Dragonfly Sweet Rosehip & Raspberry: Fruity Organic

From the teas.co.uk wiki

> **Rosehip and Raspberry, in summary:** Dragonfly Sweet Rosehip and Raspberry is an organic, caffeine-free fruit infusion. What rosehip really offers, the raspberry leaf note, how to brew it.

Last reviewed by the teas.co.uk team in March 2026.

Dragonfly Sweet Rosehip and Raspberry is a caffeine free organic fruit infusion, bright, slightly tart, naturally fruit sweet without added sugar. Rosehip's vitamin C rich tartness pairs beautifully with raspberry's natural fruity sweetness. Drinkable hot or iced; works for kids, pregnancy, and caffeine sensitive drinkers.

What's in the bag

- **Rosehip.** Dried fruit of the wild rose (*Rosa canina* and similar). Tart, vitamin C rich, slightly floral.
- **Raspberry leaf and/or fruit pieces.** Adds fruity sweetness and a faintly floral character.
- **Apple or hibiscus.** Common minor additions for body (varies by batch).

Organic certified across the supply chain. Plant fibre tea bags, no plastic seal.

What it tastes like

Bright pink red cup. Naturally tart sweet, with rosehip's slight floral note balanced by raspberry's fruit character. Drinks well hot or cold. Children typically love this style of fruit infusion, sweet without added sugar, refreshing, no caffeine.

Rosehip's actual nutritional value

Rosehip is one of the few "tea" ingredients with a genuinely meaningful nutritional contribution. Per 100g of dried rosehip, vitamin C content is high, comparable to or exceeding citrus fruits. Tea strength brewing extracts a portion of this:

- **Vitamin C.** Real and meaningful in fresh rosehip; tea brewing extracts roughly 30-50% of the content.

- **Polyphenols and anthocyanins.** Antioxidant load.
- **Galactolipids.** Some studies of galactolipids exist, mainly using capsule supplements rather than tea strength.

For nutritional vitamin C, eat fresh rosehips or take a supplement. For a pleasant cup with a little vitamin C in it, drink the tea.

How to brew

1. 1 tea bag per 200ml.
2. Just boiled water (~95°C). Fruit infusions tolerate full boil.
3. Steep 5-7 minutes. Longer extraction releases more colour and flavour.
4. Drink hot, iced, or as the base for fruit punch.
5. Optional: honey for additional sweetness, fresh lemon for brightness.

Use cases

- **Children's hot drink.** Naturally sweet, no caffeine, bright colour.
- **Pregnancy.** Caffeine free; the rosehip vitamin C contribution is a small bonus. More on pregnancy and tea.
- **Iced summer drinks.** Cold brewed and served over ice with a slice of lemon, excellent. More on cold brew.
- **Cold remedy.** Vitamin C contribution is modest but the warm hydration is pleasant.
- **Sparkling fruit drink base.** Brew strong, cool, top with sparkling water, alcohol free social drink.

The raspberry leaf note

If the blend includes raspberry LEAF (not just fruit), it's worth knowing that raspberry leaf has a distinct herbal use case in late pregnancy, some midwives recommend it from week 32 to "tone the uterus" before labour. Evidence is mixed and the practice is debated. If you're pregnant and the bag contains substantial raspberry leaf content, discuss with your midwife. Most fruit blend teas use raspberry FRUIT pieces (no concern) rather than leaf.

Cautions

- **Pregnancy.** The NHS pregnancy advice is a daily maximum of 4 cups of herbal tea, with teas containing liquorice root left out. Ask your midwife or pharmacist if unsure. If the blend contains substantial raspberry leaf (vs raspberry fruit), discuss with midwife in early pregnancy.
- **Allergies.** Raspberry and rosehip allergies are uncommon but possible. Hibiscus (sometimes added) has theoretical interactions with blood pressure medication if consumed in high volume.
- **Children.** Age and dose advice for children comes from a pharmacist, health visitor or GP, not from us.

- **Tooth enamel.** Tart fruit teas can erode enamel with daily exposure. Drink and rinse with water; avoid brushing immediately after.

Caffeine

0mg. Both rosehip and raspberry are caffeine free.

Comparison with other fruit teas

- **Pukka Berry Beautiful.** Mixed berries, hibiscus led. More tart.
- **Twinings Strawberry & Raspberry.** Mainstream supermarket, often heavily flavoured.
- **Heath & Heather Wild Berries.** Mixed berries, simpler profile.
- **Dragonfly Sweet Rosehip & Raspberry.** Organic, balanced tart sweet, real fruit pieces.

Buying

Quick Buy: Dragonfly Sweet Rosehip and Raspberry. Among the UK specialists that sell it is teas.co.uk.

FAQ

Is this caffeine free? Yes, completely.

Does it have real fruit? Yes, actual rosehip and raspberry pieces, organic certified.

Pregnancy safe? The NHS pregnancy advice is a daily maximum of 4 cups of herbal tea, with teas containing liquorice root left out. Ask your midwife or pharmacist if unsure. If the blend contains substantial raspberry leaf (uncommon for fruit led blends), discuss with midwife in early pregnancy.

Can children drink it? Age and dose advice for children comes from a pharmacist, health visitor or GP, not from us.

Best for iced tea? Excellent, cold brewed for 6 hours produces a bright pink, naturally fruity iced tea.

Curator's note: this is the fruit infusion I recommend to parents looking for a "proper drink" for kids that isn't sugary squash. Sweet enough to be a treat, real fruit ingredients, organic, and the colour alone makes it feel special. Cold brewed in summer, it's the closest thing to homemade fruit drink in tea bag form. Lee, teas.co.uk, Tunbridge Wells.

Rosehip and Raspberry, at a glance

Claim	The read
"High in vitamin C"	Rosehip has some, but brewing and processing cut it; not a real source
Caffeine	None, so it suits all day and evening drinking
Flavour	Naturally tart and fruity; the real appeal
Brew	Full boil, 5+ min, bag left in

Buy it via the Dragonfly range, compare in the fruit tea range, or browse the full tea shop.

Reference noted

- Soil Association organic standards

FROM THE CURATOR

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Fruit and rosehip reading

- Herbal tea overview
- Caffeine-free teas
- Rosehip tea
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