

## Hibiscus

### *Hibiscus sabdariffa*

- Valued for its edible red calyx and as a fiber plant in tropical regions
- Common names include Roselle, East Indian sorrel, Florida cranberry Jamaica dogwood, Jamaica tea, rosella hemp (referring to the fiber from the plant), among others
- Versatile plant with edible seeds, leaves and flower calyces (outer red whorl beneath the flowers) and stems produce a fiber used to make rope and burlap in tropical regions around the world
- Fresh and dried calyces are steeped in warm or cold water to make a tea beverage and are used to make jelly, sauces, soups, salads and desserts like pies and ice cream
- Fresh calyces are used similarly to cranberries to make jelly, fruit salads, wine and desserts
- Calyces are also used to color syrups, liqueurs and West Indian Rum
- There are a number of reported medicinal uses include reducing blood pressure
- Is frost tender, hardy in zones 9-11