PLANT FACT SHEET

Viola pedata L.

GENUS *Viola* **FAMILY** Violaceae

COMMON NAMES Bird's foot violet, Pansy violet, Wild okra

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Leaves - tea

Young leaves are added to salads. They can also be boiled or steamed and added to soups as a thickener.
The dried leaves are made into tea.
The flowers can be candied.

DESCRIPTION

A stemless plant. It grows 10-15 cm high and spreads 20-40 cm wide. It spreads by runners. The leaves have 5 narrow lobes spread out like fingers on a hand. The flowers are 30 mm wide and have spurs. The petals are downy. The flowers are blue. The upper petals and veins are darker.

HABITAT

It is a temperate plant. It suits hardiness zones 4-9.

NOTES

There are about 500 Viola species.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/18927574-ced5-4abc-a726-b690076e314a