Rose Candy and Rose Jam

Candy

*Some flowers look good, smell good, AND taste good!*

What You'll Need: Rose blooms, sugar syrup, pot, waxed paper
Grow or buy some organically grown roses. (Since you're going to eat them, you don't want the roses to have chemical fertilizer or pesticides on them.) When the roses bloom, pick some. Have an adult carefully dip them into boiling sugar syrup. Put them on waxed paper to cool. When they are cool enough to handle, spread out the petals and let the flowers dry in the sun or in a warm (not hot) oven. Then help yourself to rose candy.

There's another part of the rose plant that tastes good. In the late summer or early fall, roses form "rose-hips." When the rose hips turn red, they are ripe and ready to eat. Just remove the seeds. Rosehips have a lot of vitamin C. They can also be used to make tea.

Jam

*Make this sweet, fragrant treat from the flower garden.*

What You'll Need: Rose petals, scale, water, pot, sugar, lemon juice, jam jars

1. Gather some roses in the morning after the dew has dried. Try to pick all of one kind, or find scents that will blend well together. Pick off the petals and cut off the white ends, which tend to be bitter.

2. For every half pound of rose petals, add one cup of water. With help from an adult, simmer five minutes on the stove to soften the petals. Add 1 1/4 cups of sugar and three tablespoons of lemon juice. Bring to a boil and then simmer for about 30 minutes until the mixture is thick. To test the jam, pour a few drops from a spoon onto a cold saucer and allow the jam to cool. If it seems jellylike, the jam is ready. Take the pan off of the stove and allow it to cool for ten minutes.

3. Sterilize clean jam jars by pouring a half inch of boiling water into them. Allow them to steam a few minutes, then turn the jar upside down on a dish rack. Be sure to use a pot holder when handling hot jars! Now fill the hot jars with jam. Each half pound of rose petals will make about a pint of jam. Close the jars and keep the jam in the refrigerator.