



## Raw Rosehip Syrup

*A delicious autumnal treat  
packed full of vitamins*

### Ingredients:

A clean, sterilised, wide-mouthed jar (e.g. a Kilner jar)  
Fresh rosehips  
A sugar of your choice - caster, light brown etc.

### Instructions:

1. Clean and sterilise your jar
2. Clean and prepare your fresh rose hips by washing them and removing any dry stalks and flower calyxes
3. Gently score the skin of each hip, a few times with a sharp knife
4. Cover the bottom of the jar with a layer of caster sugar. Then make layers of hips and sugar, so that all the spaces between the hips are filled with sugar
5. Close the jar and leave on a sunny windowsill for a few months or until the juice has been drawn out of the hips and liquified the sugar
6. Strain off the liquid through a *fine* cloth and bottle the syrup. Its important to strain the syrup well as rose hip seeds contain fine hairs which can be very irritant.
7. Let it cool and add it to sterilised, labelled bottles
8. Store it in the fridge

### Uses:

- A delicious immune booster to ward off coughs and colds and generally promote health
- A rejuvenating syrup for speeding convalescence

### Preservation:

This syrup should keep for up to a year, if stored in sterilised bottles in the fridge. The high sugar content prevents bacterial growth. However, if you have any doubts about your syrup stop using it and make another!

*(recipe from Hedgerow Medicine by Julie Bruton Seal & Matthew Seal)*

