PLANT FACT SHEET

Viola pilosa Blume

GENUS *Viola* **FAMILY** Violaceae

EDIBLE PARTS AND USES

Edible parts: Flowers - tea, Leaves

The shoots are cooked with dry fish and eaten. They are also used raw.
The flowers and leaves are used for flavouring tea.

DESCRIPTION

A small creeping herb. It keeps growing from year to year. It is almost without a stem. The rhizome is erect and 3-5 cm long by 2-4 mm wide. The leaves are near the base. The flowers are purplish-white. The fruit is a flattened capsule 5-10 mm across and it can be hairy. The seeds have dotted lumps on their surface.

HABITAT

It is a tropical plant. It grows in mountain forests between 800-3,000 m above sea level in south China. In Sichuan and Yunnan.

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Wild edible plants of Himachal Pradesh (As Viola serpens)

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