



## Zion Farmers Market Veg-u-cation

### A Rose Is A Rose



The rose is well known the world over as a beautiful specimen for the garden, as symbols of love and as a favorite scent for perfume. As Juliet quotes in Shakespeare's "Romeo and Juliet" "A rose with any other name would smell as sweet" . Who hasn't heard of the War of the Roses?

Fragrant and velvety soft, the rose is the most beautiful and admired flower that belongs to the rosaceae family and is a thorny plant. Rosa-rugosa is an old species with a simple flower. Also known as the Japanese rosa, this particular variety has been cultivated for hundreds of years. The plants have a wonderful fragrance and a variety of colors to choose from.

Rose fossils were discovered over thirty five million years ago in North America, Europe and Asia. Since that time it is being used in manufacturing of perfumes, essential oils and it also carries culinary uses like any other flower in India. Beside being a garden favorite, it also has medicinal qualities.

Here, then, are the varied uses of the rose:

#### **ORNAMENTAL USE**

If we trace the roots of the ornamental uses of rose from Indian mythology we will discover the long hidden facts that can actually be useful to us. Roses are grown due to their high grandeur and visual appeal along with the scented foliage. Long ago, women in their peace time preferred wearing floral ornaments and, rose being the most attractive flower, was considered most suitable for it. Along with adding a gracious look to the personality it gave the touch of elegance. Even now a days, people are gravitating towards jewelry made of roses.

#### **MEDICINAL USE**

Rose flower, along with its beautiful appearance ,has medicinal uses, too. It is certified to be antiseptic, anti-oxidant and is a rich source of vitamin A, B3, C, D and E. Various products generated from the rose flower give us a soothing effect in depression. These products are prepared by crushing the rose petals and extracting the natural rose water, essence and oils. Rose water also relaxes the tension of nerves and reduces the swelling of capillaries beneath the skin. Rose petal tea helps in the secretion of bile juices and helps in proper cleansing of gall bladder. Also, the tea works in treating fevers and various bronchial infections and promotes blood circulation. Rose water is often added to various eye care products as it provides a cooling and soothing effect to eyes. Rose water itself can also be used to treat various eye infections.

Rose essential oil, along with various carriers, can be for treating serious illnesses such as ulcer, asthma, nausea, fatigue, bacterial infections of the stomach, colon and urinary tract, dehydration, etc.. It is like a boon in treating sore throat and runny nose.

## **DECORATION**

From an auspicious wedding to a funeral ceremony, roses alone can serve all the purposes of decoration. Red, the flamey-color of love and the color of blood, is the color of the rose known as "THE OUEEN". According to the Indian mythology "GANDHARVIC VIVAH", commonly known as "JAI-MALA", is the most important ritual of wedding in which the bride and the groom exchange garlands made up of fresh roses. Their position in such rituals is irreplaceable as it may disturb the older generations and the mythology followers, too. Als, o the special thing about the flower is that it gets along with any color, including black, so using it for decorating the houses, temples, churches etc. is a good deal. It also gives them a brighter look. Decoration of rooms using different colors of roses is also a good idea.



## **CULINARY PURPOSES**

Along with immense medicinal purposes, roses are well- known for their culinary purposes. A variety of products like rose syrups, rose essences, rose petal jams and flavouring agents all are made using roses. Rose hips is the most tangy part - it has a fruity flavour similar to that of cranberry and can be consumed fresh or dried. Crushed rose hips are commonly used in the preparation of herbal tea. Rose oil is used to flavor candy, syrups, desserts etc.. Also, the crushed rose petals are used while preparing various Indian sweets like rabri, kheer flavoured kulfi and sandesh. it is also used for decorating cakes since it is fragrant and non-toxic.

## **EXPRESSING FEELINGS**

Flowers are the best way to confess what the heart suggests. Whether we talk about congratulating someone on any achievement or expressing the heart felt desire, roses have always been our friends. From Valentine's Day to birthdays, roses are considered the most appropriate flowers to gift our loved ones. Different colors of roses show different heart felt desire: Red the color of love and Bravery, Yellow the color that marks the onset of new friendships and the celebration of the old ones, Pink shows the feelings of gratitude and White purity, power and respect for true love.

## **COSMETICS**

Rose is actually a boon for removing acne and promoting hair growth. Dried rose petals along with water can be a miraculous face mask for attaining clean and fair skin. Also, rose oil and water nourishes the scalp to promotes hair growth by reviving hair follicles. Rose is also used for

the preparation of various lotions, creams, bathing crème's, beauty soaps etc. Oils made from roses are also used for aromatherapy. According to the Lubic University, aroma of the rose can increase the power of brain and also helps in sharpening the memory. Rose water provides nourishment to the skin, therefore, it can be used for the treatment of dry skin, dermatitis, eczema and other skin related diseases. Rose water has astringent-like properties, applying rose water before applying make-up can prevent the secretion excessive oils and sebum thereby making the make-up lasting longer. Also, the products made with rose are safe for the skin as it has an anti-inflammatory effect. Rose water and oils eliminate toxins and heat from our body, thereby giving a natural glow to our skin.

### **PREPARATION OF PERFUMES AND SCENTED PRODUCTS**

Flowers are the main ingredient for the preparation of perfumes and other scented products and the use of roses in the preparation of these products is due its natural aroma. Therefore, perfumes, room fresheners, potpourri, etc., are prepared using roses. It has been proven that aroma of the rose is just like a tranquilizer as it can promote good mood. The fragrance of rose can create a fresh and pure atmosphere, creating a soft and sensual effect.

The rose truly is a gift of nature that we all are blessed with. Starting from petals, each and every part of this plant provides benefits in many ways.

