PLANT FACT SHEET

Viola blanda Willd.

GENUS *Viola* **FAMILY** Violaceae

COMMON NAMES Sweet white violet

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves and stems mixed with other greens and parboiled, then rinsed and fried.

DESCRIPTION

It has creeping rhizomes or underground stems. The leaves can have white hairs. The runners are 3-20 cm long and form roots at the nodes. There are 2-9 leaves at the base and they are heart shaped and 2-4 cm long and wide.

HABITAT

It is a temperate plant.

REFERENCES

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 597

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8dd1a821-0bcd-4412-909a-26dda84b0be2