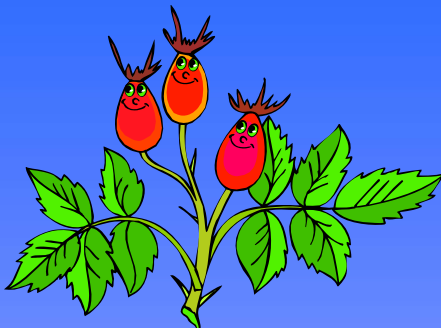


HIP HIP HOORAY! ANOTHER REASON TO GROW ROSES:



Choose the right variety and you can harvest beautiful rose "fruits"

THE SECOND SEASON for roses begins when petals fall and rose hips form. The hips (the plants' fruit) come in a variety of shapes and sizes, commonly between the diameter of a pea and that of a cherry tomato; their bright colors range from yellow to sealing-wax red.

Allowing hips to form on your roses in fall has another advantage: it encourages early dormancy, so plants reserve energy for next year's growth.

Only some roses--most notably the old-fashioned types--are grown for showy hips. Here are seven that offer a range of hips and growth habits. All have excellent disease resistance and, unless noted, bloom once a year (for about a month) and can handle the West's coldest winters.

Sweetbriar (*rosa eglanteria*), named for the green-apple fragrance of its foliage, has red, drop-shaped hips with small, glistening hairs that may remind you of sundew. With thorns growing even on its roots, this 12-foot climber makes a fine barrier.

Dortmund (*rosa kordesii*) bears clusters of 15 to 20 dime-size rusty or bright orange fruits that hold through much of winter. It's striking in arrangements. White-centered single red flowers appear throughout the season, even where summers are very hot. Train this 7- to 12-foot plant along a fence or trellis.

Musk Rose (*rosa moschata*) takes its name from its scent. A hybrid musk, 'Kathleen', bears pink, wonderfully fragrant, apple blossom--like flowers repeatedly and can be grown as a shrub or a house-high climber. Grape-size orange hips appear in masses.

Rosa Moyesii has 2-inch red, bottle-shaped hips that form from deep red flowers on a 10-foot shrub; for a smaller shrub, try a three-quarter-size variety like 'Geranium' or 'Sealing Wax'.

Chestnut rose (*rosa roxburghii*) has spiny, round, fragrant, chestnut like flower buds and hips. Peeling bark and double pink flowers are also noteworthy on this 8- to 10-foot shrub.

Rugosa rose (*R. rugosa*) is also called Ramanas rose or Sea Tomato because its hips look like cherry tomatoes. Among the best: *R. r. alba* (abundant red hips contrast with yellow fall foliage), *R. r. magnifica*, and *R. r. rubra*. Some named varieties with good hips include 'Fru Dagmar Hastrup' (also called 'Frau Dagmar Hartopp') and 'Blanc Double de Coubert.'

Rugosas are able to thrive in poor soil and have dense thorns that make a good barrier. Most kinds grow to 7 feet or so, but some (*R. r. alba* and the named varieties above, for example) grow to about 4 feet. All rugosas are repeat bloomers with excellent disease resistance.

Rosa Soulieana produces a profusion of small, red-orange hips on a plant that can reach 12 feet. This is a good choice for arrangements.

Rose Hips Health Benefits

Rose Hips come from the rose plant, the fruit of the rose plant. They are what remains after the petals fall off. Rose Hips are sometimes called the rose haw, and may be red, orange or purple in color depending on the species.

Rose hips are packed with vitamin C, E, K, B, riboflavin, folate and iron. They also contain antioxidants and have a variety of medicinal herbal purposes. For example, some women drink rose hip tea during menstruation to replenish iron levels. Rose Hips also help in preventing infections.

During World War I, England organized the people to harvest all the Rose Hips in England to make into a Vitamin C syrup. One of the richest sources of Vitamin C available today is Rose Hips. It reportedly has 60 times more vitamin C than citrus fruit and it is very rich in bioflavonoids and helps in healing capillaries. Bioflavonoids help to build and strengthen body tissue and are important for the blood and vascular system. Because of their high vitamin C content, rose hips are also used to boost the immune system, may also be used to improve urinary health and the discomfort associated with rheumatoid arthritis.

Some herbalists also use rose hip oil on the skin as an anti-aging treatment. Rose hips may also be used as a treatment for constipation.

Benefits

Natural Source of Vitamin C

Rich Supply of Bioflavonoids

Supports Immune Function



Nick Williams Designs– Rose garden