



HIBISCUS ROSELLE

Hibiscus sabdariffa (hy-BIS-kus sab-dah-RIF-fa)

PERENNIAL | MALVACEAE FAMILY

ZONES: 8-11 (ANNUAL IN ZONE 7)

EXPOSURE: SUN

MATURE HEIGHT: 4-6 FT

BLOOM: WHITE/PINK IN FALL



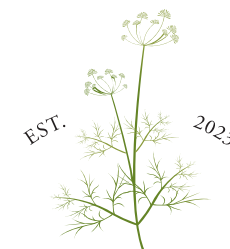
Medicinal



Culinary



Pollinators



HERB & VINE

— healing plants —

Roselle an edible plant related to okra. The leaves are consumed as a spicy version of spinach. The calyx and flowers are used for tea. The calyx is also used in wine, jam, juice, jelly, and syrup. There are other species of hibiscus with edible flowers, but no other species has a similar medicinal and edible calyx. Also called Sorrel or Cranberry Hibiscus.

- With its high levels of vitamin C, minerals, soluble fiber, and antioxidant flavonoids, hibiscus tea is one of the most healthful teas on the planet. Also known to lower cholesterol.
- Therapeutic*: anti-inflammatory, antioxidant, antimicrobial, astringent, cardiogenic, demulcent, diuretic, hypotensive.
- Rosella hemp (extracted from the stems) is a strong fiber used for making sacks, twine and cords.
- Harvest the crown while it is still pliable and crimson and remove ovary inside.

Caution: consult your doctor before taking if on medications or pregnant.



**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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