

## ROSE, PRICKLY WILD



### *Rosa acicularis*

[RO-zuh ass-ik-yew-LAIR-iss]

**Family:** Rosaceae

**Names:** Prickly Rose, Finnros (Swedish); Finnrose (Norwegian); Finsk rose (Danish); Nadel-Rose (German); Heiða-rós (Icelandic); Karjalanruusu (Finnish); Rose sauvage des Rocky Mountains (French); nõeljaogaline kibuvits (Estonian); Gitx̱san name: sgan k'alaamst; Wet'suwet'en name: tselhghil

**Description:** This perennial plant grows 30 - 120 cm high. The flowers are usually solitary

with pink, or occasionally white petals. The leaves are pinnate with 5-7 leaflets which are coarsely serrated. The branches are densely covered with straight slender bristles. The pear-shaped fleshy hip is marble-sized, orange-to-red, containing many seeds. This common plant is found in forested regions, along roadsides, and on open slopes.

**Cultivation:** Succeeds in most soils, preferring a circumneutral soil and a sunny position. Prefers a slightly acid soil. Grows well in heavy clay soils. Dislikes water-logged soils. Grows well with alliums, parsley, mignonette and lupins. Garlic planted nearby can help protect the plant from disease and insect predation. Grows badly with boxwood. Hybridizes freely with other members of this genus. Plants in this genus are notably susceptible to honey fungus. Rose seed often takes two years to germinate. This is because it may need a warm spell of weather after a cold spell in order to mature the embryo and reduce the seedcoat[80]. One possible way to reduce this time is to scarify the seed and then place it for 2 - 3 weeks in damp peat at a temperature of 81 - 90°F (by which time the seed should have imbibed). It is then kept at 37°F for the next 4 months by which time it should be starting to germinate. Alternatively, it is possible that seed harvested 'green' (when it is fully developed but before it has dried on the plant) and sown immediately will germinate in the late winter. Seed sown as soon as it is ripe in a cold frame sometimes germinates in spring though it may take 18 months. Stored seed can be sown as early in the year as possible and stratified for 6 weeks at 41°F. It may take 2 years to germinate. Prick out the seedlings into individual pots when they are large enough to handle. Plant out in the summer if the plants are

more than 25cm tall, otherwise grow on in a cold frame for the winter and plant out in late spring. Cuttings of half-ripe wood with a heel, July in a shaded frame. Overwinter the plants in the frame and plant out in late spring. High percentage. Cuttings of mature wood of the current seasons growth. Select pencil thick shoots in early autumn that are about 20 - 25cm long and plant them in a sheltered position outdoors or in a cold frame. The cuttings can take 12 months to establish but a high percentage of them normally succeed. Division of suckers in the dormant season. Plant them out direct into their permanent positions. Layering takes 12 months.

**History:** This plant is the floral emblem of Alberta. *Rosa* is from the classical name for various roses and *acicularis* is from the Latin for ``needle-shaped``.

**Properties:** Astringent; Blood tonic; Cancer; Febrifuge; Ophthalmic; Stings.

**Medicinal Uses:** The plant is rich in tannins and is used as an astringent. A decoction of the root is used as a cough remedy. An infusion of the roots is used as a wash for sore eyes. An infusion of the leaves and bark has been used as eye drops in the treatment of snow blindness. A decoction of the stems and branches has been used as a blood tonic and as a treatment for stomach complaints, colds and fevers. The fruit of many members of this genus is a very rich source of vitamins and minerals, especially in vitamins A, C and E, flavanoids and other bio-active compounds. It is also a fairly good source of essential fatty acids, which is fairly unusual for a fruit. It is being investigated as a food that is capable of reducing the incidence of cancer and also as a means of halting or reversing the growth of cancers.

The seeds were sometimes cooked by Indians and eaten for muscular pains. The Blackfoot Indians called the roots *Kini*, from which they made a bitter drink for the treatment of diarrhea, flu, dysentery and worms. These Indians also called the fruit *apis-is-kifsu-wa* (tomato flower) and used it in pemmican. The

blossoms were used by some tribes for colic and ``clogged stomach``. The Ojibwa made a powder of dried blossoms into a tea for heartburn.

As a spring tonic, both roots and leaves were employed to cleanse the blood. The root has a mild analgesic property which was applied to headaches, rheumatism and such problems. A decoction of the blossom is astringent and can be used a gargle for sore throat and mouth sores. For eyes, a decoction of cambium or an infusion of the hip was used to soothe. An infusion of root cambium of both rose and red raspberry has been used to treat cataract.

Almost all parts of the plant have been made into a wash or dressing for cuts, sores and any situation indicating a need to coagulate blood. The petals make a good easy bandage. Rose is one of the Amerindian's most important wound herbs. The most common method of application is to sprinkle fine shavings of debarked stems into a washed wound. Poultices were also used. Stems galls were particularly prized as a burn remedy. The growths were charred, crushed and dusted onto the burn.

A wine of rose petal can be used for uterine cramps and to ease labor pains. It also soothes after childbirth. Some tribes smoked the inner bark. The Crow used a solution made by boiling rose roots in a compress to reduce swelling. The same solution was drunk for mouth bleeding and gargled as a remedy for tonsillitis and sore throats; vapor from this solution was inhaled for nose bleeding.

A poultice of the leaves can be used to relieve insect stings. The Chinese made a simple infusion of the flower to ``regulate vital energy (Qi)``.

*Flower essence:*

*Indications:* lacking trust and faith; feeling hopeless; apathetic and disinterested in life; unable to keep the heart open when involved in adverse circumstances.

*Healing Qualities:* helps us remain openhearted when we are faced with conflict and struggle;

builds trust; encourages openness and a courageous interest in life.

**Culinary Uses:** Rosehips can be used in syrups and purees or be dried and used in teas and soups. The dried hips can be ground into a powder and added to baked goods. The fruit contains about 2 - 3% (dry weight) vitamin C, and up to as much as 7% in some varieties. The ripe fruit has a rich sweet flavor, the taste is best after the fruit has been frosted. The fruit is about 25mm in diameter, but there is only a thin layer of flesh surrounding the many seeds. The juice is extracted from the hips by boiling and used for jellies and syrups. A tea is made from the leaves which is rich in vitamin C. The young shoots can be peeled and eaten in spring as well as the green tops. The petals can be eaten raw after removing the bitter white base. The seed is a good source of vitamin E, it can be ground and mixed with powder or added to other foods as a supplement. Be sure to remove the seed hairs.

**Other Uses:** An orange dye is obtained from the fruit. Some native peoples used the wood for arrow points as it is hard and light and would therefore fly straight.

### **Recipes:**

#### **Wild Rose Liqueur.**

Pick flower petals in partial or full bloom, with no wilted or dried ones. Let the blooms soak in alcohol (as pure as possible) for two weeks, or until the color has all faded out of the plant material. Decant off the liquid and dilute to forty percent alcohol, sweeten to taste and bottle. The resulting liqueur is said to be a cross between Grand Marnier and Chanel No. 5..

HERBALPEDIA™ is brought to you by The Herb Growing & Marketing Network, PO Box 245, Silver Spring, PA 17575-0245; 717-393-3295; FAX: 717-393-9261; email: herbworld@aol.com URL: <http://www.herbalpedia.com> Editor: Maureen Rogers. Copyright 2006. All rights reserved. Material herein is derived from journals, textbooks, etc. THGMN cannot be held responsible for the validity of the information contained in any reference noted herein, for the misuse of information or any adverse effects by use of any stated material presented.