath oils, as well as the drug extracts which are official in the Indian pharmacopoeia.

Roses play a part in many Indian ceremonies. Rose water is sprinkled on guests when they enter a marriage pavilion, to scent them and to cool them with its astringent quality. It is given to elders to wash their hands as a gesture of respect.

Rosewater: Place a brick or flat rock in a large canning pot. Surround the brick with rose petals and cover the petals with water. Keep the water level below the top of the brick. Place an empty stainless steel bowl on the brick. On top of the canning pot, invert a lid and fill it with ice. Place canning pot on high heat until all water is evaporated from the petals and distilled into the bowl.

Ritual Use: Planet: Venus; Element: Water; Magical attributes are virtue, love, peace, sex, beauty, faithfulness, improving spirits, aiding sleep. If a woman picked a rose on Midsummer's Eve and its color remained until the next month, she could be certain her lover was faithful. Roses represent all aspects of the Goddess: the ability to love and nurture, and to

see beauty in all things. It represents the love the Goddess has for Her children and is a patron herbe of lesbians. The rose is associated with emeralds and if one is consecrating jewelry set with an emerald or empowering a stone for magickal work, the emerald should be dressed with rose oil

Red Rose Powder: To heal lovers' quarrels: Grind red rose petals and peppermint leaves into a fine powder. Sprinkle red rose powder on your partner, on a gift of a bouquet of flowers, or on the sheets. Add red rose powder to rice powder to create a body dusting powder. Apply it to your own body with a powder puff so that no one can stay mad at you.

Red Rose Spell: Place a long stemmed red rose between two red taper candles dressed with a love oil. Burn the candles. When the candles have burned down, give the rose to the one you want.

Erotic Dreams Rose Bath: one cup of rose hydrosol, five drops of rose attar, five drops of neroli or essential oil of petitgrain, five drops of honeysuckle flower essence remedy. Add all the ingredients to a tub filled with water and luxuriate before bedtime. For maximum effect (but clogging to the drain), float fresh rose petals and/or orange blossoms in the bath, too.

Seven Roses Bath: 7 red roses, a handful of sea salt, a splash of vinegar, a squeeze of lemon juice, a splash of pure spring water or a splash of either Marie Laveau or Notre Dame Water. Fill the tub with water. Throw all the ingredients into the tub. Spend seven minutes in the bath, rubbing yourself with the roses, submerging yourself periodically and focusing upon your goals. Dry off with a clean towel, white or unbleached cotton if possible, and put on fresh clothes. Don't clean the tub out right away; let it sit for at least an hour while your aura cleansing stabilizes.

True Love Dream Spell: Drink a cup of tea made with wild rose petals before bedtime to conjure a vision of your true love.

Fairy Summoning: Steal some roses and transplant them into your garden to attract the fairies.

Fertility Potion Rose Hydrosol: True rose hydrosol is used as a woman's fertility potion. You can either drink small portions by itself, or blend rose hydrosol with spring water or champagne and drink

Cosmetic Use: Rose is good for most skin types and is used in a wide range of cosmetics. To make a *mouthwash* from rose petals, pour ¼ pint white wine vinegar over ½ pint freshly picked, scented rose petals and mash together for five minutes. Cover and leave in a warm place for two days, then strain and dilute 1 tablespoon with 7 fl oz water.

Galen's Cold Cream: 4 Tbsp olive oil, highly perfumed rose petals, 1 Tbsp purified beeswax, rain or soft water. Place the olive oil in a double boiler and heat slowly until it becomes very warm. Immerse as many rose petals in the olive oil as can be packed in firmly. Cover and leave for several days. When the oil has absorbed the perfume from the petals, strain it and keep on one side until needed. To make the cold cream, heat the beeswax slowly in a pan until it is reduced to a liquid, then blend in the perfumed oil. Remove from the heat and stir until the mixture cools. Add the soft water, a few drops at a time, until the cream reaches the consistency that you most prefer. Pot and label.

Fruity Hand Lotion: 3 Tbsp rosewater, 3 Tbsp glycerine, 3 Tbsp alcohol, 1 Tbsp lemon juice, 1 Tbsp orange juice, 1 Tbsp cider vinegar. Mix all the ingredients together. Bottle, shake well and label.

Rose-root water: Place 1 lb of root in a saucepan with a lid and add 1 pint of water. Simmer over a low flame for 1 hour (with the lid on), then strain into bottles when cool and keep under refrigeration.

Medicinal Use: Honey of Red Rose (Apothecary) was once an official pharmaceutical preparation in the US for sore mouths and throats. Fill a jar with fresh, dry

rose petals and clear honey. Cover and leave in a warm place for one week then strain the mixture. Sip a teaspoonful of the honey as required. Rose vinegar was used for headaches, especially those brought on by heat. The leaves are a mild, but seldom used, laxative. In Greece, Hippocrates recommended rose flowers mixed with oil for diseases of the uterus. Ayurvedic physicians use the petals in poultices to treat skin wounds and inflammations. Distilled cabbage rose water is used as a vehicle for eye lotions and eyewashes. Its rose hips are dried and made into tisanes for children with stomach disorders, and are also considered a cardi tonic for adults. Its petals are used by Ayurvedic medicine to make a syrup which acts as a gentle laxative. At various times, European herbalists recommended dried rose petal tea for headache, dizziness, mouth sores, and menstrual cramps.

Rose hips are a significant source of vitamin C. But the drying process destroys from 45-90% of it, and infusions extract only about 40% of what's left. For a mildly astringent infusion for colds and flu, use 2-3 teaspoons of dried, chopped hips per cup of boiling water. Steep 10 minutes. Drink as needed. In a tincture, use 1/2 to 1 teaspoon as needed. Dilute rose hip infusions may be given to children under age 2.

TCM: Petals: dries cold, clear mucous discharges, relieves constrictive feelings of the chest and abdomen (stuck liver chi), treats poor appetite, harmonizes blood and is used for irregular menstruation and pain caused by blood stagnation. Hips: used for diarrhea, enuresis, frequent urination, spermatorrhea and leucorrhea (all complaints of deficient kidney chi)

Aromatherapy Uses:

Note: Middle to Base

Planet: Venus

Constituent: over 300 constituents some in minute traces. citronellol, rhodinol, phenylethylalcohol, stearopton, nerol, linalool, geranium, eugenol, farnesol, different forms of acid, aldehydes

Character: Yin

Taste: bitter, pungent, astringent, sweet

Energy: cooling, moisturizing

Aroma: rosa damascena is warm, deep-floral, slightly spicy and immensely rich, truly reminiscent of red roses, with nuances in spicy and honey-like notes; rose centrifolia is deep-sweet, rich and tenacious floral rose-odor.

Actions: alterative, emmenagogue, refrigerant, nervine, carminative, laxative, astringent, cell regenerator, aphrodisiac, stimulant, antidepressant, antiphlogistic, antiseptic, antispasmodic, anti-tubercular agent, antiviral, bactericidal, choleric, cicitrisant, depurative, haemostatic, hepatic, laxative, regulator of appetite, sedative (nervous), stomachic, tonic (heart, liver, stomach, uterus)

Usage: perfumes, lotion, compress, bath, inhalations, massage, diffusers, all uses

Mixes well with: sandalwood, jasmine, neroli, lavender, bergamot, clary sage, geranium, patchouli, rosewood

Distillation: Extracted by steam distillation of fresh flowers. About 5,000 pounds of flower petals yield 1 pound of essential oil. First distillation yields some of the highest, most volatile components that are so light they are easily lost. It is customary to redistill the spent roses a second time; this is usually combined with the first distillation to ground it and prevent it from evaporating, then sold as "first." The third distillation of the same material produces a somewhat less grand product, and "fourth" distillation is best for blends.

The best-quality essential oil comes from the bushes north of Plovdiv in Bulgaria, in the famous Valley of Roses, situated at an altitude of 300 to 500 meters between two mountain chains--the southern slopes of Stara-Planina and the northern slopes of Sredna Gora on the 42nd parallel. In Turkey, it is in the central-southern and south-western lake region of the Anatolian plateau. Moroccan Rose also seems to come from the *damascena* group; it is cultivated in the high valleys of southern Morocco, M'goun and Dades.

The absolute is obtained by successive washes in pure alcohol, which makes it possible to purify the waxy molecules and other

undesirable impurities and cooling at a temperature of -20 to -25 C in order to precipitate the waxes. The removal of the latter enables a clear, liquid product, fairly concentrated in aromatic molecules, to be obtained--called an absolute--which is directly soluble in perfumes.

The essence content of the petals is highest from daybreak until about 9am when the temperature, humidity and light are favorably conjoined (hot, dry and windy weather leads to a reduction in the essence level). Roses are picked at the end of May. Picking is done by hand and lasts four weeks. It begins at dawn and ends when the dew has disappeared from the petals.

Characteristics: A pale yellow or olive yellow liquid with a very rich, deep, sweet-floral, slightly spicy scent. The absolute is a reddish-orange or olive viscous liquid with a rich, sweet, spicy-floral, tenacious odor. The oil congeals at about 17F.

Effects:

Physical: antiseptic, tonic, cooling, relieving cramps, menstruation stimulant, wound healing. For nervous heart, irregular menstruation, vaginitis, conjunctivitis, fever, migraine, wound healing, gingivitis, shingles, herpes simplex

Mind and Spirit: balancing, strengthens inner being, affecting heart chakra, encouraging patience and love. For sorrow, disappointment, sadness, postpartum depression

Skin: astringent, tonic, cleanser. For all skin types especially dry, inflamed skin, skin allergies, baby skin care, pregnancy; broken capillaries, conjunctivitis, eczema, herpes, mature and sensitive complexions, wrinkles.

Rose gives a sense of security and spiritual attunement. It keeps your heart open and connected to all things. It reduces anger and strengthens liver function. It is important in menopause formulas.

A beneficial anti-aging lotion is a few drops each of rose, neroli, frankincense, and sandalwood added to a light vegetable oil. Massage the mixture into the skin or add a few

drops of the essential oil mixture to a bowl of hot water for a facial sauna.

The absolute is considered to be inferior to the otto. Some holistic aromatherapists prefer the true otto of rose because it's difficult to remove all of the solvent from the oil after processing.

Other Uses: Rose petals and rosehips add color and fragrance to potpourris. Rosebeads are also popular.

Rosebead Recipe:

½ lb fresh fragrant rose petals

¼ lb fine salt

½ oz each of cloves and allspice

Pound the ingredients together in a mortar or grind in a meat or grain grinder. (If your rose petals are not moist enough to form balls, boil them in a small amount of water first.) Shape into balls, sliding a thick needle or toothpick through the center for a hole. They will shrink and dry in a few days and continue to harden with age. When very hard, they can be polished with vegetable oil.

Another Rosebead recipe:

Half bushel of fresh fragrant rose petals (about a shopping bag full)

Grind the petals in a hand food grinder until you have a mass that resembles modeling clay. Put the ground petals in a cast-iron skillet or pot (no rust in the pot) and regrind daily for 2 weeks. Paste will become thicker each day until it reaches a consistency where it can be formed into smooth, hard beads. To do this, roll little lumps (smaller than marbles) between your hands with a circular motion until they are smooth and well-rounded. Put a large pin through the center of each and stick the pin into a soft board. Continue rolling, piercing, and attaching to the soft board (at least 1/2 inch apart) until you have as many beads as you need. Finished beads will be half the size of the fresh ones. About 60 are needed for adult necklace. Let beads dry for at least two weeks or longer if the weather is humid. Remove the pins and polish each bead with flannel or other soft cloth. String them on button thread using a

dark color so it will blend with the color of the beads. Use a very plain clasp.

Culinary Use: Rose water and rose syrup, made from rose petals, are used in numerous Middle Eastern and Indian pastries and confections and are available from specialty stores and ethnic markets. Rose petals are used in making jelly, butter, vinegar, syrup, tea cakes and desserts. They are ideal for crystallizing and are good macerated with wine and fruit. They are also used to garnish desserts and salads. Rose petal sandwiches started with placing a hunk of butter with rose petals in a closed jar overnight. The delicately flavored butter was spread on thin slices of bread that were made into sandwiches with a few fresh petals showing around the edges. Roses were also included in the liqueur Parfait d'Amour. *Lassi*, an East Indian yogurt drink, is flavored with rose water.

To prepare flowers for kitchen use, rinse them and shake off the water. Grasp the open flower in one hand so that the stem is pointing upward. With a sharp pair of scissors, snip right below the stem, and the petals will fall freely. Trim off any bitter white part at the base of each petal. Greenhouse roses are not recommended because they most likely have been sprayed. The more fragrant roses offer the most flavor. Roses vary in flavor and the darker ones have a stronger taste than the lighter ones. The old-fashioned varieties are the best choice. Good choices for edible roses include: *R. rugosa*, *R. damascena*, *R. x alba* and *R. eglantheria*.

Recipes:

Strawberry Rose Cooler

1 pint fresh strawberries
½ cup fresh rose petals
2 cups vanilla ice cream
2 qt milk
½ cup sugar

Place the strawberries, sugar, and rose petals in a blender; blend for approximately 1-2 minutes or until smooth. Add ice cream and remaining milk, 1 cup at a time until mixture is

well blended. Recipe can easily be cut in half. (Edible Flowers: A Recipe Collection)

Mexican Rose Olé

1 cup red rose petals
2 cans yellow whole kernel corn, drained
½ cup butter
2 eggs
2 ½ cup Cheddar cheese, shredded
1 cup sour cream
½ cup corn meal
1 tsp salt
¼ tsp pepper
½ cup green chilies, drained and diced

In a blender, mix 1 cup corn, butter, and eggs. In a large bowl, mix remaining corn, 2 cups cheese, sour cream, corn meal, salt, pepper, chilies, and rose petals. Add blended mixture; mix and pour into well greased 8 or 9 inch dish. Bake at 350 for 50 minutes or until center is set. Top with ½ cup cheese. Bake about 10 minutes longer until cheese melts. Cover top with rose petals before serving. (Edible Flowers: A Recipe Collection)

Rose Petal Sorbet

2 egg whites, at room temperature
1 teaspoon cream of tartar
1 cup water
1 cup loosely packed red rose petals, rinsed and patted dry
½ cup granulated sugar
4 teaspoons rose syrup
1/3 cup half-and-half
2 teaspoons lemon juice
candied rose petals, for garnish

In a mixing bowl, beat the egg whites with the cream of tartar until stiff peaks form. Set aside.

In a small saucepan, combine the water and rose petals. Bring to a rolling boil. Remove from heat, and let steep, covered, for 10 minutes. With a slotted spoon, remove and discard rose petals. Add the sugar and rose syrup, and return to boil for 2 to 3 minutes. Immediately pour the boiling mixture in a slow stream into the egg whites, beating continuously. Add the half-and-half and lemon juice, and beat the mixture for 1 minute.

Freeze until set, stirring several times during the freezing process to prevent the mixture from separating. To serve, spoon sorbet onto individual bowls and garnish with candied rose petals. (Edible Flowers: A Kitchen Companion with Recipes)

Crystallized Flower Petals

1 Tbsp gum Arabic
1 Tbsp warm water
20 rose petals, gently rinsed and patted dry
¼ cup superfine sugar

In a small bowl, with a wooden spoon, thoroughly mix the gum Arabic with the water until smooth. If small lumps remain, strain the mixture through a fine-meshed sieve. With a clean, small, soft-bristle brush, paint both sides of a petal with a thin coat of the gum Arabic mixture. Sprinkle each side lightly with superfine sugar. Set petal on a metal rack to air dry. Continue in this manner until all the ingredients are used. When the petals are completely dry, store them in an airtight container. Use within 3 months.

Romantic Rose Wine

2 gallon pot half-full of rose petals
1 gallon water
3 pounds sugar
½ package champagne or wine yeast
2 Tbsp rose water
1 tsp orange juice

Cover the rose petals with water and simmer over low heat until the petals become translucent. Strain off the liquid and dissolve the sugar in it. Cool to lukewarm, adding champagne yeast (preferably) which has been suspended in ¼ cup warm water. Cover the pot with a cloth for 24 hours to begin fermentation. Then move the liquid to a larger container with a fitted fermentation lock, and add the rose water and orange juice. Allow this to age until fermentation has all but ceased. Rack off the clear pink liquid into bottles with a sugar cube in each bottle. Seal, using champagne corks, and store in a dark, cool area for 1 month. Open with caution as the bottles will have built up a fair amount of pressure. (A Witch's Brew)

Drop Scones with Rose Petals and Pistachios

2 ¼ cups unbleached white flour
2 teaspoons sugar
¾ tsp salt
2 tsp baking powder
½ tsp baking soda
2-3 pinches cinnamon
4 Tbsp unsalted butter
⅓ cup shelled pistachios, lightly toasted and coarsely ground
1 cup cream
1 tsp rose water
a good handful of rose petals
1 cup confectioner's sugar
1 Tbsp rose jelly or 1 Tbsp red currant jelly mixed with about ½ tsp rose water

Preheat oven to 425F. Combine the dry ingredients in a large bowl and blend thoroughly. Cut in the butter until the mixture resembles a coarse meal. Stir in the pistachios. Stir the cream together with the rose water. Rinse the rose petals and pat them dry. Shred them finely; there should be about 2 tablespoons. Stir them into the cream, then stir the liquid into the dry ingredients to form a soft dough.

Drop the dough by heaping tablespoonfuls onto an ungreased baking sheet. Bake the scones for 10-12 minutes or until golden brown. Prepare the icing while the scones are baking.

Combine the confectioner's sugar, jelly, and 2 teaspoons water in a small bowl and whisk until smooth. Add another teaspoon water if icing seems too thick--it will melt a little if applied while the scones are warm. Remove the scones to a baking rack to cool slightly before drizzling them with icing. They are best served warm, right after baking.

If preparing them in advance, cool completely without icing and store in an airtight container. Wrap them in foil and gently reheat at 325F for 10-15 minutes. Drizzle the icing over them while they are warm. (Flowers in the Kitchen)

Rose Water

Pour 1 quart water into a 3-quart pan and add about 2 quarts well-washed rose petals; place the lid on it and seal with tape, allowing a length of tubing (about 2 1/2 feet) to extend out at one point, being sure it is not in the water. Place the pan over low heat. Put the other end of the tubing into a glass jar. The steam will carry the vapors into the tube and then into the jar. At one point the tubing must be chilled to condense the vapors; place several ice cubes in a tea towel and wrap around the tubing about midway. (The Forgotten Art of Flower Cookery)

Persian Rose Water Pudding

1 quart low-fat vanilla yogurt
2 Tbsp honey
1 drop pure sweet orange essential oil
1 tsp pure distilled rose water
¼ tsp ground cardamom
1 Tbsp fresh rose petals
¼ cup sliced fresh strawberries or whole raspberries

Place a colander or strainer into a bowl. Line the colander or strainer with a couple of layers of cheesecloth. Gently scoop the yogurt into the colander. Cover top of colander with a plate, and let sit in refrigerator overnight. This will thicken the yogurt by allowing the whey to drain out. The next day, gently scoop the yogurt into a pretty bowl, or onto a nice serving plate. Mix the honey with the orange essential oil. Drizzle the honey, rose water, and cardamom over the yogurt. Garnish with fresh rose petals and fresh berries. (Healing Tonics)

The Rosehattan

1½ ounces whiskey
¼ ounce dry vermouth
¼ ounce sweet vermouth
3-4 drops rose water
1 candied rose petal

Shake the liquid ingredients with crushed ice and strain. Drop a candied rose petal into the glass as a garnish. (The Forgotten Art of Flower Cookery)

Apple Petal Crisp

8-10 apples, cored and sliced
5 large roses, petals only
¼ cup rose water
½ cup water or apple juice
Crisp Topping:
¾ cup butter, softened
1 cup whole-wheat flour
½ cup old-fashioned rolled oats
2 Tbsp maple syrup or honey
1 cup walnuts, chopped

Preheat oven to 350F. Mix the apples, rose petals, and water or juice and pour into a 9-inch pie dish. For the topping, mix together the butter, flour, oats, maple syrup or honey, and walnuts until slightly crumbly. Press lightly over the apples and bake for 40 minutes to 1 hour or until the topping is brown and the fruit is bubbling. Cool, garnish with rose buds or petals, and serve with yogurt. Can be made with a mixture of apples, berries, bananas, or other fruits (The Complete Book of Flowers)

Rose Petal Salad

1 quart washed greens (Ruby lettuce a nice contrast)
2 cups fragrant rose petals, with white "nail" removed
1 cup strawberries, halved
2 oranges, peeled, cut in sections, and drained
2 Tbsp rose vinegar (or 1 ½ Tbsp wine vinegar combined with ½ tsp rose water)
2 Tbsp corn oil
1 Tbsp minced sweet cicely
roses and violets or violas for garnish

Arrange lettuce on salad plate, sprinkle with 1 cup rose petals. Arrange strawberries in the center of the plate. Place orange sections in a wheel around the strawberries. Beat rose vinegar; corn oil, and sweet cicely together and drizzle over all. Sprinkle with remaining rose petals and garnish with a whole rose or two and some violets or violas. (Sage Cottage Herb Garden Cookbook)

Lobster Salad a la Roses

2 cups cold cooked lobster
6 Tbsp salad oil
3 Tbsp vinegar

½ tsp rose water
¼ tsp minced fresh tarragon
salt and cayenne pepper to taste
pickled rosebuds

Marinate the lobster chunks in the other ingredients for at least an hour in the refrigerator. Serve on lettuce with a few additional pickled rosebuds tucked in. (The Forgotten Art of Flower Cookery)

Moroccan Chicken with Pistachios, Apricots, Roses and Marigolds

2 cups long grain rice
2 Tbsp vegetable oil
3 spring onions (scallions)
1 onion, finely chopped
2 oz plump dried apricots, chopped
2 oz pistachio nuts, shelled
2 oz pine nuts
1-2 Tbsp ground cinnamon
1 3 lb chicken, skinned, boned and cut into strips
sea salt and black pepper
1 tsp rose water
1 heaped Tbsp highly scented rose petals
1 heaped tsp marigold petals

Cook the rice in boiling, salted water for 15-20 minutes, or until just tender; it should still be a little chewy. Heat 1 tablespoon oil in a frying pan, put in the onions and fry quickly for 2 minutes. Add the apricots, pistachios and pine nuts, sprinkling them with cinnamon as they cook. Using a slotted spoon, remove the mixture from the pan and stir into the rice. Cover and keep warm.

Heat the remaining oil, put in the chicken strips and fry quickly, sprinkling with a little more cinnamon. Do not overcook the chicken, which should be tender and juicy. Mix the cooked chicken into the rice, season if necessary and spread the mixture in a wide shallow dish. Sprinkle with rose water and decorate with the rose and marigold petals. Serve at once. (Cooking with Flowers)

Rose Pancakes

1 cup flour
3 tsp baking powder
1 Tbsp sugar

¼ tsp salt
dash of cinnamon (optional)
1 egg
1 Tbsp honey
1 Tbsp rose water
2 Tbsp almond oil, plus extra for the griddle

Mix the flour, baking powder, sugar, and salt in a medium-sized bowl. Beat the egg, honey, rose water, and oil in a small bowl. Stir egg mixture into the dry ingredients. Oil griddle; heat until a few drops of water bubble and dance on the surface. Fry until bubbles appear and the edges are dry; flip. Serve with butter and syrup or strawberries and whipped cream. (A Kitchen Witch's Cookbook)

Rose Omelet

8 eggs
1 level tsp celery salt
pinch of marjoram
½ cup clean rose petals
paprika to taste
extra rose petals for garnish

Break eggs into the blender, season with celery salt and marjoram. Add rose petals and blend at medium speed until the eggs are fluffy and the petals practically liquefied. Pour the mixture into a greased pan over medium heat. When bottom is lightly browned and top is set, make a crease across the top with a spatula and fold the omelet over and slide onto a plate. Decorate with a bright trail of paprika and garnish the dish with dewy rosebuds. (Stalking the Healthful Herbs)

Rose Hip and Apple Cheese

2¼ lb apples
2 oz red rose hips
10 oz fresh orange juice
5 oz water
2 lb raw sugar

Wash and chop up the unpeeled and uncored apples. Slice the rose hips and tie them in a muslin bag. Put the apples and rose hips into a preserving pan with the orange juice and water and cook over low heat with the lid on until the apples are soft and pulpy. Remove the bag of rose hips and discard. Press the apples through a sieve and measure the purée.

For every 1 lb allow 1 lb of sugar. Put the pulp and the sugar into the pan, and cook over medium heat, uncovered, until very thick—about 1 hour. Stir frequently to prevent burning or sticking. Spoon into jars while hot. Serve this preserve with all kinds of meat, or on warm new bread, fresh scones or hot buttered toast. (Herbs for All Seasons)

Rose Peach Muffins

1 egg
1 cup milk
¼ cu melted shortening
2/3 cup sugar
½ tsp salt
¼ tsp cinnamon
1 tsp lemon juice
¼ tsp vanilla
1 Tbsp crushed, dried rose petals or 3 Tbsp fresh, chopped
2 cups unsifted flour
3 tsp baking powder
1 cup unpeeled, chopped fresh peaches

Beat the egg. Stir in the milk, shortening, sugar, salt, cinnamon, lemon juice, and vanilla. Sift together flour and baking powder. Stir into the liquid mixture just until blended. Do not overmix. Fold in the peaches and rose petals. Fill greased muffin tins 2/3 full. Bake at 450F about 20 minutes, or until golden brown. Makes 1 dozen. (Edible Flowers: A Recipe Collection)

Rose Hip Soup

1 lb dried red rose hips
2 quarts cold water
6-8 oz sugar
1 Tbsp cornflour
½ pint whipped cream (or sour cream)
¼ lb almonds

Soak the hips for 12 hours in the water. Turn hips and water into a saucepan. Bring to boil. Simmer gently till into a pulp, stirring occasionally. Strain juice into a saucepan. Add sugar. Bring to boiling point. Cream the cornflour with cold water and stir in. Stir till boiling. Simmer for 3 minutes, stirring constantly. Dish up. Spoon a tablespoon of the cream over each portion, then sprinkle cream

lightly with tiny shredded blanched almonds. When the weather is cold, serve soup tepid. When the weather is hot, serve soup chilled. (Edible Flowers)

Cold Season Rose Hip Chili

2 cups rose hips, seeds removed
3 cups beef bouillon
3 Tbsp olive oil
1 onion, chopped
1 clove garlic, chopped
½ lb ground round
1 Tbsp chili powder
2-3 dried chilies
1 tsp cinnamon
1 tsp salt
2 cups cooked kidney or black beans or 1 can beans

Microwave the rose hips in one cup of the bouillon for about 5 minutes at low power, or until soft. Set aside. Heat the oil in a saucepan and add the onion and garlic. Cook until soft, about 5 minutes. Add the ground round. Cook until the meat is brown. Pour off the fat. Add the rose hips, the remaining bouillon and the chili powder, chili peppers, cinnamon, and ¼ tsp of the salt. Cook, covered, for 30 minutes.. Add the beans. Cook 15 minutes. Add salt to taste. (The Herbal Epicure)

Rose Hip Coffee Cake

1 cup rose hips, with seeds removed
½ cup sugar
¼ cup water
1 ½ cups flour
½ cup sugar
½ tsp baking powder
¼ tsp baking soda
¼ tsp salt
¼ cup butter, softened
½ cup plain yogurt
1 egg
1 tsp plus ¼ tsp vanilla
2 Tbsp sliced almonds
1/3 cup powdered sugar
2 tsp milk

Preheat the oven to 350F. Combine the rose hips, sugar, and water in a small pot and

bring to a boil. Turn down the heat and simmer, covered, for 5-10 minutes, or until the leathery hips turn tender. Remove the cover and reduce the mixture to a jam-like consistency. Cool. In a large bowl, mix the flour, sugar, baking powder, baking soda and salt. Cut in the butter, mixing until the batter is evenly granular. In another bowl, mix together the yogurt, egg, and 1 teaspoon of the vanilla. Add this mixture to the dry mixture and stir until blended. Spoon two-thirds of the batter into a greased and floured 10-inch tube pan. Spoon the rose hip mixture over the batter in the pan. Cover with the remaining batter. Top with the sliced almonds. Bake for 35-45 minutes. Prick to see if a fork comes out clean. Mix the powdered sugar, milk, and ¼ tsp vanilla and drizzle over the top fo the warm cake (The Herbal Epicure)

Rose Petal Jam

4 cups rose petals
1¼ cups water
juice of 2 lemons
1 cup white sugar
2 Tbsp rose water

Gently simmer the rose petals in water for 15 minutes. Stir in the lemon juice and sugar and bring again to the boil, stirring continuously until the sugar has dissolved. Cook steadily for 15-20 minutes, until the jam starts to thicken. Remove from the heat and stir in the rose water. Pour into sterile jelly glasses and seal. (The Herbal Connection Collection)

Rose Drop Cookies

2¼ cups sifted cake flour
¼ teaspoon salt
½ teaspoon baking soda
½ cup shortening
1 egg, beaten
1 cup sour cream
½ cup brown sugar
4 tsp rose water
light handful dried rose petals (optional)

Mix and sift first four ingredients; cut in shortening. Beat egg and add to sour cream and brown sugar; then combine with the flour

mixture. Next add the rose water and if desired a handful of crushed dried rose petals to add a touch of color. Drop by teaspoons onto a greased cookie sheet. Bake at 350F for about 15 minutes. (The Forgotten Art of Flower Cookery)

Cold Cherry and Rose Soup

1 15 oz can dark pitted cherries with syrup or 1 lb fresh cherries, pitted and 3-4 Tbsp sugar
1 pint cold water
1 wine glass red wine
1 cinnamon stick broken in half
pinch of freshly grated nutmeg
1 lemon, thinly sliced (seeds removed)
trimmed petals of 1 large or 2 small strongly scented roses (or 2 tsp of rose water)
1 Tbsp cornflour
juice of 1 lemon
sour cream

Put the cherries, water, red wine, spices, lemon slices and rose petals in a saucepan. Bring to the boil and simmer gently for 15 minutes. Remove the lemon and cinnamon with a slotted spoon. Allow the liquid to cool slightly, then place it in a blender and blend until smooth. Pour it back into the saucepan. Put the cornflour in a small bowl and add enough of the cherry mixture to make a smooth paste. Add the lemon juice and cornflour paste to the liquid in the saucepan. Heat slowly, stirring, until completely blended and very smooth. Add the rose water if you are using it and put the mixture in a bowl to chill in the refrigerator. Swirl a spoonful of sour cream into each bowl when you serve it. (Edible Flowers)

Rose-Berry Pork Chops

4-6 pork chops
1 can jellied cranberry sauce
2 Tbsp mustard
2 Tbsp lemon juice
¼ cup rose petals, dried and crushed
½ tsp cinnamon
2 Tbsp brown sugar

In a small glass bowl, cook cranberry sauce, mustard, lemon juice, cinnamon, rose petals, and brown sugar for 2 minutes in a

microwave. Stir and then cook for 1 minute more. In a glass baking dish, lay the pork chops in a single layer. Spoon on the sauce mixture. Cook, covered, for about 10-12 minutes in the microwave or for about 40-45 minutes in a conventional oven at 350F or until tender. Spoon sauce over pork chops when serving. Garnish with fresh rose petals. (Edible Flowers: a Recipe Collection)

Rose Ice Cream

2 cups packed prepared rosepetals*
1 tbsp. lemon juice
1 cup water
2 ½ cups sugar.
1 qt. heavy cream
1 qt. milk

The best rosepetals to use are the "rosa rugosa" petals or any fragrant unsprayed rose petals. Cut the white base from each petal. When you have 2 cups of rose petals prepared...place them in a blender with the lemon juice, water, and sugar and blend until liquified. In an ice cream freezer...add the rose mixture, the heavy cream and the milk. mix well and freeze until light and fluffy. Remove from freezer and pack in a gallon container with a tight fitting lid (such as a Tupperware container) and store in your freezer until firm.

White Chocolate Rose Petal Cheesecake

Filling:

2 cups sugar
1 oz fresh ginger, chopped or grated
zest of 4 oranges
1 oz red rose petals, dried
3 lbs cream cheese, softened
12 eggs
1 ½ lbs white chocolate
2 cups cream
1 Tbsp vanilla
¼ cup Grand Marnier

Place sugar, ginger and orange zest in a food processor and process until the ginger and zest are finely ground. Grind rose petals separately in a coffee-type grinder and add to the sugar mixture.

Beat cream cheese until smooth and light. Add the sugar mixture and beat until fully mixed, scraping down the sides. Beat in eggs two at a time, scraping down the sides and bottom often, until all are added. Chop the white chocolate into 1/8 inch pieces. Heat the cream just to a boil, pour it over the chocolate, and stir until the chocolate is completely melted. Add the vanilla and Grand Marnier. Pour the chocolate mixture into the cream cheese mixture and blend until smooth. Strain the batter through a fine sieve for an even smoother texture, if desired.

Chocolate Crumb Crust:

½ cup butter, melted
2 cups bittersweet chocolate chips
5 cups cake or cookie crumbs
½ cup brown sugar
5 egg yolks

Preheat oven to 350F. melt the butter with the chocolate chips. Grind crumbs and brown sugar in a food processor until fully blended. Add chocolate butter mix, then the egg yolks. Press into the bottom of a 10-inch springform pan. Bake for 10 minutes. Remove from the oven and allow the pan to cool. When the pan is no longer too hot to touch, fill it with the cheesecake batter. Bake at 250F for 45 to 60 minutes. Remove the cheesecake from the oven when it is just set (jiggles slightly), before cracks appear. Cool slowly for at least 1 hour at room temperature.

White Chocolate Glaze

10 oz white chocolate
1 Tbsp corn syrup
5 Tbsp heavy cream
3 Tbsp Grand Marnier
fresh rose petals for garnish

Chop the white chocolate and put it in the bowl of a food processor. Heat the corn syrup, cream, and liqueur to a simmer. Turn on the processor, pour in the liquid, and continue processing until the mixture is smooth. Pour over the cooled cheesecake. Chill in refrigerator until glaze is firm, as long as 3 hours.

Strawberry Garnish

1 pint strawberries
¼ cup Grand Marnier

Wash, hull and slice strawberries lengthwise. Pour Grand Marnier over the strawberries, enough to flavor the berries without covering them completely. Macerate for 30 minutes. Remove the sides from the springform pan. Arrange the strawberry slices in concentric circles over the cheesecake. Sprinkle a few fresh rose petals over the top if desired. Serves 12-16. (The Northwest Herb Lover's Handbook)

Chicken Rose Salad

1 large onion, chopped
2 Tbsp vegetable oil
10 cloves garlic, sliced
3 cups cooked chicken, shredded
½ cup chopped peanuts
2 Tbsp patis
2 Tbsp soy sauce
2 Tbsp lime juice
2 Tbsp brown sugar
petals of 10 fragrant roses

Fry onion in oil until brown (not golden, but really brown). Add garlic, and continue frying until it turns brown too. Cool. Combine all remaining ingredients except rose petals and toss well. Mix in rose petals lightly. Garnish with fried onion and garlic. (Cookbook of the Seven Seas)

Rose Candy

2 cups fresh fragrant rose petals
2 cups confectioners sugar
hazel nuts (shelled)

Place the rose petals in a food processor with ½ cup of the confectioners sugar (no liquid needed) blend until the petals and sugar start to become liquid.. Add the rest of the sugar gradually until the mixture thickens. Remove from the food processor and place on a flat surface and knead in more confectioners sugar. Roll in small marble sized pieces with more confectioners sugar. Place each piece on waxed paper and flatten slightly. Press a hazelnut into the top of each piece. Let air dry for several hours. Store in the freezer.

Love Potion #9 Herbal Cordial

3 parts rose hips
2 parts hawthorn berries
2 parts hawthorn leaves and flowers
1 part fresh or frozen strawberries
1 part fresh or frozen raspberries
1 part sliced fresh organic oranges or tangerines
1 part fresh, ripe, mashed persimmon or mango
½ part grated fresh gingerroot
1/8 part cinnamon chips
brandy
honey or maple syrup

Chop the fresh herbs, fruits, and berries. Grind herbs. Place all ingredients in a wide mouthed glass jar. Cover with 3 times as much vodka or brandy. Cover the jar; store at room temperature away from direct light and heat. Shake daily for 2-4 weeks. Strain well, squeezing as much liquid as possible out of the steeped herbs. Compost the herbs and rebottle the cordial. Sweeten cordial lightly with ¼-1/2 cup honey, molasses, or maple syrup per quart of cordial.

Enjoy 1 tsp-1 Tbsp per day, several days a week, as a nourishing tonic for the heart and circulation. For colds, coughs, and sore throat, take 1 teaspoon 3 times per day. (Healing Tonics)

Flower-Stuffed Swordfish

4 Tbsp rose butter
½ cup minced onion
1/3 cup milk
½ cup bread crumbs
½ tsp mace
1 tsp salt
1 Tbsp minced parsley
¼ cup fresh flower petals (rose or violet)
8 swordfish steaks (about ½ lb each)
juice of one lemon
additional flower petals for garnish

Preheat oven to 375F. Melt half the butter in a frying pan, and sauté onion. When onion is golden, add the milk, and stir in the bread crumbs, mace, salt, parsley, and flower petals. Let simmer for 2-3 minutes, then set aside. Arrange four swordfish steaks in a greased baking dish. Spread heaping spoonful

of stuffing in the center of each. Cover each steak with another, and skewer together each pair. Dot with remaining butter, and sprinkle with lemon juice. Cover dish with aluminum foil and bake for about 30 minutes or until fish flakes easily under fork. Baste occasionally. When fish is done, transfer to heated platter, garnish with additional flower petals and serve. (A Feast of Flowers)

Flower Butter

2 cups fresh petals OR
2 tsp floral water
1 lb butter

Allow butter to stand at room temperature for 10-15 minutes. Wash petals in cold running water, and drain thoroughly. When petals are dry, spread them in thin layer at bottom of a glass or plastic container with close-fitting lid. Top with a layer of butter (not more than 1 inch thick). Repeat process until petals and butter are used up. Cover container and tighten lid. Store in refrigerator for about 1 week before using. If using floral water, sprinkle the floral water on the butter and beat it in lightly. Press butter into container and tighten lid. Return to refrigerator if not being used immediately. (A Feast of Flowers)

Baked Halibut Rose

2 lbs halibut stead
flour
3 or 4 Tbsp rose butter
1 cup sliced mushrooms
1 minced garlic clove
½ cup sliced white onions
2 Tbsp minced parsley
1 cup dry rosé wine
½ tsp salt
1 tsp rose water
¼ cup fresh rose petals

Set oven to 300F. Wash the fish in cold running water, and drain on paper towels. Dredge fish lightly in flour, place in greased shallow baking pan, and dot with butter on both sides. Bake for 15 minutes. Remove the baking dish from the oven, and add the mushrooms, garlic, onions, parsley, wine, salt and rose water. Cover the dish with aluminum

foil (or greased brown wrapping paper), and return to oven. Bake for 30 minutes, or until fish flakes easily under fork. Baste often. When fish is done, lift it carefully onto a serving platter, and spoon the liquid over it. Garnish with fresh rose petals and serve. (A Feast of Flowers)

Flower Water

1 lb fresh petals
water

Wash petals in cold running water and drain. Place about 3 cups of petals in saucepan. Add enough water to cover petals. Cover pan and set over low heat. Let simmer for 40 minutes. Remove petals, and add an equal quantity of fresh petals. Do not add more water. Repeat process until all the petals are used up. Strain liquid through filter cloth into glass jar, and tighten lid. Store for 2-3 days before using. (A Feast of Flowers)

Rose-Petal Jelly

1 lb rose petals
1 ¾ lb sugar
¾ cup water
1 ½ Tbsp lemon juice

Select petals from very fragrant roses. Take off the white tips. Wash petals and dry on paper towels. Arrange petals and sugar in layers in a saucepan, starting with sugar on the bottom. Pour water over the petals and sugar; add lemon juice. Slowly bring mixture to a boil. Simmer, covered, for 10 minutes. Test for doneness by dropping a little of the mixture onto a chilled dish. It should form a firm ball. Take from heat and allow to cool, then pour into sterilized jars. Seal (A Feast of Flowers)

Scented Fish-Stuffed Vine Leaves

1 Tbsp butter or oil
1 small onion, chopped
2 tomatoes, skinned and chopped
pinch grated nutmeg
pinch ground mace
3 Tbsp highly scented white rose petals
2 Tbsp fresh whole meal breadcrumbs
¼ cup cooked white fish, flaked
1 egg, beaten

12 fresh or canned vine leaves
½ pint vegetable stock
5 fl oz dry white wine
white rose petals to garnish.

Heat the oven to 350F. Heat the butter or oil in a shallow pan, add the chopped onion and cook gently for 3 or 4 minutes, until the onion softens. Add the tomatoes, nutmeg and mace and cook for 1-2 minutes. Stir in 2 Tbsp of scented rose petals and the breadcrumbs and stir well. Take the pan off the heat and stir in the fish and enough beaten egg to bind the mixture. Transfer the mixture to a bowl. Blanch the vine leaves in boiling water for 1 minute. If you are using canned vine leaves, rinse off the brine. Lay the leaves out flat and place a spoonful of stuffing mixture in the center of each. Add a few more rose petals to each one. Roll up the leaves, tucking in the ends, and secure with a wooden cocktail stick. Arrange the stuffed vine leaves in a shallow ovenproof dish and pour over the vegetable stock and wine to cover. Cover the dish and cook in the oven for 30 minutes, or until the vine leaves are tender. Serve immediately, garnished with fresh white rose petals. (Cooking with Flowers)

Rose-Brandy Liqueur

2 oz fresh rose hips (or 1 oz dried)
1 cup fresh rose petals or ½ oz dried
½ cup red grape juice
3-4 tablespoons honey
a good grating of nutmeg
2 teaspoons lemon juice
2 cloves
1 ½ cups brandy
Sterilize and rinse a wine bottle or similar bottle. If you use dried rosehips, soak them for 24 hours before use. Pour grape juice into a pan. Chop each rose hip in half and add, with all ingredients except petals and brandy, to grape juice. Warm over a gentle heat. When the mixture is warm and honey dissolved, allow it to cool. Put the petals in a sterilized bottle, and add the brandy and grape juice mixture. Seal it and store in a warm place, such as an airing cupboard, for 10 days. Strain and rebottle. This will be cloudy, but will clear after a few weeks,

at which point you can strain it off, leaving the sediment in the original bottle if you wish. The liqueur is ready to enjoy after 6-8 months after the original straining.

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