

EDIBLE GARDEN



ROSELLE

The roselle plant (*Hibiscus sabdariffa*) is a member of the hibiscus family, native to Central and West Africa and is grown around the world. The plant is a shrub that produces numerous attractive, pink-coloured hibiscus-like flowers, with a distinctive eye in the centre.

Many parts of the plant are used medicinally or in foods, including its seeds, fruits, and roots. The calyces of the roselle flower are used to make a variety of jams, sauces, and teas, while its leaves can be used cooked or added raw to salads.