PLANT FACT SHEET

Viola sororia Willd.

GENUS *Viola* **FAMILY** Violaceae

COMMON NAMES Common Blue Violet

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves

The young leaves are cooked and served like spinach.
The flowers are made into jams, jellies, sweetmeats, syrup and salads.

DESCRIPTION

A herb. The flowers are dark purple.

HABITAT

It is a temperate plant.

NOTES

There are about 500 Viola species. The leaves are high in Vitamin A & C.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/fa8060df-baca-4ea0-b5a6-33616b7e5624