

## Did You Know Roses Have Fruit?

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When you think of roses, you likely picture their vibrant blooms, delicate petals, and enchanting fragrances. But here's a surprise, did you know that roses also produce fruit? Known as rose hips, these small, often overlooked fruits are as fascinating as the flowers themselves.

Rose hips develop after the rose's blooms fade and are typically found on species roses or wild varieties rather than heavily cultivated hybrids. They are small, round, or oval, ranging in color from bright red to orange and sometimes even purple or black. Moreover, these rose hips are not just for show; they pack a nutritional punch, with a high vitamin C content, sometimes 50% more than oranges!

Rose hips have been used in a variety of ways, from teas, jams, jellies, and syrups to herbal remedies. They're believed to support immune health, reduce inflammation, and promote healthy skin. The versatility of rose hips doesn't end there; rosehip oil, extracted from their seeds, is a popular skincare product known for its moisturizing and anti-aging properties.

For gardeners, rose hips can add seasonal interest to your garden, providing a pop of color in the fall and winter. They also attract birds and wildlife, making them valuable to an eco-friendly garden.

Next time you admire a rose bush, look closer at its bloom. You'll discover that these beloved flowers offer more than beauty; they provide fruit full of hidden treasures!



### References:

[yardandgarden.extension.iastate.edu](http://yardandgarden.extension.iastate.edu)