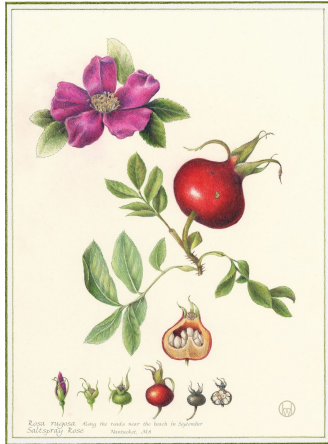


Japanese Rose



Scientific name: [Rosa rugosa](#)

Other names: Japanese rose

Plant family: [Rosaceae](#).

[Rosoideae](#) subfamily.

Plant type: Deciduous non climbing shrub

Appearance: Up to 2m x 2m. Woolly stems. Alternate leaves which are made of 2-4 pairs of more or less oval leaflets. Stout prickles on midrib. Smooth above. Flowers: June to August with showy fragrant pink or white flowers. 5 separate petals, 5 separate sepals, showy and numerous stamens, multiple separate styles. Large soft ruby red rosehips, August to October. Approx. 2.5cm diameter. Many seeds and fragrant pulp.

Growing conditions: Often used in street landscaping. Tolerant of city conditions maritime conditions. Sandy soils preferred but grows in most soils (not water logged

soil). Sun, shade or semi-shade. Easy to cut back in late autumn. Spreads by suckering. Good hedge or barrier.

Properties

Leaves and young stems: Astringent, calms fevers, pot herb.

Hips: Very rich source of vitamins and minerals, especially vitamins A, C and E, flavanoids and other bio-active compounds. Also a source of essential fatty acids, immunity.

Seeds: Source of vitamin E. Remove hairs before eating.

Petals: Aphrodisiac, astringent, antiviral, nervine, tannins, feminine

Medicinal Uses

Leaves for fever. Dietary supplement.

Astringent qualities

Foraging Notes

Easy to identify shoots arising from ground or stems in mid spring. Use as a pot herb. Fragrant flowers for vinegar, jam, syrups. White parts taste somewhat bitter. Rosa rugosa hips syrup. Scoop out the seeds. Infused honey, vinegar. Mash whole hips and push through a strainer to separate the seeds. the seeds are hairy and the hairs can irritate.