

**Julie James:**

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**Rosalee de la Forêt:**

Hello, and welcome to the Herbs with Rosalee podcast, a show exploring how herbs heal as medicine, as food and through nature connection. I'm your host Rosalee de la Foret. I created this YouTube channel to share trusted herbal wisdom so that you can get the best results when relying on herbs for your health. I love offering up practical knowledge to help you dive deeper into the world of medicinal plants and seasonal living. Each episode of the Herbs with Rosalee podcast is shared on YouTube as well as your favorite podcast app. Transcripts and recipes for each episode can be found at [herbswithrosaleepodcast.com](http://herbswithrosaleepodcast.com) or through the link in the video description. Also in the video description, you'll find other helpful resources. For example, to get my best herbal tips, as well as fun bonuses, be sure to sign up for my weekly herbal newsletter.

Okay. Grab your cup of tea and let's dive in.

I'm thrilled to bring you this conversation about rose hips with herbalist Julie James. We cover so many reasons to fall in love with rose hips, as well as things like the pros and cons of different rose hip preparations. Also, we discuss a favorite topic of mine, which is rose hips for inflammation. For those of you who don't know Julie, she's the owner of Green Wisdom Herbs in Long Beach, California, a full service herb shop and school where she has cultivated an herbal community dedicated to improving access to healing plants and to reliable herbal information.

She teaches classes in person and sometimes online with her primary focus being her two-year herbal apprenticeship through which she has sent hundreds of new herbalists into the world. Having spent over 30 years as an herbalist, she delights in sharing her love of plants by combining science and magic, awe and intellect, and by encouraging folks to get their hands dirty, bodies nourished, bellies filled and minds blown. Welcome to the Herbs With Rosalee podcast, Julie.

**Julie James:**

Thank you. Thank you so much for having me here. This is so fun.

**Rosalee de la Forêt:**

Oh, I'm just so excited to chat with you. I wish this with everyone, but I'm feeling, especially with you, that we were sitting down together having a cup of tea. But we will make do. I'm really excited to hear more from you. We might as well just dive into what got you started on this crazy herbal path.

**Julie James:**

So what got me started is I grew up in Santa Barbara in central California area, and I'm the last of seven kids. My mom was a single mom. My dad had multiple sclerosis. So, mom shoved us out of the house as often as possible, and of course lived at a time and in a community where she could do that, where she felt safe doing that. The very end of our street was the gully and it was this drainage ditch, but it had fennel and oats and eucalyptus trees and mustard and wild radish and all of these plants. My sister knew the name of them and would tell me how to eat them and taste them.

So that concept, that you could know the names of plants and that you could eat them just kind of started me on it. Yeah. Then later on, I was studying nutrition and studying biochemistry, because that seemed to be the best way to really learn about nutrition without the weird politics around it in the eighties. I went up to Humboldt with my partner and stumbled on the California School of Herbal Studies and took an herb class and was like, oh, this is cool. This is so much better than what I was learning, and switched over and never looked back.

**Rosalee de la Forêt:**

I love that there's kind of like these different pathways that came into your life, because I think that's something I hear frequently is that it's not the one thing, but it's like the plants were getting your attention in this era of your life and that era of your life. They just kept getting your attention until you acted on it. I also love the free range parenting and just how that era, there's a lot of benefits in that, just being outside all the time and playing with plants.

**Julie James:**

Oh yeah, absolutely. Yes. I wish I felt that safe with my sons when they were growing up.

**Rosalee de la Forêt:**

Yeah. Yeah. I have no doubt that they must have been experiencing the plants all the same though.

**Julie James:**

Absolutely.

**Rosalee de la Forêt:**

Now you're in Southern California. One thing that I was thinking about as I was getting ready for your call is I think you're the third person from Southern California to be on the show. Of those three people, you are the third person to talk about rose. I mentioned that to my friend, Rebecca Altman. She says, well, rose is the best medicine for SoCal. That's what she said.

**Julie James:**

Right. It is because right now it's going to be close to 90 degrees today. It's hot and dry. We live in Southern California, so we're constantly dealing with environmental influences that just ... and myself personally just tend to be overheated. I just am always overheated. So what better plant to cool you down than rose, right?

**Rosalee de la Forêt:**

Yeah. Well, I was especially excited that you did choose rose because, when I first started the podcast, that was actually one question that the people helping me set up the podcast, they were like, "Well, what's going to happen when people choose the same herb?" I said, "That's going to be the best because it's so cool to hear different perspectives on the same plant." There will never ... you will have 20 herbalists talk about rose, you'll have 20 different perspectives. I think the more we hear those different perspectives and the more things spark our interests, or just a different take on it, it comes to our lives. I love that. So I'm really excited to talk about roses with you.

**Julie James:**

Yay. Yay.

**Rosalee de la Forêt:**

Well, where would you like to start?

**Julie James:**

So, we're talking about roses. Am I the only one to talk about the hips specifically?

**Rosalee de la Forêt:**

You are actually. I think Rebecca talked about the hips. She did in the lecture a bit, but yeah, I think this will be the first rose hips centered.

## Julie James:

So the hips, the actions, the taste, the chemistry, the hips are significantly different from the petals. So many people just kind of focus on petals and use the hips as a tea. Rose hips tea is kind of a go-to, but I love this recipe that I shared with you, specifically because of the unique chemistry of rose hips. So people always know rose hips because of the vitamin C content, right? It's an abundant source of vitamin C. It's one of the richest sources. It absolutely is. One of the downsides to that is that vitamin C is somewhat sensitive to heat. We're already drying the rose hips, so the vitamin C potential has dropped down a little bit from there, from the drying process.

Then if we're throwing into boiling water, we're going to lose more of the vitamin C possibility. Not completely. There still is some vitamin C, even if you're heating it, but it's heat sensitive. So what I love about this recipe is we're not applying heat. It's easy. It's super easy. We're not applying heat, and super delicious. So that's one of the things is that, by making an electuary like this, you are protecting heat-sensitive compounds. But the other thing is that the chemistry of rose hips contains also some really important carotenoids. So we have these organic acids, primarily vitamin C. We have lots of flavanoid compounds, which you always see vitamin C and flavonoids together. They're both so important for supporting tissue strength and health and elasticity throughout the body.

Again, kind of looking at that chronic heat and inflammation of Southern California, we need something to help the body kind of respond to that heat. The best way to respond to heat is make the tissues more elastic, reduce those inflammatory pathways, but also make the body and the tissues less responsive to inflammatory pathways. So both flavonoids and vitamin C do that, but then there's a lot of carotenoids that are also in rose hips, and those carotenoids are not water soluble. So when you make a rose hips tea, one of the things that you're missing when you drain off the marc is all of those really, really important carotenoids.

So by ingesting the whole plant, this is the benefit of all whole plant medicine, when we're ingesting it all, whether we're doing a powder or an electuary, something like this, you don't have to worry about the solubility of specific constituents. Solubility is not an issue because we're ingesting the whole thing. So we're just able to get everything out of there, and it's delicious, and it's easy. It's an accessible recipe because basically all you're doing is taking honey and rose hips and mixing them together. You couldn't have a more easy recipe.

I like to grind them first, pretty finely and then leave some chunks because there's a chewiness as they hydrate. That's what happens. So the rose hips are going to respond to ... honey has about 15% water-ish, so they're going to rehydrate in the water in the honey. So they're going to soften and become kind of chewy and nubby and very, very, very appealing. Then rose hips also have pectin in them. So pectin is going to thicken the honey. So you have the absorption of the water and then you also have the release of pectin thickening up.

So it makes a much thicker electuary than many other plants do. It's one of the things that you do have to kind of be aware of when you're working with rose hips is it's always going to thicken more than you think it's going to. But you add them, mix them together, let them sit for about a

week and they will rehydrate. If you put too much, it makes it into a very, very thick, chewy consistency. But I really like taking that and spreading it onto a thin surface and making fruit leather. It's basically fruit leather.

**Rosalee de la Forêt:**

Mm.

**Julie James:**

Cut it up into little slices and you go with it.

**Rosalee de la Forêt:**

Oh, that's a nice variation there, Julie. So this is for the rose hips electuary, and for anyone who wants to download your free recipe cards so you can get the exact recipe instructions, you can visit the show notes at [herbswithrosaleepodcast.com](http://herbswithrosaleepodcast.com). So you have just shared a ton of really important information that I just want to revisit a bit because I think there's some ... when it comes to the myths of rose hips or just some misunderstandings, you really hit on a lot of them that I think is really important. The first one you said, rose hips are known for their vitamin C, but they have so much more in them. That is like ... if I have a pet peeve about rose hips, that's my pet peeve, because sometimes people reduce rose hips to vitamin C. Like you said, they actually lose a lot of vitamin C through different processes. They're just so much more.

**Julie James:**

So much more. It's the least sexy part of rose hips is the vitamin C content, right?

**Rosalee de la Forêt:**

Yeah. Still noteworthy, but absolutely it's the least sexy part. We need to get a quote of that, Julie. So, that's important. That was really interesting to me about the carotenoids and how they are not water soluble. I didn't know that, so thank you. That's an interesting tip there. I also love to eat rose hips. I love what you said about solubility doesn't matter when we're ingesting the whole herb, whether it's rose hips or another herb. I do that with rose hips, as much as I can. I just love eating them. Your recipe is a fabulous way to do that. Like you said, no heat, you're getting benefits of honey. Plus it's like a really interesting ... the end result is really interesting because it is different than other electuaries.

**Julie James:**

Yeah, it is. It's so delicious too. Oh, it's wonderful. So one of the things about being here in Southern California is our native roses make hips and they're delicious. Little tiny, delicate, delicious hips. But most roses that are cultivated here, because we don't get much freeze time, rose hips are really low quality outside of native roses because we just don't get enough cold for them to really ripen. Most fruits of the rosea family need a certain amount of cold time. Think

peaches and plums and apples and cherries and all of that. Very few of those fruits grow really well in our region for that reason. So, so often our rose hips just kind of, they end up getting that kind of sickly orange color. They never get deep red and they never fully ripen. So to a large extent, we are kind of reliant on dried rose hips here in Southern California.

**Rosalee de la Forêt:**

Well, so confessions of a lazy herbalist. I love dried rose hips that have been deseeded because that makes them so easy. I literally go through pounds of this a year, like three pounds of rose hips a year. I love adding them to things. You can rehydrate them and eat them and it's that whole plant medicine. The other thing that you had talked about is rose hips for inflammation. I think the rose hips are underrated for inflammation. We always hear about turmeric. We often hear about nettle. Rose hips, rose hips, rose hips.

**Julie James:**

Yeah.

**Rosalee de la Forêt:**

I want that to be part of the conversation because they are truly amazing.

**Julie James:**

For real. Turmeric and nettle, those are great anti-inflammatories but they're really heating and they're really drying. For hot dry bodies like myself, they just don't work all that well. I need things that are cooling and juicy making and nettles and turmeric are not it. I love them and I use them, but my body responds much better to the cooling anti-inflammatories like rose hips. I think that's an area that people don't pay that much attention to is the cooling nutritive flavonoid and organic acid-rich anti-inflammatories. By the way, have you seen? There was a product that was on the market. Oh, this was like 20 years ago or something, but it was a rose hip extract and they did clinical studies on a rose hip extract for osteoarthritis of the knee and found it to be really, really effective.

It's not the seeds. The seeds contain some-

**Rosalee de la Forêt:**

Yeah, it's the fruit.

**Julie James:**

... essential fatty acids, some really important fatty acids. But those fatty acids don't regulate inflammation. It is the fruit that is responsible for that. I have a lot of inflammation. I have a lot of knee ... I'm arthritic and my poor body has had a lot of fun over my life. Now I'm paying for it. So I go through a lot of rose hips also because I think that they're a fabulous anti-inflammatory.

**Rosalee de la Forêt:**

Yeah. You have lots of reasons to welcome rose into your life.

**Julie James:**

Yeah.

**Rosalee de la Forêt:**

Yeah. There has been some interesting studies, like you said, on the rose hips and inflammation, which I love looking at scientific studies, because it can help us think about herbs in new ways. Then for people who need them, it can be a great way to just support what we see happening in our everyday lives. So I do share a lot of those. I remember one, I think it's possibly in Alchemy of Herbs that I had found that research, and it called for 45 grams of rose hips. I've had people contact me and be like, 45 grams? Are you certain? And I'm like, yeah, 45 grams a day. But when you're actually eating the fruit, that's not that much. But I'd like to dispel that idea that you're going to get a tincture of rose hips and take three drops and then think that's it. Your recipe is a great way to get a lot of rose hips in.

**Julie James:**

Yeah.

**Rosalee de la Forêt:**

That rehydrating dried rose hips and eating them, eating them fresh, but getting that whole plant. Once you're eating the whole plant, 45 grams isn't that much.

**Julie James:**

Yeah. It really isn't, and it's so delicious. It's yummy. But like you, when you rehydrate them, you don't even have to ... Sorry. I started like three different sentences there. The downside to my recipe is of course the sugar. The sugar's an issue and the-

**Rosalee de la Forêt:**

It's also the upside is the sweet honey.

**Julie James:**

It's an excuse to eat honey. I have to. It's anti-inflammatory. Sugar is pro-inflammatory, so things are complex. But just rehydrating, like you were saying, just rehydrate roses, it's a dried fruit. You rehydrate it, now it's a soft fruit and you can just eat them. So, for people who think, oh gosh, this is a really nice recipe and I'd really love to do that, but I can't because of the sugar, totally get that. Just throw them into some hot water, let them sit overnight. Second really quick recipe, rose hips and apple juice. Let them sit and then blend them together and you make jam.

**Rosalee de la Forêt:**

Mm.

**Julie James:**

It's just rose hips and apple juice.

**Rosalee de la Forêt:**

Oh, so lovely. Yeah. Yeah. What about other ... because I'm just imagining it's hot, it's dry, we're feeling hot and dry. You mentioned, if we do a hot water infusion with rose hips, we aren't getting the carotenoids. We're decreasing vitamin C, but do you still make tea with rose hips in some way?

**Julie James:**

Oh absolutely, I do.

**Rosalee de la Forêt:**

Sounds cooling.

**Julie James:**

It's so wonderful. I just made a lemongrass and ginger blend for my shop, which is a lemongrass, ginger, rose hips and orange peel and some chrysanthemum, the yellow chrysanthemum and some calendula. So it has all this beautiful yellow, and then these bright little rose hip fruits in there. I do always feel like I'm missing something in a tea because I'm not ingesting the whole plant. Oftentimes I will go through a marc and I'll just pick out the rose hips and just eat them.

**Rosalee de la Forêt:**

Oh, I love it.

**Julie James:**

Cause they're yummy. But I do tend to prefer using them as a whole plant just because I do feel like I'm missing so much when I use it as a tea.

**Rosalee de la Forêt:**

Yeah, no, it's nice to have all these different options of ways to enjoy rose hips.

**Julie James:**

Absolutely.



**Rosalee de la Forêt:**

Another thing you'd mentioned is the pectin in rose hips and how it can help thicken things. Because of that, I often add rose hips to my syrups and as a part of the ingredient list, because when we make homemade syrups, especially if we're using honey and not boiling it down to a super thick concentrate in that way, our syrups can be a little bit more liquid than we're used to from a store-bought thing. So, that's my little trick is to add rose hips to it. Then those pectins come out and help thicken the syrup a bit.

**Julie James:**

Yeah.

**Rosalee de la Forêt:**

Who doesn't want rose hips in their syrup?

**Julie James:**

Yeah. Yeah. Oh it makes the elderberry syrup more complex in flavor. It has that sour ... it's a lovely combination there. And you can feel that kind of silkiness just in a regular rose hips tea. You can feel those pectins come out because the viscosity of the tea, it becomes this full bodied dense pectin rich tea. So...

**Rosalee de la Forêt:**

That's so true. Yeah. Adds a great texture to the tea.

**Julie James:**

It really is.

**Rosalee de la Forêt:**

Yeah. Is there anything else you'd like to share about rose hips, how you like to work with them, other ways you love them?

**Julie James:**

So one of the things that I do like about them is the seeds, the studies that are ... If you make a mistake and you buy a pound or five pounds of whole rose hips, not seeded, and you end up having the hair and the seeds and all of that in there, one thing that I like to do is to make an infused oil of the whole rose hips fruit with the seeds. So grinding them to a powder. You need a strong grinder, because those seeds are really, really strong, but grinding the whole fruit and seeds to a powder and then doing an oil infusion, whatever your favorite oil is. A lot of people focus on rose hip seed oil as an important plant for skin health. It is absolutely. It's also expensive.

And because it has a high amount of linoleic acid, it has a pretty short shelf life because those omega six rich fatty acids just tend to oxidize really quickly. So I like to deal with the whole plant, grind it into a powder and infuse jojoba oil with it. Then you're getting those fatty acids in there. You're also getting the carotenoids and the other chemistry that we don't know about because we don't know all of the plant chemistry there, but you're getting a whole plant rose hips infused oil, and it's lovely for the face. Really lovely.

**Rosalee de la Forêt:**

Yeah. I've never done that. So, when you buy commercial rose hip seed oil it's expeller press. So they're pressing the seeds and getting the oils out of the seeds in that way. So that's different than what you're suggesting, but what you're suggesting sounds absolutely lovely. So I would definitely want to try that.

**Julie James:**

Yeah. I only did it because I got, by accident, the whole-

**Rosalee de la Forêt:**

Yeah.

**Julie James:**

I will not take all the hairs out of there. You know, it's just-

**Rosalee de la Forêt:**

Yeah, we should talk about that. Yeah. So if you're harvesting your own rose hips, my suggestion is that for the most part, you keep them whole and dry them whole. Dry them carefully because they can ... maybe even you want to cut them open a little bit to help them dry. But yes, it is very, very tedious to do any large amount of deseeding, removing those hairs of the rose hips, which is why I was making the joke earlier about being a lazy herbalist because I don't have a week out of the year to harvest rose hips, deseed them for eight hours a day, which was probably what I would need to get three pounds of it myself.

**Julie James:**

Yeah. When you can buy a pound of rose hips for 20 bucks, for really good, primo, rose hips. Yeah, blessings on the herb farmers that grow and deseed them for us.

**Rosalee de la Forêt:**

Yes. Thank you. Yeah, and process them with machinery. Yeah. With that, I do love to harvest rose hips whole. I love to taste them whole when I find them. Taste them fresh, I meant to say. One trick is that you can put them in the freezer. If you put them in the freezer and then, while they're frozen, use a butter knife to cut them open and get the seeds out, that's a way to make that a little bit easier. I will do that on occasion and then infuse them into honey, the fresh rose hips into honey. So, that creates this kind of syrupy yumminess that I absolutely love.

But that is like a ... if you ever get a rose hip honey from me, you know that you are so loved, because that is a lot of work. There's some roses out there that have much thicker hips, like Rugosa roses. Sometimes they're almost like plums. They're just so amazing. Our native rose hips, they're thin, thin, small things, like you were saying yours are too.

**Julie James:**

Yeah. Yeah. I grow Rugosa flower. I have this big bed of Rugosa roses. They do not set fruit.

**Rosalee de la Forêt:**

Hmm.

**Julie James:**

I don't get hips from them. They get sad and then it goes dead, and it's like, there it goes again. I hear so many great things about rugosa hips, but they don't like Southern California.

**Rosalee de la Forêt:**

It's just not quite their climate. I'm guessing you get some beautiful flowers from them though.

**Julie James:**

Beautiful flowers. They're so lovely, yes.

**Rosalee de la Forêt:**

Oh good.

**Julie James:**

And those happy crinkly little leaves.

**Rosalee de la Forêt:**

Yeah. So if I have whole rose hips, I love what you suggested, grinding them up into an oil infusion. Those are what I'll use in making teas and syrups, because you're going to strain them off. So you can use them whole. I just want to mention that to folks. If you do have whole hips, you don't have to deseed them, but you do want to filter them off. So with your end product.

**Julie James:**

Yeah. Filter very finely, get all those little hairs out of there. The seeds are a bother. The hairs are the ones that really make me mad.

**Rosalee de la Forêt:**

Yeah. Yeah, they're a bit irritating. Yeah. Well, so many lovely ways to work with rose hips. I feel kind of funny because mostly I'm like, as much as you can harvest your own herbs, grow your own herbs. If people are able to. Some people, that's just not their calling, but with rose hips, I'm like, nah, just order those. I don't even pretend. I'm just like, yeah, get a couple local to you. Taste them when you're on the trail. But if you're going to go through pounds a year, it's just more practical that way.

**Julie James:**

Yeah, it really is.

**Rosalee de la Forêt:**

Well, Julie, I'd love to switch gears now and hear about what projects you are currently working on in the herbal world.

**Julie James:**

So one of the things that I'm really excited about is that, for the last, gosh, four years, we've been doing a Monday morning class. At first, it was in person. Then I started to do it as a Facebook live so that people who weren't in Long Beach could join us on Monday mornings. So it got to be this really lovely thing. Just every Monday morning we had people, people from all over. It was just amazing to see how many people would join us on Monday mornings. Then of course, at the beginning of the pandemic, it went just to recordings and a combination of family things and just life. I stopped doing the Monday morning classes a while back. So we're starting those again. I had done them on Facebook because I'm not good at technology.

Technology confuses me. But I understood that Facebook made it very, very easy to do things. So I was able to do it on Facebook, but there's layers of complexity around social media and I wanted to increase access. So I took the very brave step for me, which is moving it over to YouTube, because YouTube is more accessible to people. You don't have to sign on. So we're going to be starting up our Monday mornings again on our YouTube channel. Same thing. It'll just be classes, just a way of connecting with people and people who aren't around us. So I'm really excited about that. I'm surprised that I'm a little bit nervous about it, which cracks me up because I've been doing this for so long. I was super comfortable. But it's been a minute since then.

**Rosalee de la Forêt:**

Yeah.

**Julie James:**

Since I've been in front of a video, so that'll be fine. I can do it anyway, even if I'm feeling a little heart fluttery. But yeah, I'm really excited about that. It'll just be so nice to be back with people and chatting to people. It's been really interesting how much of a connection there still can be even through ... We've all found this out over the last couple of years. You can really connect and build community even from far away. The Monday morning classes are really what kind of ... what made me get that, what made me understand it. So, that's what I'm really excited about.

**Rosalee de la Forêt:**

Oh, I love that. I love that it's Monday morning too, because I have this running joke with my friends. I call it hashtag 'winning Monday', and I'm always like, you got to set the week off right. It sets the tone for the rest of the week. So you got to really win Monday. If I can think of a way to win Monday, it would be to go to class with Julie James. That would be a great way to win Monday.

**Julie James:**

That was the thing. Yeah, Monday morning, wake up. Exactly. Yeah.

**Rosalee de la Forêt:**

Well Julie, I have the last question and this is the question I'm asking everybody in season four. The question is, what do you know now that you wish you had known when you first started working with herbs?

**Julie James:**

So what I want to share is what generally I tell people who come in and say, what book should I get. Of course I always tell them the Alchemy of Herbs, but what way should I start learning about it? What I wish I knew, what I wish someone had told me and what I tell people, is that, just like we were talking about, that there's so many different ways to work with rose hits. So many different ways to work with any single plant. There's so many different ways to be an herbalist, to present as an herbalist, to work as an herbalist.

So, it can be overwhelming, moving into the herb world and just seeing all of these ... beyond just, do you want to study Western herbalism or Ayurvedic or your indigenous ancestral lines or Chinese or whatever, there's also, do you want to garden or research or teach or forage or make things, or are you working with them energetically or magically or flower essences. There's just so many things. So one of the first things is to take a minute before jumping in and going, yay plants. I want to play with the plants. Think about what is it that's drawing me to this. What do I want to get from this relationship? I'm starting this relationship with plants. What do I want out of this relationship at this point?

That's going to change. It always changes, and that's fine. But being able to kind of narrow your focus down into: I'm really interested in learning how to cook with them, how to incorporate them into my food. Oh, awesome. Knowing that, you can really narrow the possibilities down and say, okay, well here's some great resources here. Here's some great plants to start working with. All of a sudden, it stops being overwhelming and now it's a path. It's a workable path. Now you can go forward on that. And from that, you might decide, now I'm getting to do wild plants and now I want to know the chemistry of them and now I want to grow them. Now you can just go off and all those things, but that's what I wish someone had told me so that I wouldn't feel so overwhelmed is, really take a moment before jumping in and decide, what is it that is drawing to you? What do you want to learn? Prioritize those.

**Rosalee de la Forêt:**

Hmm. I love that. It's kind of like, when it comes to adult education, the thing that we get to do is follow that personal spark of inspiration.

**Julie James:**

Yeah.

**Rosalee de la Forêt:**

Yeah. I love that. And like you said, and then it keeps evolving. One question I have for myself a lot is who am I going to be when I grow up as an herbalist, because it's ever changing. I've gone from selling salves at market to being a clinician, to teaching, to now podcasts and YouTube. I didn't see that coming 20 years ago. I had no idea.

**Julie James:**

Yeah, yeah. But it's always fun. There's always something to learn. There's always something to do. It's a delightful path. It's just one of the best things.

**Rosalee de la Forêt:**

Yeah. Like you said, that inspiration, it's going to keep coming. You choose the one thing, get started, and then you're there for the ride as it keeps unfolding for you.

**Julie James:**

Yeah, exactly.

**Rosalee de la Forêt:**

Well, thank you so much for joining us today, Julie. Thanks for sharing so much about rose hips and for your delicious recipe of the rose hips electuary.

**Julie James:**

Oh, you're welcome. Thank you so much. It's an honor to be here with you. I really enjoyed it. It was so fun to talk with you.

**Rosalee de la Forêt:**

Ah, thanks Julie. Thanks for watching. Don't forget to click the link in the video description to get free access to Julie's rose hips electuary recipe. Also available are the complete show notes, including the transcript. You can also visit Julie directly at [GreenWisdomHerbalStudies.com](http://GreenWisdomHerbalStudies.com). If you enjoyed this interview, then before you go, be sure to click the subscribe button so that you'll be the first to get my new videos, including interviews like this. I'd also love to hear your comments about this interview and this lovely plant. I deeply believe that this world needs more herbalists and plant-centered folks. I'm so glad you are here as part of this herbal community. Have a beautiful day.