



Cindy Daigre

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Rosehips: Natural source of Vitamin C



What are Rosehips:

Rose hips are the berry-like fruits of the rose bush left behind after the bloom has died. Although nearly all rose bushes produce rose hips, the tastiest come from the Rugosa Rose. Rose hips have a tangy, fruity flavor similar to that of cranberries and can be used fresh or dried. The fruits begin to form in spring and are best harvested after the first frost, which makes them turn bright red and slightly soft.

Benefits of Rosehips:

Rosehips are one of the richest plant sources of Vitamin C, and with one to two percent by dry weight, rose hips have a higher Vitamin C content than citrus fruit! Rosehips also contain lycopene, (an antioxidant), Vitamin A, Essential Fatty Acids, and Biotin. Bioflavonoids enhance vitamin C's ability to strengthen blood vessels, and this encourages healthy hoof growth in horses. They are also beneficial for preventing illness or to restore the immune system after illness. Its natural antihistamine properties can also be useful for the allergy prone horse.

Using Rosehips in Horses:

Rosehips are commonly used to make herbal teas, by boiling the dried or crushed rose hips for 10 minutes. Use 2 tablespoons of berries per pint of water. Always make sure to use rosehips that are clearly marked as being free from pesticides. The tea can be poured over your horse's meal once or twice daily. As horses age, they are no longer able to manufacture vitamin C, so for senior horses, it is wise to supplement their vitamin C needs. This can be done naturally with a daily dose of dried rosehips or tea in their meals!

Cindy Daigre is the founder and director of Ferrell Hollow Farm, an Equine Retirement facility in Middle Tennessee focusing on the unique concerns of Senior and Special Needs horses. For more information on her equine business, including nutritional consultations and natural products, visit: www.ferrellhollowfarm.net

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