

## Rose Petal Jam Recipe

When the plants in the Herb Garden are at their best, for sheer beauty and fragrance, the rose is supreme. All our roses are heavily scented and colourful.



Some of our roses are the attractive *Rosa Mundi* (Gallica), these roses are a sport of *Rosa gallica* 'officinalis', the apothecary's rose. These roses are crimson striped with white. *Rosa gallica* officinalis were bred prior to the 16<sup>th</sup> century.

Cleopatra seduced Antony knee deep in rose petals, and on entering Jerusalem in 1187, Saladin had the Omar mosque washed in rose water to purify it.

Rose flowers and hips have culinary uses, the rose flower is used cosmetically and the flower, hips and leaves are all used medically.

## How to make Herbal Tea

Lemon Balm is said to relieve headaches, whilst Rosemary and Thyme Teas are reputedly good for digestion, and Fennel is said to ease bloating.

Pick approximately five leaves or small sprigs of your chosen herb and place at the bottom of a mug.

Pour 'just boiled' water onto the leaves or sprigs, and cover the top of the mug with a clean tea towel.

Leave to steep for five minutes whilst the herb releases its flavour.

Strain before drinking, if preferred.



# How to make Lemon Balm Cheesecake (Serves 6)

## PASTRY

4 oz (110 gm) plain flour, 2 oz (50gm) margarine, cut into pieces Pinch of salt

## FILLING

2 oz (50gm) margarine 2 eggs, beaten  
2 tbsp (30 ml) honey,  
6 tbsp (90 ml) very finely chopped Lemon Balm  
12 oz (350 gm) cream cheese

- 1 Preheat the oven to 400 degrees F, (200 degrees C), Gas 6.
- 2 For the pastry, sift the flour and salt into a bowl. Rub in the margarine until the mixture resembles fine breadcrumbs. Add enough water to make a soft dough. Roll out to line a 7 in, (18 cm) flan dish. Bake blind for 15 minutes.
- 3 For the filling, cream the margarine, honey and cream cheese together in a bowl until soft and creamy. Beat in the eggs and fold in the lemon balm. Reduce the oven temperature to 350 degrees F, (180 degrees C), Gas 4.
- 4 Pour the filling into the pastry case. Bake for 45 minutes until the filling is golden and set. Serve with whipped cream or yogurt.

A popular recipe for Rose Petal Jam

1lb (450g) heavily scented red or pink rose petals,  
1 pint (570 ml) water, juice of 2 lemons,  
1 lb (450g) caster sugar, 1 tbsp (15 ml) rosewater

Makes approximately 2 x 1 lb (450 g) jars

- 1 Remove the bitter white base from each rose petal. Rinse and drain the petals.
- 2 Bring the water to the boil in a large heavy saucepan. The mixture will froth up so do not have the pan more than half full. Simmer gently for 5 minutes until the petals are soft.
- 3 Add the sugar and lemon juice. Bring to the boil and simmer for about 30 minutes, stirring until the sugar has dissolved and the mixture begins to thicken.  
Add the rosewater.
- 4 Allow the mixture to bubble up well. When the bubbles have turned more to foam, test for setting.  
To do this, first remove the pan from the heat, put a spoonful of the jam on a cold saucer, allow it to cool and push the surface, if it wrinkles, it is ready.
- 5 Allow the jam to cool slightly, then pour into sterilized jars, label and seal.