



WEL185O: Rose Medicine

Materials

If you'd like to participate in the *(optional)* practical for for this class, then please have the following supplies available:

- Approximately a cup of raw apple cider vinegar
- Approximately a cup of raw honey or sugar
- 2 x 8 oz mason jar
- a lemon
- 1/2-1 cup of dried organic rose petals, or 2 cups of fresh wild rose, (non cultivated) petals
- 1/4 cup of deseeded dried organic rose hips

We'll be using other easy to find ingredients too. The actual recipes will be emailed prior to class, after registration.

NYC Herb Shops :

Manhattan:

[Flower Power](#)

Brooklyn shops:

[Remedies Herb Shop](#)

[Radical Herbs](#)

[Sacred Vibes](#)

Or online, from the following suppliers:

[Jeans Greens](#) *(The best source for small amounts of herbs, less than 4oz)*

[Starwest Botanicals](#)

[Mountain Rose Herbs](#)