

# VIOLET (*Viola spp.*)

## FORAGING TIPS

- Only harvest when flowering to ensure proper ID
- Flowers have 5 petals: two pairs of lateral petals, plus a separate lower petal
- Flowers can be shades of blue-purple or white with purple streaks
- Heart shaped leaves may have rounded toothed edges
- Low growing basal rosette of leaves



## BENEFITS (FLOWERS & LEAVES)

### External

- cooling, soothes irritation and itching, anti-inflammatory

### Internal

- lymph-moving, antitumor, antirheumatic, mild laxative

## LOOK-A-LIKES

### Kidney Leaf Buttercup

(*Ranunculus abortivus*)



Similar leaves, but yellow flowers, causes skin irritation, toxic

### Lesser Celandine

(*Ficaria verna*)



Similar leaves, but yellow flowers, a toxic invasive

**SEASONS:** *Spring Flowers, Leaves*

## PRESERVING

- **Air dry:** single layer of leaves or flowers for several days, flowers will noticeably shrink
  - Store dried herbs in paper bag or glass jar for 9 to 12 months
- **Freeze:** Single layer violets in freezer bag for soap or jelly making; or violet flower tea in ice trays, ideally use within 3 to 6 months

## USES

- Decorate salads, cakes; make flower jelly or syrup.
- Chew leaf for a quick field poultice for bug bites and minor first aid.
- Vinegar: 1/2 jar flowers + apple cider vinegar to fill; infuse several days
  - Use vinegar for salad dressing, hair rinse, baths, bug bites.
- Infuse flowers in honey for sore throat or skin treatment.
- Strong tea for throat spray, cough drops, skin care: steep 1 part flowers to 2 parts hot water until deep purple-blue color
- Infused oil: 1 part dried leaves covered with 2 to 3 times as much oil
  - Use infused oil in salves, eczema cream, soap, lymph-moving balms

Leave plenty for native pollinators to enjoy!