

Hibiscus sabdariffa – Roselle



Roselle is native to Sudan and West Africa.

Cultivation.

Grow from seed. The seeds germinate easily. Sow where you want the plants to be and thin them out so that they are 1 metre apart. Hibiscus grows well in full sunlight and can withstand drought. It thrives better in fertile soil.

Harvest the calyxes when they are fully open. Leave just a few plants to go to seed so you can collect the seeds. Plants often seed themselves; the seedlings can be easily transplanted to where they are required. A beetle feeds off the leaves; this causes no problem unless the plants are too close together.

The harvested calyxes may either be used fresh or dried. They can be dried in full sun or in a solar drier. The dried calyxes can be pounded to powder and stored.

Nutritional and medicinal uses

First and foremost, roselle is a pleasant, healthy, refreshing drink which helps one to relax. It helps therefore when suffering stress or anxiety. Use fresh or dried calyxes.

For added flavour and medicinal effect, roselle tea may also be mixed with other herbs such as lemon grass, rosemary, mucuna, *Costus pictus*, mint or cinnamon.

The tea is best drunk without sugar, but weak patients may benefit more when it is sweetened with honey or sugar. Milk should never be added as this reduces its medicinal effect.

For medicinal purposes, pound the dried calyxes to a powder. Add one teaspoonful of dried powder to a cup of boiling water and stir. Take three times a day.

1. Roselle supports the function of the liver and kidneys in purifying the blood and keeping it in top condition.
2. Drinking roselle helps to give one energy, stops dizziness and helps one to regain general body strength.
3. Roselle helps to lower blood pressure.
4. If one drinks a lot of roselle tea it acts as a diuretic and laxative; it relaxes the intestinal muscles and thus helps to prevent constipation.
5. Roselle contains vitamin C and therefore helps to strengthen the immune system and to protect one, for example, from the common cold.
6. Roselle contains magnesium and phosphorous, two minerals that help the body to remain strong.
7. Its iron content makes roselle helpful for the general health and strength of pregnant women.

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Disclaimer: Discover has compiled this information with the best possible interests of its readers at heart. Discover cannot be held responsible for any negative consequence of following the procedures described in this paper.



Hibiscus sabdariffa – the calyxes are not ready for harvest until they are completely open – more open than in this picture