



Rosehip Liqueur

BY REBECCA ALTMAN

A light and easy to prepare liqueur that captures the flavour of rosehips in the autumn.

ingredients

- 2 cups fresh rosehips
- 1 1/2 cups sugar
- 3 cups vodka
- 1 vanilla bean
- 3-4 strips of lemon or orange peel (shave with a vegetable peeler)



directions

1. Place all the ingredients in a quart jar and top up with vodka (you might not use the whole 3 cups, but fill it to a quarter inch below the top of the jar). Put the lid on and seal tightly, then shake well.
2. Set the jar aside for 4 weeks, shaking occasionally.
3. After 4 weeks, strain out the plant matter and discard. Pour the resulting liqueur into a pretty bottle and try to set aside for a year so that the flavours can mellow a little.

Yield: 3 cups

Will keep indefinitely due to the alcohol and sugar content.



HERBS
with ROSALEE



REBECCA ALTMAN

Rebecca loves connecting people: to the earth, to plants, to each other, and to themselves. The underlying purpose behind all of her work is to help people remember the wholeness of their being. She has an online course, called The Wonder Sessions, in which she guides people to live a life guided by connection: to the self, to nature, and to the web of energy that weaves us all together.

Rebecca lives in the mountains of Southern California, with her husband, cat, dog, and about a million oak trees. Despite so many reasons not to be, she remains steadfastly hopeful about human beings and this incredible planet.

Receive more from Rebecca via her email newsletter, filled with her thoughts and insights. You can sign up for it at her website, [Wonder Botanica](#), under the heading 'connect', and you'll receive a free meditation recording when you sign up. You can also find her on Facebook at: [fairybekk](#).

