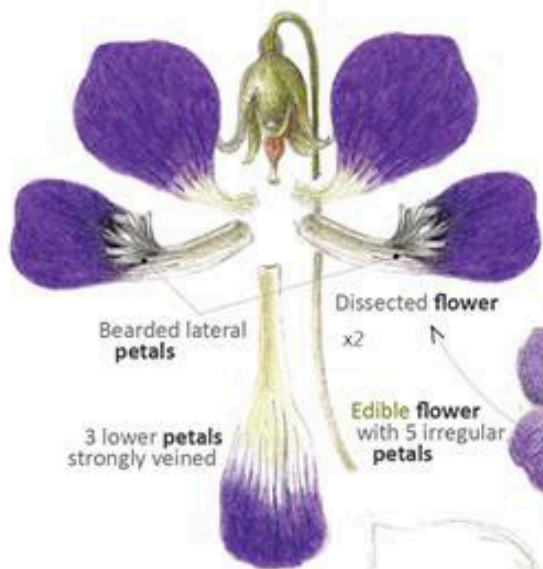


# VIOLET

*Viola sororia* Violaceae



**MID SUMMER – FALL**  
Large edible leaf up to 5 inches wide



**H**arvest flowers with stalks in spring; leaves with tender stalk spring-fall.

**M**any other *Viola* species are used similarly, with the exception of violets with yellow flowers. Caution: they may have a strong laxative effect.

## SPRING In flower

Edible young leaves & flowers



## LATE SUMMER



These seeds develop from flowers that grow under the leaves and are hidden from view. The sterile flowers we see in the spring don't make seeds.

## HABITAT

**Light:** Full sun to part shade

**Soil:** Moist, rich

**Hardiness Zones (USDA):** 4–8

**Found:** Woods, gardens, meadows

**LIFE CYCLE** Perennial

**REPRODUCES BY** Root division; seed

**SIZE** 3–8" tall by 8" wide

## CULINARY USES

**Leaf & Tender Stem:** Raw in salad, pesto, goddess dressing; cooked in soup, beverage.

**Flower:** Raw in salad, butter; as beautifying garnish.

**Qualities** — Flower: Mild with slight acidity; very high in vitamin C; extremely decorative. Leaf: High in vitamin C and beta carotene; mucilaginous; thickening agent; cooling, soothing.

**Selected Recipes** — p. 101, p. 104, p. 107, p. 131, p. 134, p. 147, p. 199