



12 servings



60 minutes



pine vitamin c syrup

ingredients:

- 2 cups dried rose hips OR 4 cups fresh rose hips
- 4 cups fresh pine needles
- 6 cups of fresh water
- 1 orange
- 1 tablespoon lemon juice

instructions:

1. Chop pine needles and slice orange into half and then in half-moon slices.
2. Put rosehips and water to a pot and bring to a boil. Turn heat down and simmer for 20 minutes with lid partially covering pot.
3. Turn off heat and add the pine and orange slices to the pot. Cover and let infuse for an hour.
4. After an hour, strain and compost solids. Measure liquid.
5. Add liquid back to pot and add equal parts sugar. If you measured 4 cups of liquid, add 4 cups of sugar. If you measured 2 cups of liquid, add 2 cups of sugar. Bring mixture to a boil without lid.
6. Turn heat down to simmer, add lemon juice, and simmer 10 more minutes without lid to reduce.
7. Turn off heat and let cool. Pour into jars and store in the fridge for up to 6 weeks.

the cuisine of health

- Rose hips are packed with vitamin C. They...
 - are very nutrient-dense.
 - have analgesic {pain relieving} properties.
 - decrease inflammation and arthritic pain.
 - improve skin health.