PLANT FACT SHEET

Oxalis violacea Linn.

GENUS *Oxalis* **FAMILY** Oxalidaceae

COMMON NAMES Violet wood sorrel

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Stalks, Roots, Leaves - tea

The leaves are sour and can be added to salads.
The leaves can be soaked in hot water for 10 minutes to make a drink.
The flowers, stalks and roots are also eaten. The bulbs are eaten raw or boiled.
CAUTION: Because the plant contains oxalates, eating it over extended periods can reduce the bodies ability to absorb calcium.

DESCRIPTION

A herb which keeps growing from year to year. It is an erect, delicate plant. It grows 40 cm tall. The leaves grow from the base and have long stems. The leaves are divided into 3 leaflets. They are grey-green or bluish-grey above and a reddish-purple underneath. The leaves fold downwards and together at night and on cloudy days. There are 4-19 flowers at the end of each stem. They are pinkish-purple. The eye of the flower is usually a darker purple. The lobes of the petals spread out wide. They are 12-20 mm long. There are 5 petals and 10 stamens.

HABITAT

It is a cool temperate plant. It grows in open forests and along banks. It is often on sandy soils. It suits hardiness zone 3.

NOTES

There are about 500 Oxalis species. The leaves are rich in Vitamin C.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d85195fa-71e0-4b4f-b823-856633c938bf