



Florida cranberry or Indian sorrel (English), isápá (Yoruba), yakuwa (Hausa)

# Roselle

*a taste of Africa on the Floridian table*

Roselle is an edible hibiscus plant that is native to Africa and spread to the Americas in the 16th and 17th centuries through European colonialism. It is used in beverages throughout the Caribbean, and in Florida it is referred to the “Cranberry of the South.” The drought-resistant plant grows well in poor soil and in tropical and subtropical climates. The bright red flowers are not only a beautiful addition to the Florida garden, they are also nutritious and delicious.

To learn more about Florida’s culinary history, visit [floridaheritagefoods.com](http://floridaheritagefoods.com)

Roselle tea for sale in a store in Egypt



# ROSELLE-GINGER PUNCH

**75**  
MINUTES  
TOTAL

**8**  
TOTAL  
SERVINGS

## INGREDIENTS

- |  |   |
|--|---|
| 1/2 pound fresh ginger, peeled and mashed                      | 3 to 5 anise stars or 1/8 teaspoon ground anise       |
| 3 to 5 cinnamon sticks or 1/2 teaspoon ground cinnamon         | 2 pounds fresh roselle flowers or 1 cup dried roselle |
| 3 to 5 whole allspice berries or 1/8 teaspoons ground allspice | 3 cups sugar or honey                                 |

## DIRECTIONS

1. Mix 8 cups of water with the ginger and spices in a large saucepan
2. Bring to a boil and let roll for a few minutes
3. Add roselle, turn off the heat and let cool
4. Steep in refrigerator for at least one hour (and up to three days)
5. Strain and remove pulp
6. Sweeten with sugar to taste (blends well with orange or pineapple juice)

Recipe adapted from Beattie, James H. 1882. Production of Roselle. United States Department of Agriculture



## FACTS

The Roselle is native to West Africa, and the flowers are a main ingredient in a wide variety of drinks such as 'bissap' in Senegal, 'sorrel' in Jamaica, and 'Christmas tea' in the U.S. Roselle beverages are often consumed during Juneteenth celebrations.

Roselle is high in magnesium, potassium, and vitamins C, B9, and niacin.

For more Florida heritage recipes, visit [floridaheritagefoods.com](https://floridaheritagefoods.com)

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