



ROSE OF SHARON

Hibiscus syriacus (hi-BIS-kus seer-ee-AY-kus)

PERENNIAL | MALVACEAE FAMILY

ZONES: 5-8

EXPOSURE: FULL SUN

MATURE HEIGHT: 8-12 FT | SPREAD 4-8 FT

BLOOM: WHITE & ROSE OR PURPLE | SUMMER-FALL



Medicinal



Culinary



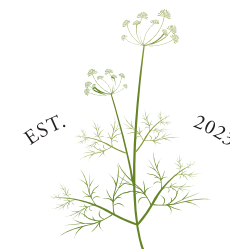
Pollinators



Butterflies



Resistant



HERB & VINE

— healing plants —

Rose of Sharon hibiscus are fast-growing, hardy and deciduous plants. They are beautiful additions to the landscape – attracting butterflies, hummingbirds and specialized bees. As a member of the Mallow family, they contain the demulcent mucilage.

- Culinary: leaves, buds, blossoms and bark contains vitamin-C and Anthocyanins antioxidants and can be consumed raw in salads or cooked. Steep flowers for hibiscus tea.
- Therapeutic*: leaves are diuretic, expectorant and stomachic. A decoction of the flowers is diuretic, ophthalmic and stomachic and can be used for itching. A decoction of the root bark is antiphlogistic, demulcent, emollient, febrifuge, haemostatic and vermifuge.

Caution: readily self-seeds, remove spent flowers or seedlings to prevent invasive growth. Don't use if pregnant or in small children.



**Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*



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