



Buck & Birch

Foraging Fact Sheet

ROSEHIPS



IDENTIFICATION

A common deciduous shrub throughout The UK the Dog Rose has simple white or pink flowers followed in autumn by shiny oval red hips.

SEASON

Generally Mid september through to January. We tend to pick from October onward to allow them to build up as much flavour as possible.

WHERE TO LOOK

Common on the sunny side of hedgerows or in scrubland. Try in parkland or on canal or old railway paths.

BE CAREFUL OF

One obvious thing is to be careful of the sharp hooked thorns the dog rose protects itself with. It's good to use one hand to hold the branch steady while picking with the other.

Their old use as an itching powder comes from the irritant hairs on the inside. Be careful when processing to deal with these as they can irritate the digestive system and skin.

Don't over harvest any single shrub. Rosehips can last through the winter and be picked right up till the spring on some bushes. They are a valuable energy source for all kinds of animals too so even though they are abundant, aim to leave at least half the hips in any one location for them.

DID YOU KNOW

- Dog roses are among the oldest living plants. Some specimens dating back to the 7th century.
- The roots were thought to be a cure for the bite of wild dogs.
- Rosehips contain about 20 - 50 times more vitamin c than oranges.
- During WW2 a government backed industry was set up, with kids being paid 3p a pound to collect them for the national effort against malnutrition.
- Our founder Rupert loved them so much they inspired him to start a business and they are the central flavour of our Amarasosa rosehip rum liqueur

IDENTIFICATION: *EASY*
HARVESTING: *EASY*
ABUNDANCE: *PLENTIFUL*

Though all rose bushes produce fruits (or hips as they are known), here we will be focusing on the one we most commonly find and use in Scotland.

Rosa Canina or *Dog Rose*, to our minds, produce the best flavoured fruit. They have a long history of use as food and medicine and are one of our favourite things at the Buck & Birch.



AN IDENTIFYING POEM

*On a summer's day, in sultry weather
Five Brethren were born together.
Two had beards and two had none
And the other had but half a one.*

'Brethren' refers to the five sepals of the Dog-rose, two of which are hairy on both sides, two are smooth and the last one hairy on one side only.

NUTRITION

As well as being a great source of dietary fibre, rosehips are high in potassium, calcium, vitamin A and of course huge amounts of vitamin C

TASTING NOTES

Naturally sweet and cut with a sharp mineral tang, rosehips are like exotic apples. Warm, ethereal and comforting.

RECIPE IDEAS

Very versatile, rosehips make excellent syrup that can be used as you might maple syrup but also can be made into cordials, tea, jelly, jam, savoury ketchup, pickles, candies, wine, liqueurs and more. They freeze well and store well once dried.



Buck & Birch

We are running a campaign asking the public to collect & deliver rosehips and crab apples to us this year. In return we are offering limited edition pin badges and rosehip syrup for our younger volunteers and money off vouchers for our drinks range for adults. Vouchers will be calculated at £5 per kg of fruit delivered and redeemable on the day or through our online shop.

We are also running an initiative to donate syrup produced from the fruit collected to local care homes and centres. In days gone by there was a government initiative encouraging school children to collect rosehips to be used for syrup during the cold & flu season. Our hope is to rekindle fond memories of the past and give residents a tasty boost of vitamin C in the process, as well as introducing the next generation to the fun and benefits of foraging.

ADDRESS

Buck & Birch Ltd
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Merryfield Business Centre
Macmerry Industrial Estate
Tranent
EH33 1ET

<https://maps.app.goo.gl/35Smbw8uCbevu8Re6>

Tel: 01875 444 445

OPENING HOURS

Mon: 10am - 5pm
Tue: 10am - 5pm
Wed: 10am - 5pm
Thur: 10am - 5pm
Fri: 10am - 5pm
Sat: 10am - 5pm
Sun: CLOSED

DESCRIPTION

Turn in A199 towards Macmerry Industrial Estate

Go through the galvanised gates immediately in front of you, just to the right of Manitou retail unit

Turn right and park

Our building has a large “9” on the side and the Buck Birch sign by the door.

