PLANT FACT SHEET

Viola canadensis L.

GENUS *Viola* **FAMILY** Violaceae

COMMON NAMES Canada white violet

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers, Leaves - tea

The young leaves and flowers are eaten raw in tossed salads. They can also be boiled as potherbs.
The flowers can be candied like rose petals. They also give flavour to vinegar.
The leaves can be used as a substitute tea drink.

DESCRIPTION

A small plant. It grows 10-40 cm tall. The stems are slender. These have several heart shaped leaves. The flowers are white to violet and yellow at the base. There are purple lines. The seed pods open suddenly with a twist.

HABITAT

It is a temperate plant. It grows in groups in rich, moist forests. It suits hardiness zone 4.

PRODUCTION

Cultivation

Plants can be grown by seed, divisions of the roots or underground stems.

NOTES

There are about 500 Viola species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e9125ed9-6c4f-4f69-bcfd-5cd2edf36010