PLANT FACT SHEET

Viola palustris L.

GENUS *Viola* **FAMILY** Violaceae

COMMON NAMES Marsh violet

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

DESCRIPTION

A small plant. It grows 5-20 cm tall. The leaves near the base are heart or kidney shaped. The flower petals are white or lavender coloured.

HABITAT

It is a temperate plant. It grows in moist and wet sites.

REFERENCES

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MacKinnon, A., et al, 2009, Edible & Medicinal Plants of Canada. Lone Pine. p 228

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2add0b8d-0de9-4d3a-accf-d3ae3f172ee0