

Your Practical Guide to Rosehips

The best way to get to know rosehips is by encountering them frequently and using your senses to get to know them. This is far more revealing than memorizing what rosehips are good for! Instead you are creating a hands-on memory that brings you a lot more depth and insight than a memorized list.



What you'll need...

- Rosehips growing near you
- Your senses
- Journal (optional)

Step 1: Find some ripe rosehips growing near you in a safe area where it's okay to harvest. Be 100% certain you can identify rosehips.

Step 2: Approach the rosehips as if you've never experienced them before. Pay special attention to all your senses.

- What do the rosehips look like? Big? Small? Fleshy? Hard?
- Give them a taste (eating just the outer fruit, not the seeds and hairs). What flavors do you detect? Sour? Sweet? Bitter?
- What is the texture like?
- What are your impressions? The first things that come to mind? (Anything goes here, this is your unique experience.)

The more intentional time you can spend with the rosehips the better. You might even consider journaling your experience.

Step 3: Once you've completed steps 1 and 2, your next task is to repeat it with a different set of rosehips. Again, approaching them with a sensorial curiosity. Experiencing their unique qualities and then comparing that to other rosehips

This is the study of herbalism! The more you do experiments like this the more you'll move beyond questions like "What do rosehips do?" and truly learn about how to work with herbs and get the results you're looking for.