PLANT FACT SHEET

Viola betonicifolia J. E. Smith

GENUS *Viola* **FAMILY** Violaceae

COMMON NAMES Mountain Violet, Purple violet, Showy violet

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Tea drinks

The leaves are cooked and eaten as a vegetable.
The flowers are eaten.
The plant is made into soup and used as a tea substitute.

DESCRIPTION

A small herb. It keeps growing from year to year. It grows to 15 cm high and spreads to 25 cm across. The stem is creeping and forms roots. The leaves form a clump. The leaves are broadly sword shaped. They are slightly toothed towards the end. They occur on long slender stems and form a rosette or ring near the base. Flowering stems are longer than the leaves. The flowers are deep purple. They have 5 petals and a short blunt spur. The side petals are softly hairy inside. There are 2 subspecies.,

HABITAT

It grows in temperate regions and will grow in the subtropics. In Papua New Guinea it grows under coffee and other shade. It occurs below 2000 m altitude. It grows best on heavy, moist soils. It needs a protected partly shaded position. It is frost resistant but damaged by drought. Tasmania Herbarium. In Sichuan and Yunnan.

PRODUCTION

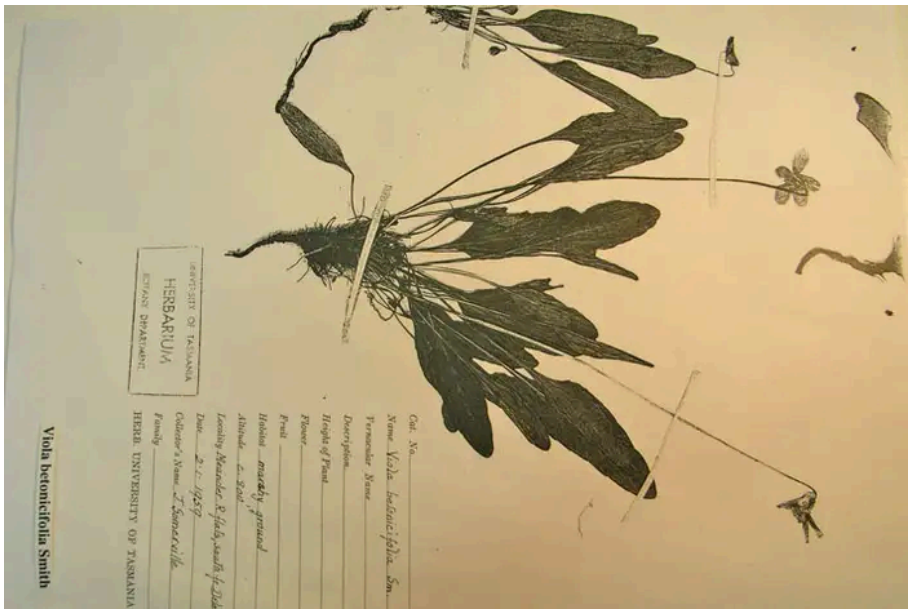
Cultivation

Plants can be grown from seed or by division of the clump. It self seeds easily.

NOTES

There are about 500 Viola species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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