

Making Rose Hip Tea



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Wooch. een "Together We Can"



After picking the rose hip, take off the green stem and blossom ends. Wash the rose hips.



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144 Words
Level 14-16



To make tea, boil the rose hips for 2 minutes, then let the tea sit for 5 minutes.

This book is intended to accompany "Plants" K-2 cultural curriculum unit.

Making Rose Hip Tea

By Kathy Nielson

Photographs by Nancy Douglas



Cut the rose hips in half and remove the seeds.



Some people drink the tea with nothing else in it, but most people like to add honey or lemon juice.
M-m-m-m-m.



Put the rose hips in a single layer on a screen to dry. When they are dry, make tea right away or save them in a jar to make tea later.

Rose hips are the big seed pods that form after a rose blooms. In the fall, after the first frost, the rose hip is red or orange and ready to pick.





Pour the tea water through a sieve,
so that the rose hips are not in the
tea.