

Rosehip Juice By Rebecca Pennington on Monday, September 16, 2013 at 7:38pm

For use in other canning recipes or whatever you want to do with it! Look for my rosehip applesauce recipe here as well...

I started with about 2 quarts of harvested rosehips.

Try to harvest rosehips where they haven't been exposed to chemicals or fertilizers.

Rosehip seeds, and the fibrous membrane that surrounds them are not for human consumption. If the 'hips are large enough, you can break them open and scrape out the seeds and membrane, but the ones that grow around here are rather small, so juice it is!

Break any stems and dried petals off rosehips; this is a time consuming but rewarding process. Rinse several times in cold water; you will not likely see clear water no matter how many times you rinse, this is just to get any bug juice or dust off the 'hips.

measure out about a quart of 'hips into a pot, add water till the 'hips are floating about a half inch off the bottom of the pot. Stew till the 'hips are becoming soft, use a potato masher (or whatever is handy) to mash the 'hips. Continue stewing until the liquid is like a thin syrup. Pour into a sieve. Let drain for a few minutes, return to pot and add water again. I repeat this three or four times.

Pour sieved liquid through a jelly strainer, leave to drain over night if necessary. If you squeeze the jelly strainer, you may end up with pulp in your juice, and have to do it again (yes, I did that, still trying to figure out how all that pulp got through without a tear in the bag...)

Put liquid in quart jars to use in other recipes for a huge boost of vitamin C!

I feed the left over pulp to my chickens.