



J U L Y SPICE CLUB

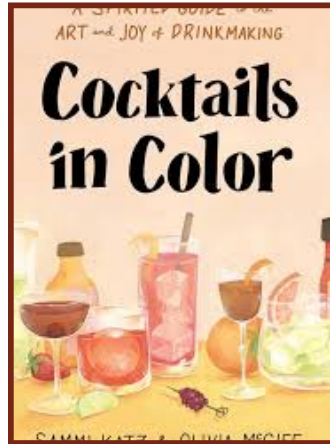
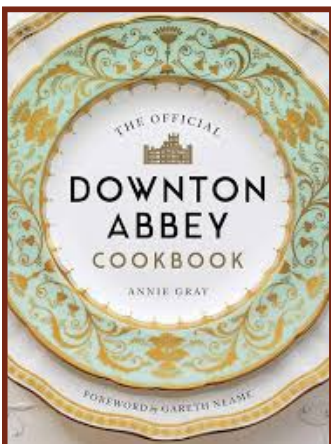
THIS MONTH'S SPICE IS

ROSE HIPS



THE OLD FASHIONED VARIETIES, *ROSA CANINA* (DOG ROSE) AND *ROSA RUGOSA*, ARE THE BEST PRODUCERS OF ROSE HIPS. ACCORDING TO THE AMERICAN ROSE SOCIETY, THE HANSA AND THE FRAU DAGMAR HASTRUP VARIETIES AND OTHER *R. RUGOSAS* PRODUCE THE BEST HIPS. THESE OLD ROSES ARE THE EASIEST TO CARE FOR OF ALL OF THE ROSE VARIETIES AND ARE A SURE WINNER IF YOU ARE LOOKING TO HARVEST YOUR OWN ROSE HIPS. ONE CAUTION THOUGH, IF YOU ARE PLANNING TO USE YOUR HIPS IN RECIPES, DO NOT SPRAY THEM WITH CHEMICALS.

RECOMMENDED MATERIALS AT THE LIBRARY



Rose Hip Tea



INGREDIENTS

- 8 oz. boiling water
- 1 tsp. seedless rosehips



DIRECTIONS

1. Pour 8 oz. boiling water over 1 tsp. of herb
2. Cover and steep 10 minutes
3. Strain and serve immediately

RECIPE FROM FRONTIER CO-OP

DANVERS
TOWNSHIP LIBRARY