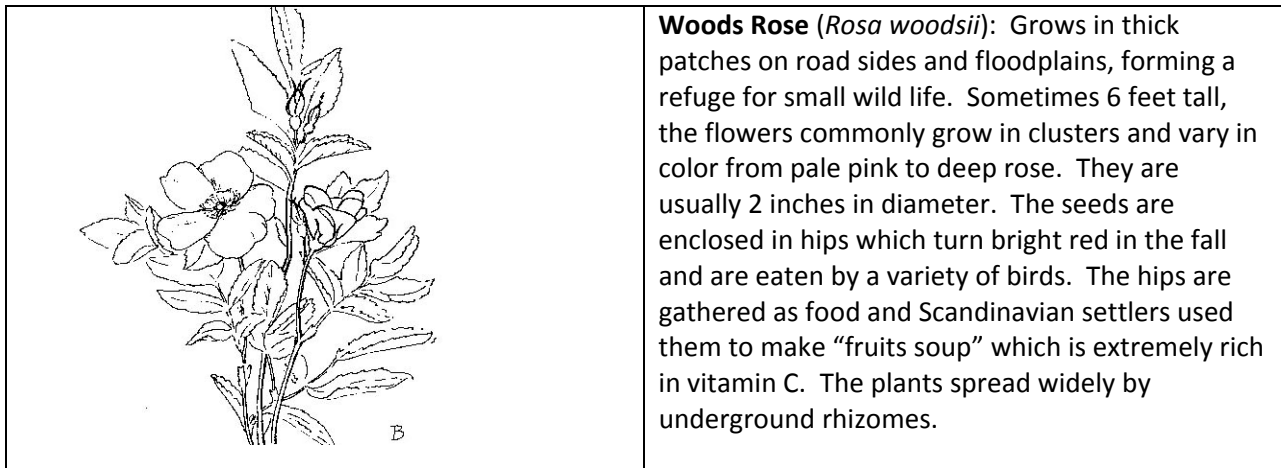


TreeUtah's 1st Annual Fall Harvest Festival

Saturday, October 22, at TreeUtah's EcoGarden and Orchard at the Day-Riverside Library (1575 W 1000 N Salt Lake City, UT)

Follow Tree Utah's programs at our web site: <http://treeutah.org/>

The cold rosehip soup which you are tasting at the fall festival was made from wild rosehips gathered from the EcoGarden. Two rose species growing in the garden are the Nootka Rose (*Rosa nutkana*), which grows naturally in the Wasatch Mountains at higher elevations, and the Woods Rose (*Rosa woodsii*) which grows at lower elevations along valley streams. All roses, including cultivated species, have edible rosehips which are nutritionally and medicinally useful. For additional recipes which use the rose hips and other wild fruits which have been recently planted as companions in the Ecogarden and Eco-orchard I recommend the book *Wild Seasons: Gathering and Cooking Wild Plants of the Great Plains* by Kay Young, University of Nebraska Press, 1993. Used copies can be obtained from used book vendors (Abebooks.com and Amazon.com). It is the most useful wild plant cook book that I know of. **Ty Harrison, Tree Utah Board member.**



Rosehip Soup Recipes.

1. http://en.wikibooks.org/wiki/Cookbook:Rosehip_Soup

This is the basic recipe and method for Jewish Rosehip Soup. It is also popular in Iceland and parts of Scandinavia, where, because of the cold temperatures, it's often used for colds and sore throats.

Ingredients

- 1 [litre](#) fresh rosehips
- 2 [litres water](#)
- For each litre, 1 liquid quart of rosehip pulp
- 1 1/2 [tablespoon sugar](#)

- 1 1/2 [tablespoon](#) potato flour
- 1/4 [cup almonds](#)

Method

1. Rinse the rosehips. Crush dried hips. Boil in water till soft.
2. Press through a [colander](#). Measure the pulp and dilute with water if necessary.
3. Bring the pulp to a boil and add sugar. Add more sugar if it is too tart.
4. Mix potato flour with some cold water. Thicken the soup while you stir and bring to a boil. Add blanched and shredded almond.

Notes, tips, and variations

- Hot soup is often served with vanilla ice cream and/or macaroons.
 - Cold soup can be diluted to make a nice thirst-quencher.
 - The Icelandic recipe differs in that it contains less sugar (approx. 1 tbs) and cornstarch is used to thicken
2. <http://homecooking.about.com/od/fruitrecipes/r/blfruit8.htm>

Rose hips are the fruit of a variety of **rose** bush, and they make great **soup** with a hint of floral flavor.

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients:

- 1 quart rose hip juice or puree (fresh or canned)
- 2 to 4 Tablespoons honey
- 1 to 3 Tablespoons lemon juice or homemade cider vinegar, optional (Omit if using canned juice or puree.)
- 1 Tablespoon potato starch, cornstarch, or tapioca granules
- 6 (about) Tablespoons sour cream or yogurt, optional

Preparation:

Heat the **rose hips** juice or puree, **honey**, and lemon juice or **vinegar**. Adjust amounts of honey and lemon juice or vinegar to give a lively sweet tart flavor.

Mix the starch or tapioca in enough cold water to moisten it, and stir it in. Cook till the **soup** thickens slightly and clears. Float a spoon of **sour cream** or **yogurt** in each bowl of soup when it is served.

Yield: 5 to 6 medium bowls