

Virginia Rose

This shrub is one of the most attractive native roses. It has glossy green leaves, a showy, fragrant flower in summer and fall color ranging from purple, orange-red, crimson to yellow. It is an important plant for wildlife, providing shelter and sustenance for many species of birds and mammals as well as reptiles, amphibians, and insects. The fruit can be eaten raw or cooked and are very nutritious. The fruits are a good source of Vitamins A, C and E, as well as flavanoids and other bio-active compounds. They are also a good source of essential fatty acids and have been studied as a food capable of reducing the risk of cancer. The seeds can be ground into a powder and added to flour as a nutritional supplement. The roots and fruits have been utilized for medicinal purposes.

**NATIVE TO EASTERN
UNITED STATES**



Rosa virginiana

- Hardiness: Zone 3-7
- Size: 4-6' tall, suckers
- Rate: Fast
- Flower: Pink, fragrant, about 2" across, June
- Fruit: Red, 1/2" diameter, Fall throughout winter
- Culture: Tolerates dry to moist conditions, Full sun. All soil types.
- Uses: Barrier or low hedge, erosion control, groundcover, fall color, wildlife, nectar source, edible, medicinal