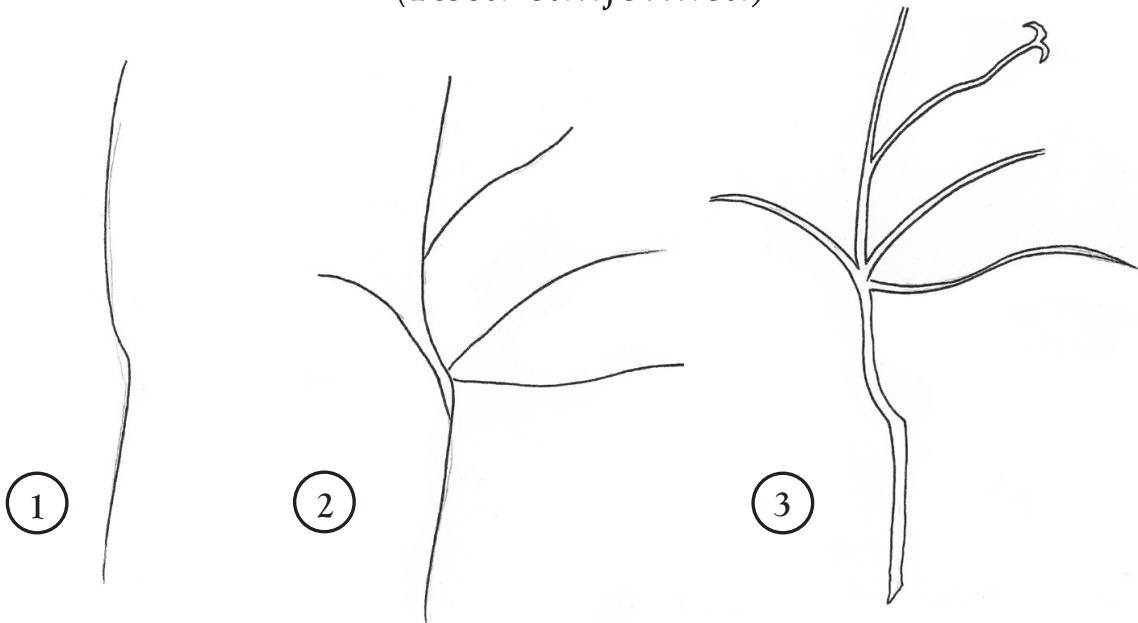
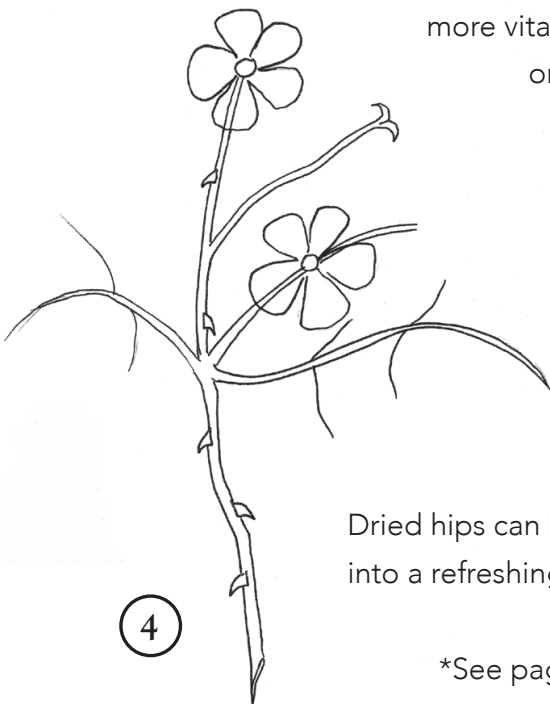


California Wild Rose

(*Rosa californica*)



The rose hips of this plant, which look like miniature apples, have more vitamin C than an orange!



Dried hips can be steeped into a refreshing, tangy tea.

*See page 90