

March 2022

Sweet violet, *Viola odorata* L.

From the violet family (Violaceae).

The sweet violet is a perennial, rhizome-forming plant with a basal rosette of leaves. It is native to the Mediterranean and the Caucasus. Nowadays it can be found all over Europe.

The heart-shaped leaves grow in early spring. Purple, fragrant flowers appear from March to April.

The plant can reach a height of 5-15cm. Fragrant violets prefer to grow in shadowed meadows, along forest edges and under hedges.

Chemical compounds: essential oil, flavonoids, mucilages

The violet is used as a resource of essential oils for perfume production. In addition, the sweet violet is a medicinal plant and the flowers can also be used as a delicacy in the kitchen.

In the garden, the sweet violet feels at home under deciduous shrubs and in light to semi-shadowed places. It spreads by runners and can colonise large areas over time.

