PLANT FACT SHEET

Viola tricolor L.

GENUS *Viola* **FAMILY** Violaceae

COMMON NAMES Heartsease, Garden pansy, Johnny jump-up, Love-in-idleness

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Vegetable

The flowers are eaten in salads.
They can be frozen in ice cube trays then added to punch bowls.

DESCRIPTION

A short lived perennial. It is often grown as an annual. It grows 10-35 cm high and spreads 15-40 cm wide. The stem is branched. There are large, deeply divided stipules. The leaves are oval and pointed or lance shaped. They have shallow lobes or teeth. The flowers can have several colours.

HABITAT

It is a temperate plant. In Argentina it grows from sea level to 2,500 m above sea level. It suits hardiness zones 4-10.

NOTES

Probably medicine.There are about 500 Viola species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/99c1f849-ff3f-4f2a-8490-34b72260a060