PLANT FACT SHEET

Viola striata Aiton

GENUS *Viola* **FAMILY** Violaceae

COMMON NAMES Pale violet

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

The blossoms can be eaten fresh or made into jams, jellies, syrup or candy.
The leaves and flwoers can be eaten raw or boiled and served as a vegetable.

DESCRIPTION

A low herb. It keeps growing from year to year. It has a short thick underground stem or rhizome. The leaves at the base turn white quickly. The leaves on the stem are simple and 3-8 cm long. They are almost round and wider near the base and with a pointed tip. There are teeth along the edge. The leaf stalk is long. The flowers are cream or white. Each flower has a slender stalk. The flowers have 5 petals with purple veins. The fruit are round capsules. These are 5-10 mm long.

HABITAT

It is a temperate plant. It grows in damp soil.

PRODUCTION

Cultivation

It can be grown from seeds.

NOTES

There are about 500 Viola species.
It is rich in Vitamin C.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/183c8cbf-c333-4ce3-b1b1-72ddb2d91555