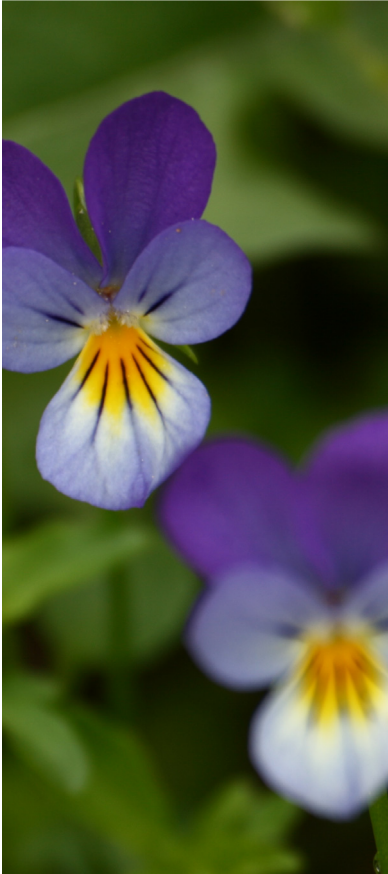


Sweet Violet



Sweet Violet

Suggested varieties: *Viola odorata* (botanical name)

Edible Flowers

PLANT



Sow seed on soil surface in pots in autumn; will germinate in spring. Transplant when growing strongly to 15cm apart. Prefers partial shade and fertile soil

GROW



Remove growing tips to encourage bushiness. Cut back stems in autumn. Can grow outdoors for years; divide and replant old clumps in autumn. Flowers turn to face the sun

EAT



Pick sweetly scented flowers in late winter and spring. Keep picking for more flowers. Eat sparingly. Summer flowers of *Viola tricolor* (wild pansy) are also edible (pictured right)

Growing guide

Easy!

Average time to harvest

From 12 months

Equipment needed

None

Germination time

Overwinter

Average plant size

15cm tall, 30cm wide

Family group to grow with

Miscellaneous

Seed saving group

5 - (Perennial, can cross-pollinate)

Key nutritional content

Low calorie complement

Spring Term			Summer Term				Autumn/Winter Term				
J	F	M	A	M	J	J	A	S	O	N	D

■ Sow indoors

■ Sow outdoors

■ Plant out/transplant

■ Harvest



Use cloche

2.5cm = 1 inch 30 cm = 1 foot