Chemical composition of fruits in some rose (Rosa spp.) species

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Chemical composition of fruits in some rose (Rosa spp.) species

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Abstract

Fruits of Rosa canina, Rosa dumalis subsp. boissieri, Rosa dumalis subsp. antalyensis, Rosa villosa, Rosa pulverulenta and Rosa pisi-formis were assayed for total phenolics, ascorbic acid, total soluble solids, total dry weight, total fat, fatty acids, pH, acidity, moisture, fruit colour and macro- and micro-elements. The highest total phenolic content was observed in Rosa canina (96 mg GAE/g DW). Rosa dumalis subsp. boissieri had the highest total fat content (1.85%), followed by Rosa pulverulenta (1.81%) and Rosa canina (1.78%), respectively. Nine major fatty acids were determined in rose species and α-linolenic acid was found to be dominant for all species. Total soluble solids, total dry weight, moisture and ascorbic acid contents of rose species varied from 29.42% (Rosa villosa)–37.33% (Rosa dumalis subsp. boissieri), 33.85% (Rosa villosa)–40.35% (Rosa dumalis subsp. boissieri), 59.65% (Rosa dumalis subsp. boissieri)–66.15% (Rosa villosa) and 727 mg/100 g FW (Rosa villosa) and 943 mg/100 g FW (Rosa dumalis subsp. boissieri), respectively. Nitrogen and mineral compositions of the rose species, e.g., N, P, K, Ca and Mg, were (averagely): 1.26%, 513 mg/100 g DW, 639 mg/100 g DW, 196 mg/100 g DW and 114 mg/100 g DW, respectively. The present study shows that the native rose genotypes are extremely rich sources of phenolics, carbohydrates and ascorbic acid, demonstrating their potential use as a food or food additive.

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Keywords: Rosa species; Fruit chemical contents; Minerals; Fatty acids; Phenolics

1. Introduction

The relationship between food and health becomes increasingly significant as consumers now demand healthy, tasty and natural functional foods, that have been grown in uncontaminated environments. There is a desire for a wide variety of choice and willingness to pay more for such foods in order to maintain a healthy, well-balanced diet.

Members of the Rosaceae family have long been used for food and medicinal purposes. The physiological functions of Rosaceae fruits may be partly attributed to their abundance of phenolics. Phenolics possess a wide spectrum of biochemical activities, such as antioxidant, antimutagenic, anticargionogenic effects, as well as ability to modify gene expression (Nakamura, Watanabe, Miyake, Kohno, & Osawa, 2003; Tapiero, Tew, Ba, & Mathe, 2002). Deep-coloured fruits are good sources of phenolics, including flavonoids, anthocyanins and carotenoids (Cieslik, Greda, & Adamus, 2006; Qian, Liu, & Huang, 2004; Sass-Kiss, Kiss, Milotay, Kerek, & Toth-Markus, 2005; Trappey, Bawadi, Bansode, & Losso, 2005). As a small fruit group, rose hips are very rich in phenolics (Olsson, Andersson, Werlemark, Uggla, & Gustavsson, 2005).

Another healthy function of fruits is their essential fatty acid composition that humans cannot synthesize, and must obtain through diet. Essential fatty acids are long chain polyunsaturated fatty acids derived from linolenic, linoleic and oleic acids. These chemicals regulate numerous body functions, including blood pressure, blood viscosity, immune and inflammatory responses (Pawlosky, Ward, & Salem, 1996; Simopoulos & Salem, 1996).

The genus Rosa contains over 100 species that are widely distributed in Europe, Asia, the Middle East and North America (Nilsson, 1997). These deciduous shrubs are widely grown in gardens for their flowers and fruits. The
plants show strong resistance to hard environmental conditions (rocky, inclined places, poor soils and limiting water).

Turkey is one of the most important germplasm centres for rose species. Twenty five rose species (about 25% of all rose species) have so far been reported to grow in Turkey (Kutbay & Kilinc, 1996). Although these 25 species are widely spread throughout the country from sea level to altitudes as high as 3000 m, the eastern and middle Anatolia region has the largest native rose population which has arisen from seeds (Ercisli, 2004). Therefore the country is almost a ‘native rose museum’ of seedling shrubs, mainly from Rosa canina, Rosa dumalis, Rosa villosa and Rosa pulverulenta (Ercisli & Guleryuz, 2005). In most parts of Anatolia, fruits (rose hips) of roses have been gathered from scattered sites by peasants since ancient times, as a food (Ercisli, 2005).

Flowers of some rose species, such as Rosa gallica and Rosa damascena, have been used for ‘attar of roses’ and ‘rose water’ production in Anatolia. Turkey also has growing conditions suitable for cultivating high quality rose hips. Rose hips have economic value and are also used for medicinal purposes. In Turkey, the rose has wide use for many purposes and several special traditional products, such as ‘rose hip marmalade’, ‘rose hip pestil’ and ‘rose hip syrup’, made with rose hips, and ‘rose hip tea’, made with both fruit and roots. (Ercisli & Guleryuz, 2005).

Rose hips are well known for their efficacy in strengthening the body’s defence against infection, and particularly the common cold. The fruits, leaves and even roots are boiled in water and used as diuretics and as ingredients in common cold remedies in Turkey (Sen & Gunes, 1996).

Rose hips are also well known to have the highest vitamin C content (300–4000 mg/100 g) among fruits and vegetables. In addition, rose hips contain other vitamins and minerals, carotenoids, tocopherol, bioflavonoids, fruit acids, tannins, pectin, sugars, organic acids, amino acids and essential oils (Chai & Ding, 1995; Demir & Ozcan, 2001; Kadakal, Nas, & Artik, 2002; Ugglå, Gao, & Werlemark, 2003; Ugglå, Gustavsson, Olsson, & Nybom, 2005). These compounds play an important role in maintaining fruit quality and determining nutritive value. In general, in many rose-growing countries, the fruit is found in natural habitat without chemical fertilizer or irrigation application. Therefore, Turkey is favoured with one of the most important natural fruits (Sen & Gunes, 1996).

It has previously been demonstrated that a wide diversity of phytochemicals exists within Rosa genera (Olsson et al., 2005; Ugglå et al., 2005). Furthermore, accumulating evidence, suggests that genotype or species may have a profound influence on the content of bioactive compounds in small fruits (Anttonen & Karjalainen, 2005). In addition, Rosa is a wide genus and each rose-growing country has its own endemic rose species. Among species studied in this research, Rosa pisiformis and Rosa dumalis subsp. antalyensis are endemic to Turkey. However, to the best of our knowledge, few data exist regarding fruit properties of endemic Rose species in Turkey. In this study we used six rose species originating from Turkey which have not been studied in detail before.

2. Materials and methods

2.1. Collection and preparation of fruit samples

Fruit samples were collected at the ripe stage from selected ERZ 1 (Rosa canina), ERZ 3 (Rosa dumalis subsp. boissieri), ERZ 4 (Rosa dumalis subsp. antalyensis), ERZ 5 (Rosa villosa), ERZ 9 (Rosa pisiformis) and ERZ 12 (Rosa pulverulenta) clones from Erzurum, Turkey, in 2005. The fruits were selected according to uniformity of shape and colour. The fruits were then stored in polyethylene bags at −20 °C (up to 1 month) prior to analysis.

2.2. Determination of fruit colour, total soluble solids, total dry weight, pH and acidity

Fruits sampled from shrubs of six Rosa species and 100 fruits from each species were used for analyses. All analyses for each species were performed on these 100 fruit samples. Analyses are based on fruit flesh. Seeds are not included in the analyses. Skin colours of rose hips were measured by using a CR-400 chromometer (Konica Minolta, Japan) and measurements recorded as L, a and b values. Colour values for each fruit were computed as means of three measurements taken from opposite sides at the equatorial region of the fruit (Ertekin, Gozlekci, Kabas, Sonmez, & Akinci, 2006). Total dry matter of the fruits was determined according to the methods of AOAC (1984). Total soluble solid contents (TSS) were determined by a digital refractometer (Kyoto Electronics Manufacturing Co. Ltd., Japan, Model RA-250HE) at 22 °C. The pH measurements were made using a digital pH meter (WTW, Germany) calibrated with pH 4 and 7 buffers. Total acidity was measured by the titrimetric method (AOAC, 1984) and expressed as % citric acid.

2.3. Determination of total fat and fatty acid content

Total fat was extracted with n-hexane (60 °C) for 6 h using a Soxhlet extractor and fatty acid composition was analyzed according to a previous method (Anonymous, 2000). Fatty acids were designated (e.g., C18:1 n9) so that the figures represented, from left to right, the total number of carbon atoms (i.e., 18), the number of double bonds (i.e., 1), the position of the double bond from the ω end of the fatty acyl chain (i.e., ω9).

2.4. Determination of ascorbic acid and total phenolic contents

The amount of ascorbic acid of the rose hips was determined according to the methods of AOAC (1984). Total phenolic contents of rose hips were determined by the Folin–Ciocalteu method (Meda, Lamien, Romito, Mil-
logo, & Nacoulma, 2005). Briefly, aliquots of 0.1 g of lyophilized powder of fruit samples were dissolved in 1 ml of deionized water. This solution (0.1 ml) was mixed with 2.8 ml of deionized water, 2 ml of 2% sodium carbonate (Na₂CO₃), and 0.1 ml of 50% Folin–Ciocalteau reagent. After incubation at room temperature for 30 min, the absorbance of the reaction mixture absorbance was measured at 750 nm against a deionized water blank on a spectrophotometer (Thermo, Model Nicolet 100 UV–Vis). Gallic acid (GA) was chosen as a standard. Using a seven point standard curve (0–200 mg/l), the total phenolic contents in rose hips were determined and results expressed as mg gallic acid equivalents (GAE) g⁻¹ dry weight (DW).

2.5. Determination of nitrogen and mineral elements

Total N was determined by the micro-Kjeldahl method (James, 1995). In order to determine the mineral composition of rose hips, samples were burned with a nitric acid and perchloric acid solution, on the hot plate, at 200 °C. Then, the absorbance of the extract was measured by the atomic absorption spectrophotometer. The amounts of minerals were calculated with a standard curve of each element. Phosphorus content of the extract, however, was analyzed by determining the absorbance of the yellow colour, obtained from the Barton reaction, using a spectrophotometer (Thermo, Nicolet 100, UV) at 680 nm, and comparing the results to the standard curve (James, 1995).

2.6. Statistical analysis

The experiment was a completely randomized design with four replications. Data were subjected to analysis of variance (ANOVA) and means were separated by Duncan multiple range test at the P < 0.05 significant level.

3. Results and discussion

3.1. Fruit colour, total soluble solids, total dry weight, pH and acidity in the rose hips

The fruit colour, TSS (total soluble solids), TDW (total dry weight), pH and acidity of fruits of rose species are given in Table 1. Significant differences in those parameters among different species were recorded (Table 1).

The fruit colour of rose species were determined as L value 48.06 (Rosa canina) and 52.02 (Rosa villosa), a value 40.69 (Rosa dumalis subsp. boissieri) and 43.31 (Rosa dumalis subsp. antalyensis) and b values 39.39 (Rosa canina) and 47.73 (Rosa villosa), respectively (Table 1). The L values of rose species were previously determined to be between 40 and 51 (Uggla et al., 2005) which are close to our results.

Total soluble solids content of rose species varied from 29.42% to 37.33% and statistically significant variation was observed among the species (Table 1). Rosa dumalis subsp. boissieri had the highest TSS content (37.33%) in its fruits, followed by Rosa pulverulenta (35.44%) and Rosa dumalis subsp. antalyensis (34.01%), respectively. Total dry weight content of rose species were found to be between 33.85% and 40.35% (Table 1). Parallel to TSS content, Rosa dumalis subsp. boissieri had the highest TDW content (40.35%), followed by Rosa pulverulenta (39.21%). Overall Rosa villosa had the lowest TSS (29.42%) and TDW contents (33.85%) among species (Table 1).

There is some evidence that TSS contents of rose species mainly from Rosa canina, Rosa dumalis, Rosa pulverulenta and Rosa villosa, which are grown in different agro-climatic regions in Turkey, vary from 14.0% to 40.0% (Demir & Ozcan, 2001; Ercisli, 1996; Kazankaya, Koyuncu, & Balta, 1999; Misirli, Guneri, & Gulcan, 1999; Sen & Gunes, 1996). Our results, in general, were within the limits of these studies. The variation of TSS in rose fruits may be due to different species, types, environmental conditions and nutritional status of orchards. Uggla et al. (2003) previously reported that TDW content varied among rose species (21.7%–34.0%) and, similarly to our study, they found that Rosa dumalis had the highest TDW value, while Rosa villosa had a lower TDW value than the other species.

In general, rose hips are used for the processing industry to obtain different products, such as jam, jelly and marmalade. Higher TSS and TDW content are desirable fruit characteristics of rose hips and both characteristics are strongly affected by altitude (Ercisli, 1996). According to the results, fruits of Rosa dumalis subsp. boissieri and Rosa pulverulenta were higher TSS and TDW contents than were the other species, suggesting that these species may be better sources for processing.

In the studied species, the acidity and pH varied from 0.91% (Rosa villosa) to 2.04% (Rosa canina) and 4.07 (Rosa

<table>
<thead>
<tr>
<th>Species</th>
<th>Fruit colour</th>
<th>pH</th>
<th>TAc (%)</th>
<th>TSS (%)</th>
<th>TDW (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rosa canina</td>
<td>48.06</td>
<td>41.70ab</td>
<td>39.39a</td>
<td>4.07b</td>
<td>2.04a</td>
</tr>
<tr>
<td>Rosa dumalis subsp. boissieri</td>
<td>50.01</td>
<td>40.69a</td>
<td>40.09b</td>
<td>4.33ab</td>
<td>1.18b</td>
</tr>
<tr>
<td>Rosa dumalis subsp. antalyensis</td>
<td>49.78</td>
<td>43.31b</td>
<td>41.85b</td>
<td>4.30ab</td>
<td>1.34b</td>
</tr>
<tr>
<td>Rosa villosa</td>
<td>52.02</td>
<td>41.85ab</td>
<td>47.73b</td>
<td>4.73a</td>
<td>0.91c</td>
</tr>
<tr>
<td>Rosa pisiformis</td>
<td>51.14</td>
<td>41.25ab</td>
<td>43.33b</td>
<td>4.58ab</td>
<td>1.26b</td>
</tr>
<tr>
<td>Rosa pulverulenta</td>
<td>51.32</td>
<td>42.33ab</td>
<td>44.85b</td>
<td>4.43ab</td>
<td>1.43b</td>
</tr>
</tbody>
</table>

Values in the same column with different lower-case letters are significantly different at P < 0.05.
Acid contents of rose species were previously reported to be between 0.3% and 5.0% (Ercisli, 1996; Kovacs, Facsar, Laszlo, & Toth, 2004; Sen & Gunes, 1996). Demir and Ozcan (2001) reported that pH values of rose hips were between 4.34 and 5.12, in accordance with our results.

3.2. Total fat and fatty acid composition of rose hip fruits

The total fat contents of the rose species were found to be between 1.52% (Rosa villosa) and 1.85% (Rosa dumalis subsp. boissieri), respectively (Table 2). Rosa dumalis subsp. boissieri, which had the lowest moisture content, had the highest total fat (1.85%) among all rose species, followed by Rosa pulverulenta (1.81%) and Rosa canina (1.78%) (Table 2). Our data indicate that rose species influence total fat content.

Fatty acid analysis showed that rose species studied contained nine major compounds and a great variation of fatty acids was found among species (Table 2). It is well known that α-linolenic and linoleic acids are two essential fatty acids that humans require. Total peak areas of the mentioned fatty acids were between 86.88% in Rosa pisiformis and 97.01% in Rosa pulverulenta, respectively (Table 2). Cis 20:4, cis 18:1, and cis 18:2 are only detected in Rosa villosa and Rosa dumalis subsp. boissieri, respectively (Table 2). The other rose species had no cis 23:0 and cis 21:1 belonging to these fatty acids.

Parry et al. (2005) reported that α-linolenic acid was the dominant fatty acid in marionberry, boysenberry, red raspberry and blueberry fruits. Cakir (2003) revealed that sea buckthorn fruits were rich in palmitic and palmitoleic acids. Szentmihalyi, Vinkler, Lakatos, Illes, and Then (2002) showed that the dominant fatty acids in rose hip seeds were linoleic and α-linolenic acids. Johansson, Laakso, and Kallio (1997) screened seed oil fatty acids of 22 common edible berry species and found that, typically, the most abundant fatty acids were linoleic, α-linolenic, oleic and palmitic acids. All those data support our findings. Difference between fatty acid compositions may be due to different phases of biosynthesis of those compounds and the stages of biosynthesis and accumulated of fatty acids.

The fatty acid compounds contribute to the flavour of rose hips, which has a distinct taste rather than aroma. According to literature searched, there is no study on fatty acid content of rose hip flesh. Thus, our fatty acid results may be the first study to provide data that the rose hips possess fatty acids.

3.3. Ascorbic acid and total phenolics in rose hips

The ascorbic acid and total phenolic contents of rose hips are given in Table 3. Ascorbic acid contents of the rose species were found to be 727 mg/100 ml (Rosa villosa) and 943 mg/100 ml (Rosa dumalis subsp. boissieri), respectively, (Table 3). These values are much higher than those reported in other vitamin C-rich small fruits (Pantelidis, Vasilikakis, Manganaris, & Diamantidis, 2007). In previous studies conducted in Turkey, the ascorbic acid content of rose hips was found to range from 140 to 1100 mg/100 ml (Kazankaya et al., 1999; Misirli et al., 1999). Our findings are in agreement with these reports. Total phenolic contents of the rose

<table>
<thead>
<tr>
<th>Fatty acid</th>
<th>Fatty acid content (% of total fat)</th>
</tr>
</thead>
<tbody>
<tr>
<td>cis-C18:2</td>
<td>4.80</td>
</tr>
<tr>
<td>cis-C18:3</td>
<td>16.0a</td>
</tr>
<tr>
<td>19:0</td>
<td>4.74b</td>
</tr>
<tr>
<td>cis-C19:1</td>
<td>5.79ab</td>
</tr>
<tr>
<td>cis-C21:1</td>
<td>0.00</td>
</tr>
<tr>
<td>cis-C22:2</td>
<td>6.60a</td>
</tr>
<tr>
<td>23:0</td>
<td>0.00b</td>
</tr>
<tr>
<td>Total fat</td>
<td>1.78b</td>
</tr>
</tbody>
</table>

Table 3

Ascorbic acid and total phenolic contents of Rosa species

<table>
<thead>
<tr>
<th>Species</th>
<th>Total phenolics (mg GAE/g DW)</th>
<th>Ascorbic acid (mg/100 ml)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rosa canina</td>
<td>96a</td>
<td>880b</td>
</tr>
<tr>
<td>Rosa dumalis subsp. boissieri</td>
<td>84b</td>
<td>943a</td>
</tr>
<tr>
<td>Rosa dumalis subsp. antalyensis</td>
<td>85b</td>
<td>864b</td>
</tr>
<tr>
<td>Rosa villosa</td>
<td>73c</td>
<td>727d</td>
</tr>
<tr>
<td>Rosa pisiformis</td>
<td>79b</td>
<td>81c</td>
</tr>
<tr>
<td>Rosa pulverulenta</td>
<td>94a</td>
<td>923a</td>
</tr>
</tbody>
</table>

Values in the same column with different lower-case letters are significantly different at $P < 0.05$. Values in the same line with different lower-case letters are significantly different at $P < 0.05$.
species were found to be 73 mg GAE/g DW (Rosa villosa) and 96 mg GAE/g DW (Rosa canina), respectively (Table 3). According to the results, total phenolics of rose hips are higher than black currant (3–4 mg g\(^{-1}\)), blueberry (2.70–3.50 mg g\(^{-1}\)), strawberry (1.6–2.9 mg g\(^{-1}\)) and raspberry (2.7–3.0 mg g\(^{-1}\)) (Heinonen, Meyer, & Frankel, 1998). In previous studies, the total phenolic contents of rose species were found to range from 55 to 122 mg GAE/g DW (Gao, Bjork, Trajkovski, & Uggla, 2000; Olsson et al., 2005) which is in accordance with our findings.

The results for total phenolics and ascorbic acid contents clearly show that rose hips could be the richest sources of fruit species. The great differences among the rose species in terms of phenolics and ascorbic acid contents is supposed due to genetic derivation because all plants were of the same age and ecological conditions. It is reported that plant genotype (Scalzo, Politi, Pellegrini, Mezzetti, & Battino, 2005) and cultivation site and technique (Hakkinen & Torronen, 2000) affect total phenolic content in fruit. In Turkey, and in particular in the eastern Anatolia region, local people call rose hips medicine. Our results are in accordance with above reports.

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3.4. Mineral elements in rose fruits

The mineral contents of rose species are shown in Table 4. Differences among the rose species were observed based on the mineral compositions (Table 4).

The N values of fruits of rose species varied from 0.98% (Rosa canina) to 1.45% (Rosa pulverulenta). In some previous studies, conducted in different part of Turkey, it was found that N contents of rose hips were between 1.10 and 1.40% (Demir & Ozcan, 2001; Kadakal et al., 2002). Our results are in accordance with above reports.

The concentrations of P and K in fruits of different rose species were significantly different (P < 0.05). The P-values varied from 4860 ppm (Rosa dumalis subsp. boissieri)–5360 ppm (Rosa pulverulenta) (Table 4). In some studies conducted on rose hips, P-values were found between 1781 and 2200 ppm (Szentmihalyi et al., 2002), indicating lower values than our P result. The mineral composition of fruits depended, not only on the species or varieties, but also on the growth environment, such as soil and geographical conditions. The available P content in soils, which we did not study, could affect P uptake by fruit.

The K contents of rose hips were between 5467 ppm (Rosa canina) and 7700 ppm (Rosa pulverulenta). Kovacs et al. (2004) reported that K contents of fruits of different rose species were 4200–11900 ppm. Our K results were within these limits.

According to our data, the Ca and Mg contents of rose species varied between 1220 ppm (Rosa pisiformis) and 2867 ppm (Rosa canina) and 990 ppm (Rosa pisiformis) and 1254 ppm (Rosa canina) (Table 4). In general, our Ca content results were similar to those of Kovacs et al. (2004) and Mg content was similar to that of Szentmihalyi et al. (2002).

The Fe, Cu, Mn and Zn contents were between 18 and 72 ppm, 9 and 27 ppm, 6 and 56 ppm and 18 and 27 ppm, respectively (Table 4). Quantitative results indicated large differences among species (Table 4). Our Fe, Cu, Mn and Zn findings were close to the findings of Szentmihalyi et al. (2002) which were 20 ppm, 6 ppm, 20 ppm and 11 ppm for Fe, Cu, Mn and Zn, respectively.

Regarding the mineral contents (Table 4), the species Rosa pulverulenta, for the highest N, P and K contents, Rosa canina for the highest Ca, Mg, Cu and Mn contents and Rosa pisiformis for highest Fe and Zn contents were the most outstanding ones.

As a conclusion, the present study shows that the native rose species are an extremely rich source, in particular, of phenolics, carbohydrates, ascorbic acid and some minerals. The results also indicate that there is huge variation among rose species in terms of bioactive compounds. This could be useful for choice of relevant species or genotypes in future plant-breeding studies.

References


