PLANT FACT SHEET

Viola canescens Wall. ex Roxb.

GENUS *Viola* **FAMILY** Violaceae

COMMON NAMES Himalayan white violet

EDIBLE PARTS AND USES

Edible parts: Leaves, Flower

The leaves are boiled for 30minutes then dried for 3 days and used as a substitute for tea.

DESCRIPTION

A herb. It keeps growing from year to year. It has soft hairs. It lies along the ground. It has long branched roots. It has leaves near the base. They are oval to kidney shaped. There are round teeth along the edge. The flowers can be blue, lilac or white. They are on an erect hairy stalk. The fruit capsule is round and has many seeds.

HABITAT

It is a subtropical plant. It grows in shady moist places. It grows between 2000-3500 m altitude in the hills in Uttar Pradesh.

NOTES

The flowers are used in medicine.

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