

Herb of the Month: Rose

Rosaceae, a perennial of the genus Rosa, originally from Asia, roses have some 250 species with over 10,000 hybrid varieties. Only three can be distilled for their aromatic perfume. Rosa Gallica (French Rose), Rosa Damascena (Damask Rose) and Rosa Centifolia (Cabbage Rose). Roses represent love, trust and self-acceptance. Rose's psychological properties play mostly upon it effects on the mind. The mind, which is the center of our emotional being, extends it's energy to the heart.



Try this recipe for beautiful and tasty **Rose Cupcakes**. Learn how to make these delicious and pretty treats for any occasion. Good for tea time, as well as dessert! Rich in chocolate and vanilla flavor with a recognizable aroma of rose!

Ingredients for Cupcakes:
1/2 cup milk (or skim, 2%)
1/2 cup cocoa powder
1/2 cup hot water
1 cup granulated brown sugar
1/2 cup shortening
2 teaspoons vanilla extract
2 eggs
1 1/2 cups all-purpose flour
1 teaspoon baking soda
20 - 30 drops Rose Absolute Essential Oil

Frosting:
8 cups confectioners' sugar
1 sticks unsalted butter (or 3 tablespoons butter substitute)
2 teaspoons vanilla extract
2 tablespoons milk (or skim, 2%)
20 - 30 drops Rose Absolute Essential Oil
Fresh, organic baby rosebuds

Directions for making the cupcakes. Preheat the oven to 350 degrees F. In a large bowl, add the cocoa powder and hot water and mix together with an electric hand mixer. Mix together milk, brown sugar, shortening, vanilla extract and eggs. Add flour and baking soda and mix until all ingredients are incorporated. Add 20 - 30 drops Rose Absolute Essential Oil. **Place cupcake liners into a cupcake pan** and fill each halfway with batter. Bake until a toothpick inserted into the center comes out clean, 15 to 18 minutes. Cool in the pan for 5 to 10 minutes. While these are baking, it is a good time to clean your roses. Rinse them for several minutes under cool water. It is important to get organic roses as they are not assulted with pesticides.

Making the frosting: Whip 4 cups of the confectioners' sugar, the butter and vanilla extract with an electric hand mixer until smooth, while slowly adding the milk. Add 20 - 30 drops Rose Absolute Essential Oil and the remaining 4 cups confectioners' sugar. Frost the cupcakes and nestle the tiny rosebuds in groups of 3 or 5 on each cupcake. The roses can be eaten. It is an edible flower. If you pull off the tiny stem before placing them in the frosting (keep the flower petals together by pinched them between your fingers and nestle them in the frosting) your guests will not be pulling rose stems from their teeth.



Here is a recipe for **Love Potion Aphrodisiac Tea**. Whether it is for a romantic evening or honoring your own self-love and accomplishments, this tea is a heart soother, a spirit lifter and an enlightening way of bringing love, nourishment and the exciting power of awareness back to your being! Rose petals, olive leaf, a grind of red or black pepper, or a sprig of peppermint are all wonderful combinations with roses. Love, lust and libido ingredients you could also had are Horny Goat Weed, Siberian Ginseng Root, Muira Puama Root, Dong Quai Root, Marjoram, Ginger Root or Damiana Herb.

Creating the perfect pot of tea is not difficult. All it takes are some easy to follow, common sense steps and you have a great tasting, healthy pot of tea.

The water you use, makes a difference. Clear spring water makes the best tea. If you use tap water, run the faucet to clear the water sitting in the pipes. Colder and fresher makes a tastier, livelier infusion.

Warm the steeping pot. Run the pot under hot water in order to warm up the pot Choose your pot with care. Most metal pots (stainless steel is acceptable), can impart flavor to the water; aluminum and unlined copper are the worst offenders. Glass and enamel are preferred.

Pour the measured, fresh water into the saucepan and place over medium heat. Heat the water until it just comes to a rolling boil.

Add the tea leaves to the warmed steeping pot (one teaspoon per cup, plus one "for the pot"). Immediately pour the boiled water over the loose leaves; cover the pot.

Steep three to five minutes for most teas; longer, to taste. Also be sure and steep the herbs longer for the teas made from sticks, twigs, roots or berries, as well as, herbal infusions.



Romantic Rose Bath Salts are made by infusing rose absolute essential oil into sea salt. Add options like dried rose petals, baby rose buds, geranium essential oil or a grind of rose or black pepper for an amazing, multi-purpose beauty regime for bath, body and soul!

Add one or two scoops of salt to running bath water. Make sure the salt has dissolved as you relax in your bath for 15 -20 minutes. You can also add a friend!



Angel's Mist Rose Absolute Essential Oil is used in aromatherapy as a gentle tonic for the heart. Rose oil's psychological properties lie mainly in its effect on the mind, the center of our emotional being. Rose oil calms and supports the heart and helps to nourish the soul! Rose has amazing powers of love, trust and self-acceptance. Roses are representative of faith, hope and love and have the qualities to restore the very center of one's being.



Rose:

Botanical name: Rosaceae
Use: fights infection, reduces inflammation, relieves muscle spasms. Increases urination, bowel movement, regulates menstruation. Calms nerves, decreases depression, and stimulates sexual desire.
Perfume Note: Base
Blends well with: Jasmine, Fennel, Vetiver, Geranium, Clary Sage, Pepper, Peppermint, Chocolate
Source: flowers
Production method: steam distillation
Aromatherapy benefits: relaxing, soothing, sensual
Aroma type: sweet, floral
Warning: none noted
Safety Information: This is an edible flower. Use organic roses for eating, as non-organic roses or roses from a florist can be full of pesticides. Wash your roses well before adding to recipes such as cupcakes (see above) salads or meat dishes.



10 Uses For Wilted Roses

***Mary Mazzoni** has written a wonderful top 10 list, I think is just wonderful! Please check out her great blog/webpage at **Earth911.com**

http://earth911.com/news/2011/06/14/tips-for-reusing-roses/2

June is National Rose Month, and there's no better way to celebrate than to discover the loads of DIY projects for the rose beyond vases and potpourri. **Here are 10 creative uses for the beautiful blossoms**.

1. Use them for gift wrap
The next time you're wrapping a gift, skip the tissue paper, and use rose petals instead. The pretty surprise adds a touch of elegance to your gifts – and a lovely scent, too. This method is perfect for wedding gifts, and it's a great reuse option for rehearsal dinner centerpieces – if you're willing to save gift wrapping for the last minute. Collect the roses from each centerpiece (or any that are beginning to wilt in your garden or house if you're doing this at home). Gently pull out the petals, and lay them out to dry if desired. You can use dried petals or fresh ones for this.

2. Make surprising candies
Candied rose petals, violets and other flowers have been considered delicacies by French confectioners for hundreds of years. They are eaten alone or used as edible decorations for cakes and parfaits. Simply line a baking sheet with wax paper.

Pour one-half cup of sugar into a bowl, and lightly whisk one large egg yolk in another (you can use an egg substitute to make these candies vegan-friendly). Brush both sides of each petal with the egg yolk and dip them in the sugar. Let them sit on the wax paper until they dry, and your candies are ready to enjoy! Make sure to rinse your rose petals well, and it's best to use roses from your garden for this. Roses or rose petals from a florist can often contain pesticides and other chemicals that can be difficult to wash off.

3. Freshen your drawers
Rose petals retain their sweet scent for weeks. So, they're perfect for adding a little freshness to your drawers or linen closets. Take a sock without a mate and fill it with a handful of dried rose petals. Fold the sock over so the petals won't fall out, and place your little homemade deodorizer anywhere in the house. These are great for the car, too.

4. Design homemade cards
Nothing says you care like a homemade card. And adorning cards with flower petals from your garden gives an added personal touch. When your clipped roses start to wilt, pluck out the petals, and lay them down flat to dry. Experiment with varying stages of dryness. If the petals are too dry, they may start to break apart and won't attach to your card very well. If the petals are still fairly fresh, they'll add a subtly sweet fragrance to your card. Attach the petals to cardstock or the recycled paper of your choice with non-toxic glue. This is also a great chance to use the stems and leaves from your rose clippings for creative designs.

5. Spice up your fruit salads
Rose petals add a sweet and floral flavor to fruit salads, and they're sure to get people talking at any summer soiree. Toss the petals in with your usual fruit salad recipe, or try a new layered creation. Line the bottom of a clear glass bowl with your favorite fruits, and place a layer of rose petals on top. Follow with a layer of granola and top with whipped cream or yogurt. Repeat twice more for a tri-layered treat, and use some rose petals for decoration on top.

6. Plan a spa night
The rose has tons of health and beauty applications, and what better way to celebrate the fab flora than planning all-rose spa night with the girls? Start the night off with rose petal facial soaks. Get enough large bowls for each of you, and place a heaping handful of fresh rose petals in the bottom. Pour in about two cups of water that is hot, but not boiling. Place your face above the bowl, and cover your head with a towel. Make sure your face is far enough away that you won't get burned. Sit for at least 15 minutes. Once the water has cooled, it's a perfect pre-soak for manicures and pedicures. You can each use your bowls to soak hands and feet.

7. Shake up a rose cocktail
The next time you're entertaining, get all your guests talking with a fragrant rose cocktail. Start by making some simple syrup and add rose petals. The flowery syrup adds a sweet flavor to dry champagnes, or you can give it a try in all your favorite drinks. To make your simple syrup, add equal amounts of water and sugar to a saucepan and bring to a boil, stirring constantly. Reduce heat and simmer. Allow all the sugar to dissolve before adding your rose petals – you'll need about one cup.

Add the juice from a lemon or lime for a little citrus punch if desired. Stir the mixture to simmer gently for about five minutes, and remove from heat. Allow to sit and thicken for at least 30 minutes, and strain to remove any solids. Once your syrup has cooled, you can add it to all your favorite cocktails. For a bubbly treat, pour a half an ounce in the bottom of a champagne flute, and pour in dry champagne. Garnish with a fresh rose petal if desired.

8. Whip up some rose jam

Preservers rejoice! If you're already making jams and jellies with the extra fruit from your garden, you'll be delighted to know that you can do the same with rose petals. Rose petal jam has a fragrant and exotic flavor on its own, or mix the rose petals with strawberries, raspberries or the fruit of your choice for a tasty concoction.

In a large saucepan, bring four cups of water, two cups of sugar and the juice from two lemons to a boil. Add four cups of rose petals and the fruit of your choice. Continue to boil for about five minutes or until the mixture begins to thicken.

Pour into the recycled glass jar of your choice and cool to room temperature. Place in the refrigerator until the mixture thickens to desired consistency (this may take a few days), and enjoy. Rose petal jam has the same shelf life as any of your other preserves.

9. Brew some tea

For centuries, cultures across the globe have sipped rose hip tea for its healing properties. Rose hips, the dark orange fruit of the rose, are rich Vitamin C and other nutrients. And brewing tea is one of the most traditional ways to enjoy their healthy goodness. Rose hips form after the petals have completely wilted off. Allow some flowers in your garden to completely wilt, and start keeping an eye out for the rose hips once the petals begin to fall off on their own. Allow the rose hips to ripen before picking.

Snip each rose hip, and let them dry. Once dried, you can keep the rose hips for use in your tea all year long. Place one or two of the dried rose hips at the bottom of a mug and fill with boiling water. Allow to brew for about 15 minutes, strain and enjoy. Try it on ice for the hot summer months.

10. Pretty up a picture frame

Transform an old picture frame by adding a border of roses and other dried flowers for some pretty pizazz. Clip your roses to desired length, and hang them upside down to dry. Try a combination of roses, rosebuds and some of your other favorite flowers.

Remove all photos and glass from your picture frame and lay the flowers out until you've found a design you love.

Carefully apply a small amount of hot glue to the picture frame, and gently press the flowers on top. Repeat until your design is complete. Try the same method on small storage boxes, bookends or other pieces in your home you feel could use a little floral fancy.



The Psychological Aspects of Rose

by Andrew Pacholyk, MS, L.Ac.

I am often drawn to the psychological aspects of any healing modality and essential oils are no different. Roses represent Love, Trust and Self-Acceptance. Originally from Asia, there are some 250 species with over 10,000 hybrid varieties.

Only three can be distilled for their aromatic perfume. Rosa Gallica (French Rose), Rosa Damascena (Damask Rose) and Rosa Centifolia (Cabbage Rose). It is the Bulgarian Damask Rose that gives the finest quality of distilled essence or "Otto".

Since it takes about 120 lbs or 60,000 roses to be distilled down to 1 ounce of Rose Otto, it is reasonable to see why it is such an expensive essential oil. Rose Absolute, created by using a solvent in the process of distillation, allows for this oil to be significantly less expensive and is used by the perfume industry. Often blended in a base of jojoba or sunflower oil, Rose Absolute is what is often sold by most essential oil companies.

A gentle Heart tonifier, Rose's psychological properties play mostly upon it effects on the mind. The mind, which is the center of our emotional being, extends its energy to the heart. Rose oil calms, nourishes and supports the heart and helps restore a sense of wellbeing. Rose oil can be very beneficial in helping with anxiety, palpitations and insomnia.

The compassion of the Rose is seen through its ability to heal emotional wounds. When loss, rejection or sorrow has injured our capacity for nurturing and self-love, Rose oil brings a sweet and gentle comfort, binding the "heart strings" from the Heart to the Mind. In cases of a broken heart, injured from abuse or hurt, Rose oil can reach deep to warm the soul again and touch the deepest despair, restoring the trust that makes it possible to love again.

In Traditional Chinese Herbology, Mei Gui Hua (Flos Rosae Rugosae) is looked at in a beautifully poetic manor. Rose buds regulate the Qi Energy and harmonize the connection between the Spleen and Liver, soothing distention, pain, fullness and indigestion. Roses are also utilized in a tea for mildly moving Qi related to Menstrual Disorders. The Heart which is Yin, is paired with it Yang channel, the Small Intestines.

It is stated that when emotional problems of the Heart take over and become excess in nature, we tend to see Urinary tract infections in the lower portion of the body.

Roses were called the "Queen of Flowers" by the Greek poet Sappho. The exquisite fragrance, sweet aroma, blushing colors and considerably therapeutic effects, ensures its special place in the perfumery and medicinal Materia Aromatica that is no less revered today!