PLANT FACT SHEET

Viola abyssinica Steud. ex Oliv.

GENUS *Viola* **FAMILY** Violaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are occasionally cooked and eaten.

DESCRIPTION

A herb that lies along the ground. The stems are slender. They form roots along the stem. The leaves are heart shaped. The flower petals form a sac.

HABITAT

A tropical plant. It grows in evergreen forest at high altitude in Malawi. It can grow between 1,200-2,500 m above sea level and can reach 3,350 m.

NOTES

There are about 550 Viola species. About 100 are in tropical America. They are mostly in temperate regions.

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