



WILD VIOLET USES



Now spring is here, keep on the look out for wild medicinal and edible plants. The wild violets in our area typically have varying shades of purple or white flowers and heart-shaped leaves. They grow in clumps, will grow in partial shade and only grow several inches tall. They can be transplanted. **Remember: any edibles you collect in the wild must only be harvested in areas where no pesticides or pollutants are present.**

Both the flowers and leaves of the violet are edible, they make a lovely spring salad along with dandelion, lambs quarters or any other spring green that is available. The flowers can be made into jelly, or candied individually as a sweet decoration. Harvest in the morning when the flowers are freshest, remember to dehydrate some flowers and leaves for winter use.

Since spring is a time when we need to purify the body after a long hard winter, violets are just what we need. They help your body to eliminate waste by stimulating the lymphatic glands to get rid of toxins in the body. Violets are also strengthen the immune system and reduce inflammation. Spring is a time for sore throats and respiratory ailments. Violets (as a tea or eaten) can help soothe these problems.

Violets have antiseptic properties, they can also be used in salves or ointments to treat minor scrapes and bruises. Violet tea can also be useful in treating insomnia. Don't eat too many violets also as they also act as a mild laxative!

Violet Tea: Two teaspoons of dried leaves and one teaspoon of dried flowers can be steeped in a cup of boiling water for about five minutes to make a restorative tea. You can use two to 3 teaspoons of fresh flowers to make a milder tea. Strain out the leaves. Sweeten with honey for added health benefits.

Violet Syrup: use for a stubborn cough or bronchitis, or simply to add flavour or color to drink or food. For a cough, try 1 teaspoon as needed until symptoms subside.

Ingredients: 1 cup purple violets, 1 cup distilled water, 1 cup white or organic cane sugar

Directions: Place the purple parts of each flower into a heat-proof container, like a mason jar. Bring distilled water to a boil and pour over petals. Cover and allow to sit for 24 hours. Strain to remove petals, the liquid should be bluish purple. Add sugar to the liquid and slowly heat on low until sugar dissolves. You may lose the color when using organic sugar. Bottle and label your syrup, best stored in the fridge

Violet Tincture: use as a sugar free alternate to syrup. Prepare violets as with the syrup, or use dried. Place blossoms in a mason type jar, cover with any clear alcohol like vodka or gin, do not use rubbing alcohol. Cover and allow to sit in a dark, cool place for 2 or more weeks. Strain, label, and store in a dark container, or in a dark cupboard.