Rose tea vs rosehip tea: flower or fruit?

From the teas.co.uk wiki

They come from the same plant and taste nothing alike.

	Rose tea	Rosehip tea
Part used	The flower: petals or whole buds	The fruit left after the flower dies
Colour in the cup	Pale gold to soft pink	Deep red-orange
Taste	Perfumed, delicate, faintly sweet	Tart, fruity, slightly tannic
Common uses	Alone, or scenting black and green tea	Fruit blends, often with hibiscus
Caffeine	None (unless blended with tea)	None (unless blended with tea)

If you have ever bought a "rose" tea and found it sharp and red rather than floral, you bought rosehip.

Rose: buds or petals?

Both are the same flower, prepared differently, and the choice is practical.

- **Whole buds** look beautiful in a glass and open slowly. The aroma is more contained, so they suit longer brewing and repeat infusions. They are also easier to strain out.
- **Loose petals:** release their perfume immediately and make a stronger cup faster. They are messier, and it is easier to overdo them.

Brewing rose: 1 teaspoon of petals or 4 to 6 buds per 250ml, water at about 90°C, 3 to 4 minutes. Over-brewing turns rose soapy and slightly bitter: the same trap as jasmine.

Rose also works beautifully as an addition: a few petals in a pot of black tea, or with green tea and a little honey.

Rosehip: the fruit

Rosehips are the fruit of the rose, left on the bush after the petals drop, bright red in autumn hedgerows. Dried and brewed they make a tart, almost cranberry-like cup, which is why they turn up in so many fruit blends, usually alongside hibiscus, which is even sharper.

Brewing rosehip: 2 teaspoons per 250ml, freshly boiled water, 5 to 10 minutes. Unlike flowers, it wants heat and time.

Rosehips contain irritant hairs around the seeds inside the fruit, which is why commercially prepared rosehip tea is sieved and cut. If you gather your own, that processing matters: use a proper method, or buy it ready prepared.

Buying either one

- **Buy flowers and hips sold for drinking**, not craft or pot-pourri material.
- **Check the ingredient list.** A "rose" blend may be mostly hibiscus and rosehip with a few petals scattered on top for looks.
- **Check for tea.** Rose-scented black or green tea contains caffeine; the flower on its own does not.
- **Buy small.** Dried flowers fade within months.

The floral tea guide covers rose alongside jasmine and lavender; rosehip tea covers the fruit in more depth.

Common questions

Are they made from the same flower?
The same plant. The petals make rose tea; the fruit that follows makes rosehip tea.

Which one is sweet?
Neither is sugary. Rose smells sweet and tastes delicate; rosehip is definitely tart.

Can I use roses from my garden?
Only if they are unsprayed and you know what they are. Dried food-grade petals are simpler and more consistent.

Do either contain caffeine?
No, unless they are blended with tea leaves.

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