

August 23

St. ROSE OF LIMA

This Dominican tertiary is the first saint of the Americas and is the patron of all of South America. Born in Lima, Peru in 1586, she remained at home with her parents, taking an oath of perpetual virginity. She grew flowers and

made lace and embroidery to help support her poverty-stricken family, although her main focus was on her profound spiritual life. She lived an austere lifestyle and performed many acts of penance. Rose died in 1617.

ROSE WATER

To make rose water, fill a saucepan with well-washed red rose petals and add water to barely cover. Bring to a boil then reduce heat, cover and simmer for five minutes. Cool and strain and pour into a bottle. Refrigerate, as this may develop mold if left at room temperature on the shelf.

Rose water was praised in seventeenth-century herbals as a cordial to revive faint spirits. It was also doused on hot fire shovels to perfume a winter room. In many cuisines, it is used as a mild flavoring, especially in candies and icings. A few drops mixed with glycerin makes a soothing hand and body lotion.
