

## Edible Violet Flowers

Spring is a great time of the year for your family to go outside and forage for edible spring greens. Most people do not know that they have many tasty plants growing as weeds in their lawns and gardens!

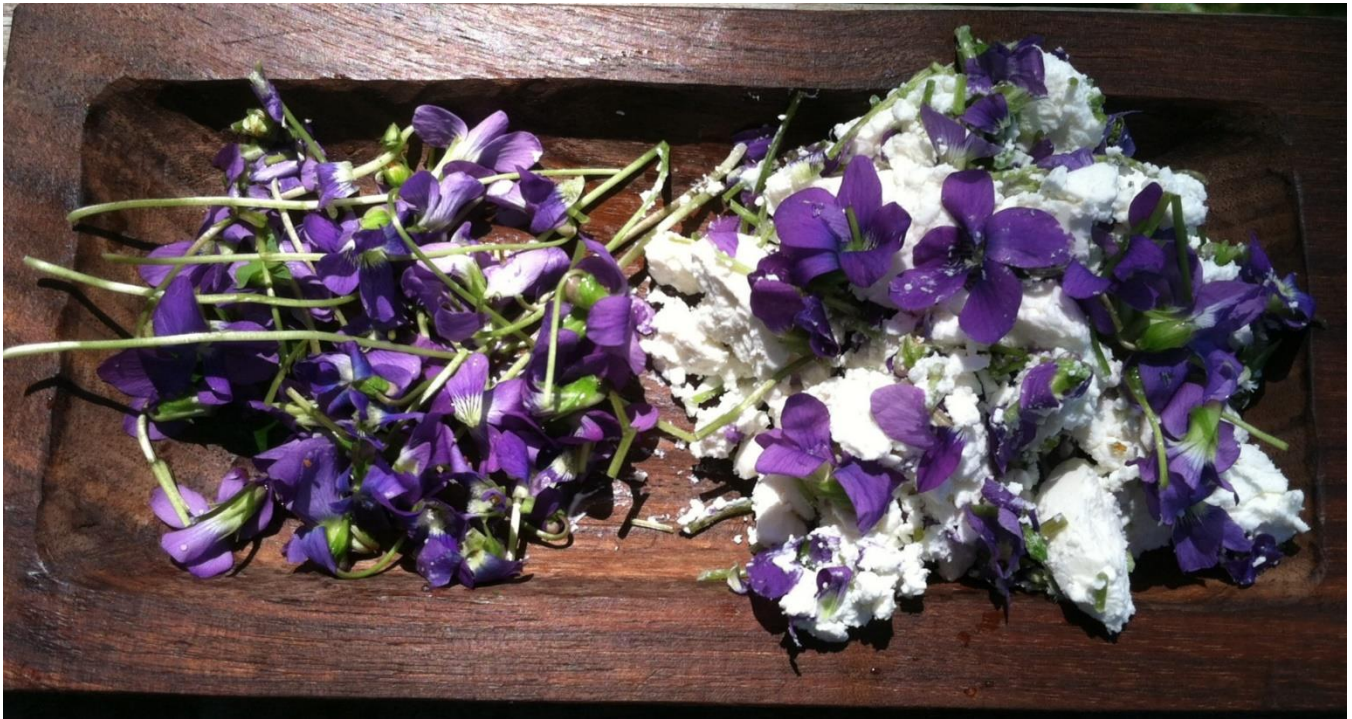
One very common edible lawn and garden weed in our area is violet flowers. They are high in Vitamin A and C. Here is a picture of violet plants in my lawn:



When picking wild plants to eat, always follow these rules:

- Be 100% certain you have correctly identified the plant! If you are not sure, do not eat it.
- Avoid picking plants from areas that may have been treated with any type of lawn or garden chemicals. Likewise, do not use plants that may have been contaminated by outdoor dogs or other animals.
- Select healthy-looking plants that have been growing in high-quality soils.
- Wash your harvested plants just like you would wash salad leaves you buy from the grocery store.
- Have permission to pick the plants.
- Do not over-harvest or take everything!

Here is a picture of violet flowers I mixed with goat cheese, served on a walnut tray I hand carved. I had this flower and cheese mixture as part of my Sunday lunch!



To learn more about edible wild plants, here is an excellent book:

Elias, Thomas S. and Dykeman, Peter A. (1982) Edible Wild Plants: A North American Field Guide to Over 200 Natural Foods. New York: Sterling.