

Rose Hip Cranberry Sauce



Most people think of roses for their beautiful fragrant blooms in the summer, but for generations, roses have also been a powerful medicine. Every part of the rose plant is edible, including the little bright red berries that ripen on the bushes in the fall. In our pacific northwest climate, rose hips are a native and vital source of vitamin C and other antioxidants. These natural medicines help prevent viral illness, boost the immune system, and reduce inflammation. This rosehip cranberry sauce combines the health benefits of rose hips, cranberries, and oranges to keep you healthy during the colder months. Rose hips are sweet and tart, adding a lovely floral note to your usual holiday cranberry sauce.

Fresh rose hips are not sold at most grocery stores, though you can get dried or powdered rose hips and teas at some. If you want to use fresh fruits for this recipe, you'll have to forage them. Rose hips are one of the most beginner friendly foragables as they are simple to identify and have no dangerous look-alikes. Still, only consume wild plants if you are sure they are safe to eat and have identified them correctly. With roses especially, ensure you know somebody did not spray the bushes in the area with any garden chemicals. Not all roses will produce hips, as several varieties of ornamental roses have had the fruits bred out. The hips I use for this recipe come from the Nootka rose plant (*Rosa nutkana*), which is native to the Pacific Northwest. The fruits taste sweeter after the first autumn frost, but if your berries are already well-ripened, don't wait any longer to harvest. If you freeze after harvesting, you can achieve a similar effect. If you can't gather these, you can try rehydrating the dried fruits, adding powder, or simply doubling the number of cranberries for a standard but delicious cranberry sauce.

Ingredients:

- 2 Cups cranberries
- 2 Cups rose hips
- 2 Cups of water
- Juice and peel of 1 blood orange or any sweet orange
- 1 cinnamon stick
- 1 teaspoon of cloves
- ½ tablespoon of ginger
- Honey to taste
- Optional: Pectin to thicken

Instructions:

1. To prep the rose hips: Thoroughly wash your rose hips in a colander and remove all flower ends and stems. With a sharp knife and a small spoon, cut each hip in half and remove the seeds and hairs. The seeds are also nutritious; however, the hairs can irritate the mouth and stomach. Once all your fruits are cleared, you can rinse them once more to wash away any stray seeds and hairs. Now that your rose hips are prepped, you can freeze them for later convenience or make your sauce immediately.
2. Combine cranberries, rose hips, and water in a saucepan and heat over medium.
3. Juice one blood orange and add it to your sauce, as well as 2 slices of the peel. If you use whole clove and chunks of ginger, you can place them in cheesecloth with your cinnamon stick for easier removal. Otherwise, simmer the sauce with your cinnamon stick and add ground clove and grated ginger.
4. add honey to your likening and reduce until the fruits are cooked through, and the sauce has thickened. Remove the orange peel and cinnamon stick or spice bag.
5. You can serve the sauce warm or cold. If you're making this recipe for a holiday meal, it's great to make a day or 2 ahead as the flavor develops with a bit of time in the fridge.

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Woven Ways

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NEW
EXHIBIT
OPENING

NOVEMBER
8TH, 2025
10 AM



**WOVEN
WAYS** The Gift of
Coast Salish Basketry

Cedar, a gift from the Creator, has provided for Coast Salish people in countless ways. For generations, Coast Salish peoples have woven baskets from materials gathered from the land with care and deep respect. This exhibit explores the art, science, and spirit of Coast Salish basketry, honoring both the knowledge passed through hands across time and the gift of the cedar tree.

Visitors will journey through the full life cycle of a basket — from the harvesting of materials to the intricate processes of preparation and weaving. Tools used by

weavers, traditional techniques, a wide array of basket types are showcased, revealing how function and artistry are woven together.

At the heart of this exhibit are Tulalip weavers — ancestors, elders, and present-day artists who have sustained and revitalized these traditions. Through their work and teachings, basketry continues to thrive as a living practice. Visitors will learn how contemporary Tulalip weavers are reclaiming knowledge, mentoring younger generations, and adapting old ways to modern life.

From Emilie Miller, Senior Curator

Tribes have always had their own way of educating their youth from generation to generation. This included storytelling, joining family members in cultural activities such as harvesting, and more. With the arrival of settlers Indigenous education quickly changed. The new settlers sought to use Western education to assimilate Indigenous peoples. Education was written into some treaties as a promise from the United States government. Before government run boarding schools, religious missionary schools “provided” education to Native Americans.

The 1855 Treaty of Point Elliot established the Tulalip reservation and promised an industrial and agricultural school to be built within a year. Father Eugene Chirouse arrived in Tulalip in 1857, building a Catholic church and school. He later received a contract with the U.S. government to financially support the mission school. However, the mission school mysteriously burned down in 1902, and the government run boarding school opened in 1905. By 1923 the majority of tribal students in the U.S. attended public schools, and the Tulalip Boarding school closed in 1932.

During the termination era, where the federal government sought to terminate tribes’ federal recognition and services, tribal students were moved to public schools. Fewer boarding schools continued to operate. With less boarding schools in operation, Native students were sent to boarding schools that were further away from their reservations, families, and traditional territories. Many tribal students from the Pacific Northwest were sent to Chemawa Indian School in Oregon. Some boarding schools remain open today.

The pain and trauma of boarding school continues to affect communities today. Tribes still feel the pain of family separation, loss of culture and lives, and intergenerational trauma. Cultural revival efforts help regain cultural knowledge and help in healing. Tribes exercise sovereignty by operating tribal schools for K-12 students, as well as tribal colleges and universities. Many colleges and universities now offer programs and support for Indigenous students. In 2015, tribal advocacy led to the creation of the John McCoy (luliláš) Since Time Immemorial: Tribal Sovereignty curriculum (or other tribally-developed curriculum), required to be taught in all schools in

A Brief History of Indigenous Education

By Ana Ramirez,
Education Curator

Washington state. In 2024, the state legislature renamed the curriculum to honor Tulalip tribal leader John McCoy (luliláš). Cultural revival and healing efforts are ongoing. While the state of education for Indigenous students has and continues to improve, we must make sure this history is not forgotten.



Book Review: *Notable Native People* by Adrienne Keene

Representation is important as it allows us to be seen, connected, and gives us a sense of belonging, but has been missing in school settings for Indigenous Peoples. *Notable Native People* by Adrienne Keene makes it easy to find representation of Indigenous Peoples and does an amazing job of telling the stories of Native leaders, artists, scientists, activists, warriors, etc.- past and present. When this book first came out, we recommended it to our teachers at school and love when it is used as a reference.

Each profile is short but powerful, with eye catching illustrations by Ciara Sana that really bring the people to life. This author writes the biographies of Native Peoples who are out in the world making a difference, and as Indigenous youth we felt inspired. We loved reading about

From Amaya and Allyea Hernandez,
Tribal Youth Interns

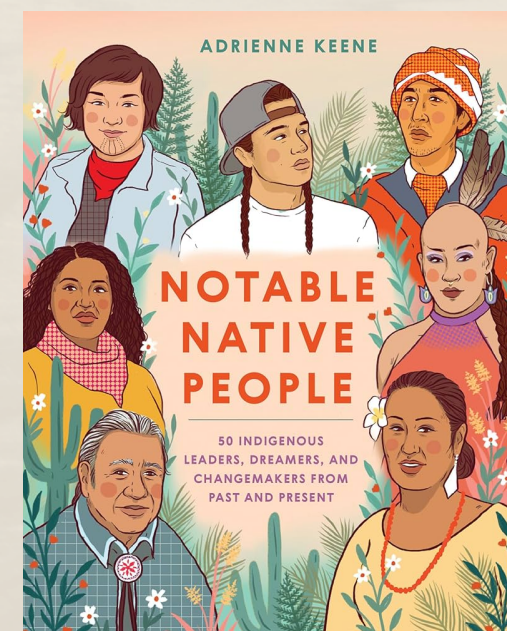
Matika Wilbur, who we have known our whole lives, and the gorgeous model and activist Quannah ChasingHorse, who is taking on the world one fashion campaign at a time.

Notable Native People shows that Indigenous people aren’t just part of the past, we’re making history and doing great things NOW. We really appreciate this book and hope it is used in classrooms to help keep history accurate and told by those who have experienced it. We will continue asking our teachers to include this book in curriculum and we encourage you to pick up a copy to join our journey of recollection.



OPEN
CALL

We are looking for indigenous film makers interested in sharing their art with us for screening at our 13th Annual Film Festival. Please submit all entries at filmfreeway.com/hcc2025



Notable Native People Book Cover and Illustrations by Ciara Sana