

# Recipes

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## Featuring Roses

### Tips

- Dry clean, organic rose petals for culinary use away from direct sun; when petals are dry, store in an airtight jar
- Place single layers of cleaned, fresh organic rose petals separated by 1/2" layers of white sugar to make rose sugar for use in teas, and to top pastries and cookies, fruit, etc. When thoroughly dry, mix and store in an airtight container.
- Mix cleaned fresh organic rose petals into fresh fruit salads
- If you'd like more recipes for potpourri, rose beads, tea, etc., see *The Herb Society of America Essential Guide, Roses 2012 Herb of the Year*:  
[http://www.herbsociety.org/herbs/documents/03.5.12\\_RoseGuide\\_pages.pdf](http://www.herbsociety.org/herbs/documents/03.5.12_RoseGuide_pages.pdf)

## Rose Petal Tea

1/2 cup China Black Tea

2 tablespoons rosebuds, organic or food safe

2 tablespoons hibiscus

2 tablespoons seedless rosehips

1 tablespoon cloves

Place tea in food safe container. Mix in all ingredients and store in airtight container.  
Aromatherapy effect: roses give feeling of well-being and happiness.

To Brew: Place one teaspoon tea in muslin bag or tea infuser. Fill cup with one cup boiling water, cover, brew 3 minutes. Remove tea and serve sweetened with sugar or honey and lemon, if desired.

*Kathleen Gips  
HSA Western Reserve Unit*

## Lemon Rose Potpourri

1/3 cup rose petals	1 tablespoon lemon balm
1/3 cup lemon verbena leaves, whole	1 tablespoon lemongrass
2 tablespoons calendula petals	1 tablespoon cut orris root with 30 drops rose fragrance oil
1 tablespoon lemon peel	10 drops of lemon essential oil dropped on top of the orris root
1 tablespoon allspice berries	

Combine all botanicals in a bowl and mix well. Place in a glass jar. Carefully pile the tablespoon of orris root on top of the botanicals, but do not mix in. Drop oils onto the orris root. Allow orris to absorb oils for 24 hours and then shake jar well. Shake daily for two weeks to allow fragrances to mellow and blend. After this aging process is done your potpourri will be ready to display in an open bowl. Refresh scent every four to six months or as desired with a few drops of rose and lemon essential oils. Keep potpourri away from furniture finish.

*Kathleen Gips  
HSA Western Reserve Unit*

## Rose Bath Sachet Skin Smoother

2 T oatmeal	2 T grated soap
2 T dried rose petals	5 drops of rose essential oil (optional)
2 T lavender	

Combine all ingredients in the center of a clean, dry washcloth. Secure the mix in center and gather up ends of the washcloth. Secure with a rubber band. Tie with a ribbon, leaving one end about 2 feet long. Use in the bath or shower to exfoliate, cleanse and smooth skin. Let dry between uses by tying the long ribbon loosely around the faucet or showerhead to drip dry. Can be used for several months.

*Karen Kennedy  
HSA Member at Large*

## Herbal Rose Facial Steam

5 dried bay leaves, crumbled

1 T dried lavender

1 T dried rosemary

2 T dried chamomile flowers

2 T dried rose petals

Mix all ingredients together and store in an air tight container. To use: place 2 T of the herbal rose mixture in a large bowl. Pour 1 quart of boiling water over the mix and stir to moisten the herbs. Place a large towel over your head, hold your face about 10-12" above the bowl until a comfortable level of steam is felt. Use the towel to tent and hold in the steam. Breathe deeply and enjoy the relaxing steam for about 5-10 minutes. Follow steam treatment with facial toner and moisturizer.

*Karen Kennedy*  
*HSA Member at Large*