PLANT FACT SHEET

Viola biflora L.

GENUS *Viola* **FAMILY** Violaceae

COMMON NAMES Twoflower violet, Arctic Yellow Violet

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves - tea

The leaves and flowers are used as a substitute for tea and as a seasoning.

DESCRIPTION

A herb. It grows 10-20 cm high and spreads 15-25 cm wide. It forms mounds. The leaves have shallow teeth and are faintly downy. The leaves are heart or kidney shaped. They are 30 mm long. The flowers are pale yellow with dark streaks. They are 18 mm wide.

HABITAT

It is a temperate plant. It grows between 2000-4000 m altitude in Uttar Pradesh. In temperate China it grows on alpine meadows and grassy slopes between 2,500-4,300 m above sea level. It suits hardiness zones 3-9.

NOTES

There are about 500 Viola species.

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PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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