

Violet

Violets have redefined “weeds” in my garden, and I largely consider them friend and not foe. The common blue violet—is one of my favorite native beauties that graces the yard and garden here in Rural Virginia. She is native to this land, and has fed & healed ancestors for millennia.

The common blue violet (*Viola sororia*, *Violaceae*) is native to most of central and eastern North America.

Her Prolific sororal clumps of rhizomes can be witnessed in lawns, gardens, sidewalk cracks and along trail-sides.

The common blue violet is a resilient plant relative, and has adapted to human disturbance.,

The leaves and flowers of the common blue violet, along with many other species, are edible and medicinal.

The “confederate violet” cultivar (cultivated variety) of *Viola sororia*—it has white flowers with blue streaks and is a common inhabitant of lawns in the eastern United States.

Parts Used: Leaves and flowers; aboveground parts in flower

Medicinal Preparations: Infusion, syrup, honey, vinegar, poultice, compress, salve, and infused oil

Herbal Actions:

Demulcent
Anti-inflammatory
Expectorant
Alterative
Lymphagogue
Vulnerary (promotes wound healing)
Antitumor
Antirheumatic
Diuretic
Mild laxative

Safety & Contraindications: Avoid internal use with individuals who have the rare inherited disorder G6PD (glucose-6-phosphate dehydrogenase) deficiency, because it can aggravate hemolytic anemia.

Plant description

Violet is a small bushy, hardy, evergreen, herbaceous flowering, perennial plant that grows about 4-6 inches (10-15cm) tall and 8 to 24 inches wide. The plant is found growing in field, woods, thickets, stream banks, old parks, gardens and roadsides, waste areas and lawn. The plant preferably grows in rich, humus-rich, cool and well-drained soil although they prefer moisture-retentive, rich soils. Stem are almost a leafless scape, scale-like bracts halfway or above.

Leaves

Violet leaves are palmate, alternate, and are somewhat an oblong heart or kidney shape. The leaf margin is serrated (toothed) and they do not have any hairs. They can grow to anywhere between 13mm and 50mm in width

