

Meet Your Plants Violet



Common Names: Common blue violet, sweet violet, wild violet

Botanical Name: *Viola sororia*

Botanical Meaning: "Sweet-scented flower, sisterly" -
Referring to its commonalities with the various other violet species.

Family: Violaceae (violets)

Edible Parts: Flowers, leaves

Medicinal Parts: Flowers, leaves

Growing Seasons: Spring, summer, year-round in warm climates

Precautions: Seeds and roots are considered toxic. Use multiple sources before consuming, as there are toxic lookalikes.

Plant Description

Common violet is a low-growing perennial that emerges from a basal rosette with scalloped, heart-shaped leaves and drooping purple flowers with five petals. The flowers have two upright and two lateral petals, the latter with delicate beards, and a lower petal that holds nectar. This lower petal acts as a landing pad for visiting insects. Violets are often one of the first to bloom in the spring and while the flowers fade in hot temperatures, the leaves remain. Violets come in various colors, including white, yellow, pink, or blue. Wild violets are found almost everywhere in temperate regions. They prefer shady, damp areas with rich soil, such as woodlands, backyards, parks, and stream banks. When not in flower, the leaves of the violet can look similar to some toxic plants. So, if you're not familiar with the plant, it's safest to collect them while they're flowering.

Edible Uses

These small plants pack a big nutritional punch! They have more vitamin A than spinach and twice the amount of vitamin C than citrus. The leaves and flowers of violets can be eaten both raw and cooked. You can add violet leaves and flowers to your wild greens salads for a burst of color and nutrition, or make a violet pesto for a unique flavor in your pasta or sandwiches. Stir some violet leaves into your soups and stews for added vitamins, or create a jelly or syrup from violet flowers to use as a topping for pancakes or ice cream. You can also infuse vinegar or honey with violet flowers for a floral touch in your cooking, or candy violet flowers for a visually appealing sweet treat. The flowers are beautiful frozen into ice cubes.

Medicinal Uses

Energetics: Cooling, moistening

Uses: Breast health, cysts, hot inflamed tissues, sore throats, coughs, swollen lymph glands

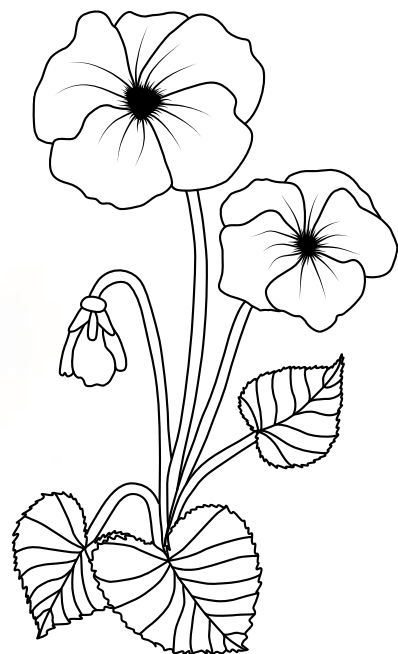
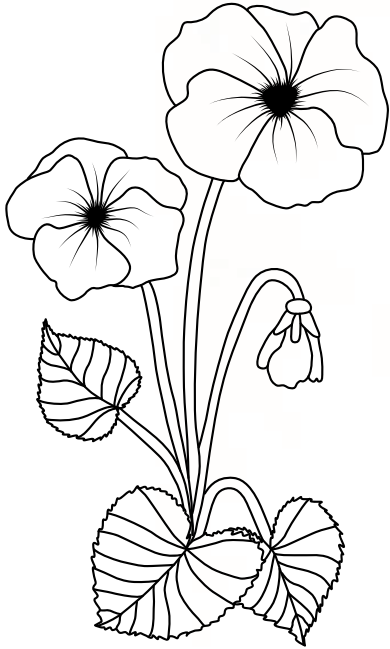
Preparations: Food, infused oil, poultice, compress, vinegar, honey, oxymel, syrup, tea, tincture

Violets have been cherished for their cooling and moistening properties for thousands of years. They're a wonderful remedy for cooling heat in the body and relieving congestion in the lymphatic and respiratory systems. Just nibble a violet leaf to experience its moistening properties. Drinking violet tea regularly can ease inflammation throughout the body and for those dealing with dry, inflamed skin rashes or arthritis, violets can be a gentle, natural solution. A sweet syrup made from violet leaf tea and honey is not only a hit with kids but also effective in calming dry, hacking coughs and relief from sore throats. Moreover, violets are a source of rutin, an antioxidant that supports heart health by strengthening blood vessels, reducing cholesterol, and preventing blood clots.

Fun Facts

A fourth-cup serving of violet leaves provides as much vitamin C as four oranges.

"Viola Violet"



Violets