PLANT FACT SHEET

Viola diffusa Ging.

GENUS *Viola* **FAMILY** Violaceae

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Leaves - tea

The leaves are cooked and eaten as a vegetable.

DESCRIPTION

A herb. It grows each year from seed. It has white hairs. It has stolons or runners with a ring of leaves at the end. The leaves are 2-4 cm long by 1-2 cm wide. The flowers are yellow or purple.

HABITAT

It is a tropical plant. It grows on the edges of mountain forests and by streams in valleys below 2,000 m above sea level. In Sichuan and Yunnan.

NOTES

There are about 500 Viola species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3c38522c-d51f-49d7-b7c4-a5de0f65803a