



Violets

Viola spp.

Our most common Violets have heart-shaped, deep green leaves with purple, white, or yellow flowers. Although they add color to early spring yards, common Violets are sometimes considered a pain in the landscape because of their tendency to take over large areas.

The flowers and leaves of Violet can be made into a syrup used as an herbal remedy mainly for respiratory ailments associated with

congestion, coughing, and sore throats.

A decoction made from Violet root (dry herb) is used as a laxative. Tea made from the entire Violet plant is used to treat digestive disorders.

New research has detected the presence of a glycoside of salicylic acid (natural aspirin) which validates its use for centuries as a medicinal remedy for headache, body pains and as a sedative.

Violets are also used externally. The freshly crushed leaves reduce swelling and soothe irritations. As a bath additive, the fresh crushed flowers are soothing to the skin, and the aroma is very relaxing.

Violet flowers and leaves are edible and used as food additives - for instance in a salad, made into jelly, and candied for decoration. You can find several recipes for violets online.

Warning: Large doses of Violet root contain an alkaloid called violine which is emetic (causing vomiting).

Violet Syrup Recipe

Pour 1 pint of boiling water over 1 cup packed, of fresh crushed flowers and leaves cover and let stand for 12 hours. Strain and squeeze through cloth, add 2 lb. of sugar and boil for 1 hour or until syrupy. Store in glass jar. Give 1 tbs. (1 tsp. for children) 2 or 3 times a day.

If you wish, you can use half plantain or other herbs and half violets for a home-made cough remedy.

