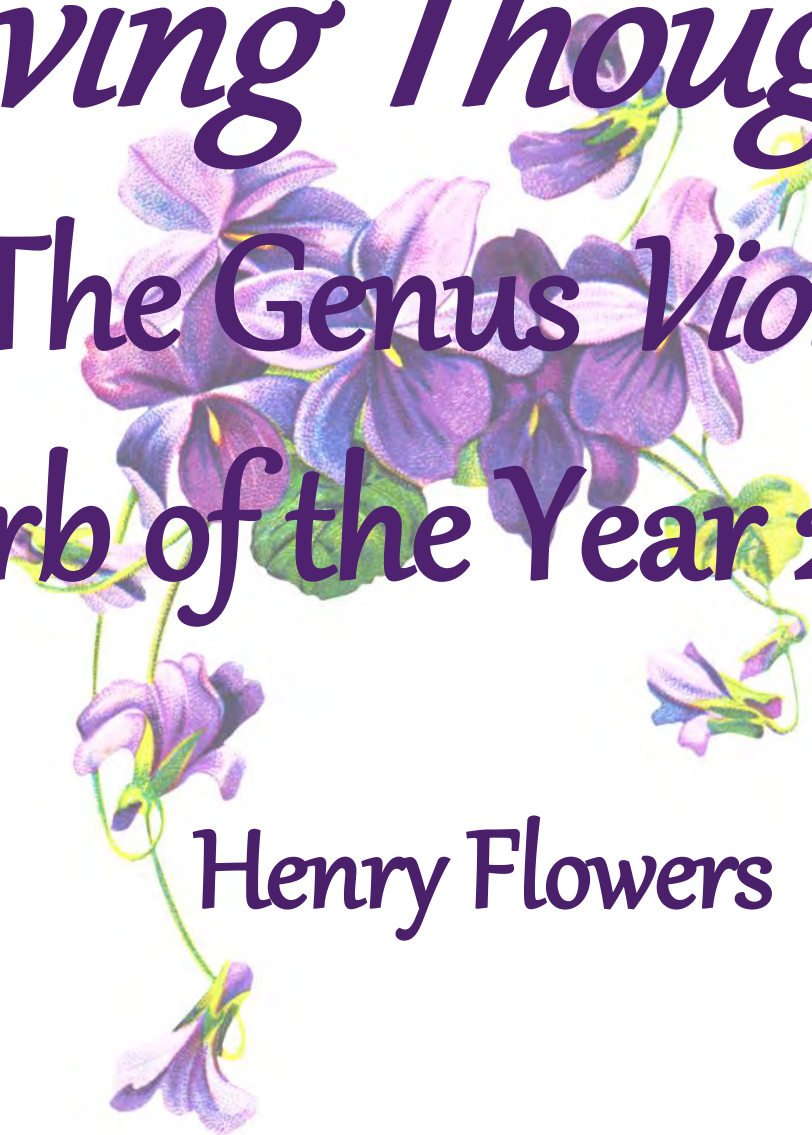


Loving Thoughts

The Genus *Viola*

Herb of the Year 2022

Henry Flowers



Herb of the Year



International Herb Association – www.iherb.org

What is in a Name?

***Viola* vs. violet vs. viola vs. pansy**

What is in a Name?

Viola is Latin for the flower and color and thus the origin of the word “violet”



What is in a Name?

Viola – a “generic” (relating to a genus) name and therefore applicable to any species in the genus.



What is in a Name?

Violet – typically a *perennial* member of the
genus *Viola*

-2 up, 3 down

-most often

violet in color



What is in a Name?

Viola – a name commonly applied to the smaller flowered annuals of *Viola* – most often *V. tricolor* and *V. x williamsii* in particular

-4 up, 1 down



What is in a Name?

Pansy – a name commonly applied to the larger flowered annuals of *Viola x wittrockiana*

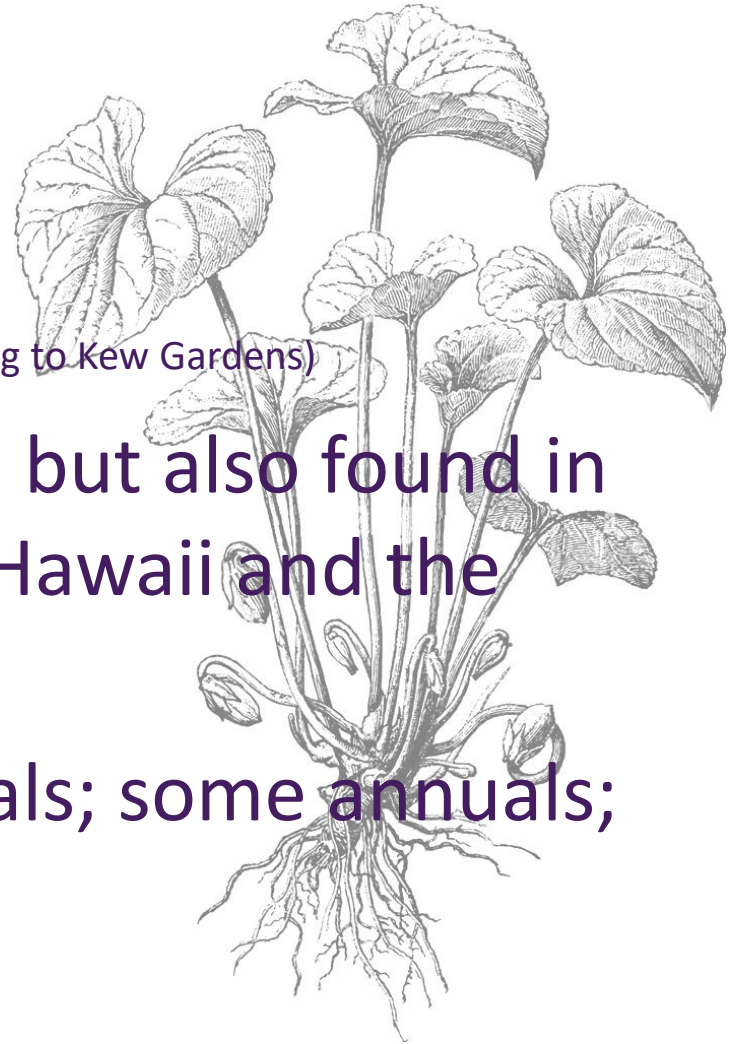
- Named derived from the French “*pensées*”, meaning “thoughts”

-4 up, 1 down



Botany of Violets

- Family *Violaceae*
- Genus *Viola*
- 664 species worldwide (according to Kew Gardens)
- Mostly northern temperate, but also found in locations such as Australia, Hawaii and the Andes.
- Mostly herbaceous perennials; some annuals; few shrubs.



Botany of Violets



Botany of Violets

- Leaves – usually simple, **cordate** (heart-shaped) and either opposite or alternate
 - Rarely palmate or deeply dissected



Botany of Violets

- Flowers – all **zygomorphic** (bilaterally symmetrical)
- Five petals



Botany of Violets



Botany of Violets



Typical seed capsule in genus *Viola*

Botany of Violets

- Flowers – sometimes ‘cleistogamous’ (closed marriage)– formed underground to ensure self-pollination



Botany of Violets

Viola odorata – Sweet Violet

(also Common, English, Florist and Garden Violet)

- Native to Europe and Asia, naturalized in North America
- Sweet scented flowers – purple, pink or white
- Most common violet in cultivation
- Semi-evergreen
- Rhizomatous
- Fragrant flowers



The Sweetest: Parma Violets



'Marie Louise'



'Comte de Brazza'



'Lady Hume Campbell'

Parma Violets – group of fragrant sweet violets believed to have originated in northern Italy in the 16th century

Botany of Violets

Viola canina – Dog Violet

- Native to Europe, naturalized in North America
- Very similar to *V. odorata*, but flowers have no scent



Botany of Violets

Viola sororia – Common Blue Violet

- Most common species in North America
- State flower of Illinois, New Jersey, Rhode Island and Wisconsin



Botany of Violets

Viola sororia f.

- White/blue form of blue violet
- At a distance the color of this violet is said to appear grey – color of Confederate uniforms



Botany of Violets

Viola sororia 'Freckles'

- Splotchy form of blue violet



Botany of Violets

Viola pedata – Bird's Foot Violet

- Native to eastern North America
- Likes sandy, well-drained acidic soils and full sun
- Propagates by seed
- Not easily cultivated



Botany of Violets

Viola yezoensis – Chinese Violet

- Native to Japan -white flowered
- Woodland perennial
- Young leaves and flowers eaten or cooked; also for tea
- Leaves can thicken a stew, like okra
- Used medicinally -mainly for dermal issues; possible uses for treating cancers



Botany of Violets

***Viola ocellata* – Pinto Violet / Western Heartsease**

- Rhizomatous species native to Oregon and Northern California



Botany of Violets

Viola oahuensis – Oahu Violet

- Subshrub to 16” tall
- Endangered species due to invasive plant and animal species in its native habitat
- Cultivated as an ornamental



Australian (Tasmanian) Violet

- *Viola banksii* (sometimes listed as *V. hederacea*)
- Native to southeastern Australia
- Vigorous, spreading habit - zones 8-10

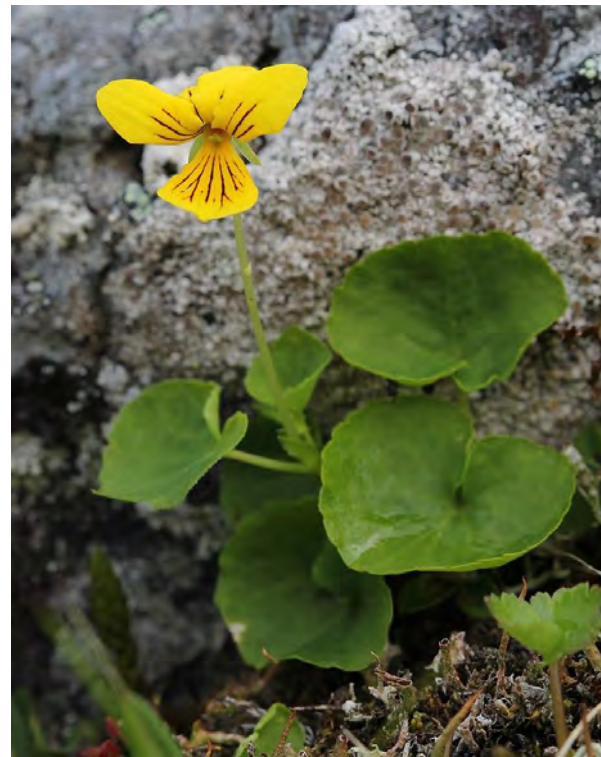


Botany of Violets

Some yellow-flowered species:



Viola reichei
-native to Chile



Viola biflora
-native from Europe, through Asia and
into western North America

Botany of Violets

Some fascinating species:



Viola pachysoma
(rosulate species)
-native to Patagonia



Viola lilliputana
-native to the Andes

Botany of Violets

Viola corsica – Corsican Violet

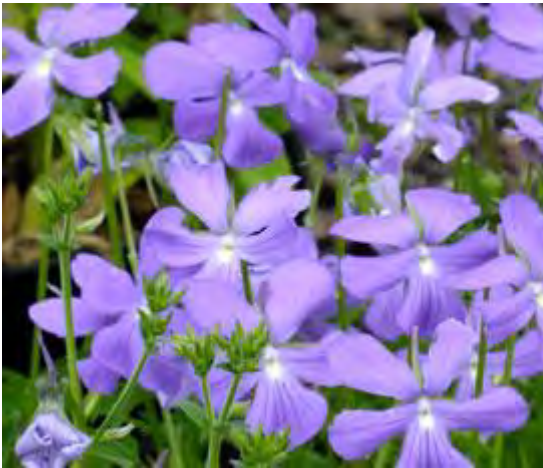
- Native to the isles of Corsica and Sardinia
- Cold hardy perennial
- Purported to bloom fall through spring here



Botany of Violets

Viola cornuta – Horned Violet

- Native to northern Spain (Pyrenes)
- Distinctive horn shape at back of flowers
- Perennial



Botany of Violets

Viola x williamsii – Viola hybrids
(also known as Hybrid Horned Violets)

- Hybrids involving *V. cornuta*,
V. x wittrockiana and *V. tricolor*



Botany of Violets

Viola tricolor – Heartsease or Johnny Jump Up

(Love in Idleness; Love Lies Bleeding; Kiss Her in the Buttery)

- Traditionally used to treat heart issues, epilepsy and eczema
- Cool season annual easily grown from seed
- Native to Europe and Asia



Botany of Violets

Viola x wittrockiana – Pansy

(Garden Pansy, Thoughts)

- Cool season annual easily grown from seed
- Grown mainly for ornamental purposes
- Derived from the crossing of many *Viola* species, especially *V. tricolor*
- Often “faced”, but not always



African Violets

- Not true violets
- Tropical plant -*Streptocarpus* sect. *Saintpaulia*
- Popular house plant
- Not toxic, but not good to eat



Dog Tooth Violets

- Not true violets -*Erythronium dens-canis*
- Bulbous plant native to central Europe
- Edible foliage
- Bulbs sometimes used as an ingredient in making vermicelli
- Bulbs look like a dog's canine



Two More Violets



Three More Violets



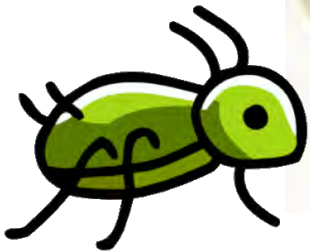
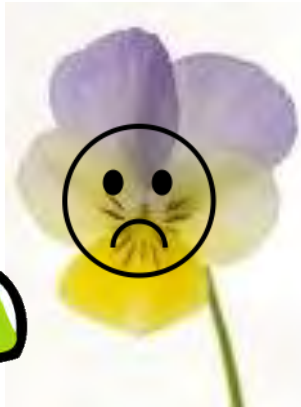
Cultivation of Violets

- Part shade to shade (tolerant of full sun if well-watered)
- Rich to average soil
- Evenly moist conditions, but tolerant of dry conditions if well-established
- Propagation by division, cuttings or seed
- Great in the ground or in containers



Cultivation of Violas & Pansies

- Full sun to light shade
- Rich soil
- Evenly moist conditions
- Propagation by seed
- Great in the ground or in containers
- Aphids



Violets in History

- Origin of the violet in myth
- Zeus and Io



Violets in History

- St. Valentine
 - Perhaps the true flower of Valentine's Day should be the violet



Violets in History



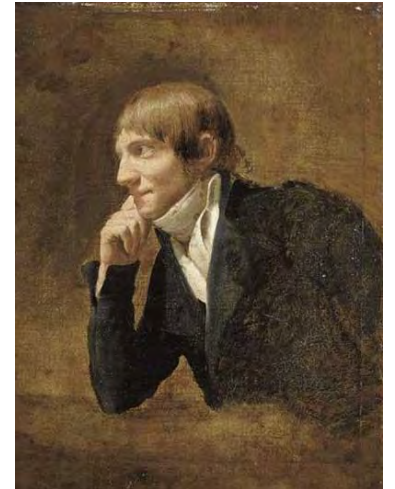
Queen Elizabeth 1 of England

Violets in History



Josephine Rose Bonaparte, Empress of France

Violets in History



Josephine Rose Bonaparte, Empress of France

Violets in History



Napoleon Bonaparte, Emperor of France

Violets in History



Marie Louise, Empress of France and Duchess of Parma

Violets in History



Sweet Parma Violets *Viola odorata* 'Duchess of Parma' & 'Marie Louise'

Violets in History



Emperor Napoleon III



Empress Eugenie

Violets in History

- Queen Victoria's favorite flower
- Mentioned 105 times in her journals
- Still grown at Osborne House



Scent of Violets

- Though the violet gives off a continuous fragrance, it includes **ionones**, which actually dampen the ability of the human nose to distinguish the scent. That phenomenon lasts only briefly, then the violet scent becomes strong again, only to be lost then found again in a continuous magical cycle.
- Synthetic **ionene** first produced in 1893.
- **Violet Leaf Oil** is used in perfumes and cosmetics. It is described as “green” and fresh, not floral.

Scent of Violets



Iris germanica var. Florentina – Orris Root



Scent of Violets



Violets in Science: pH



Violets in Science: Ink



Culinary Uses

- All plant parts are edible, including the roots, but flowers and leaves are most used.
- Flowers and young leaves used in salads or herbal teas.
- Flowers used as garnishes for desserts and salads and used in vinegars, ices and syrups.



Culinary Uses



Salad of spinach, blood orange and sweet violets

Culinary Uses



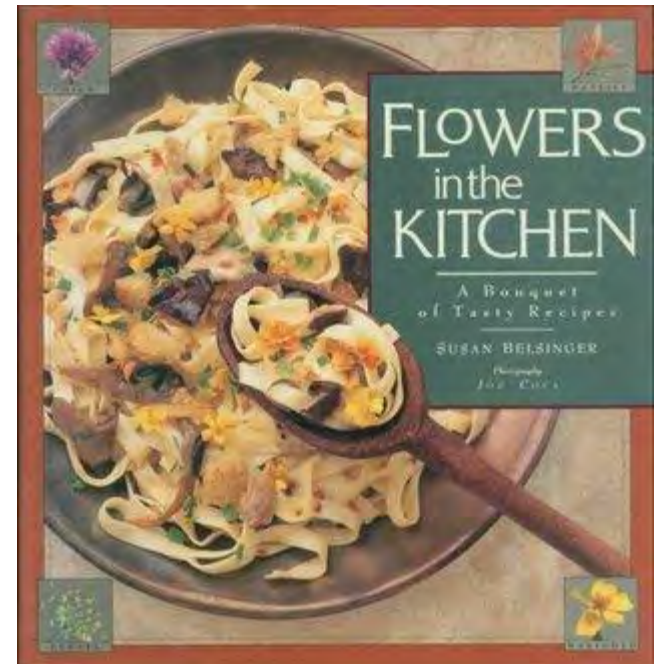
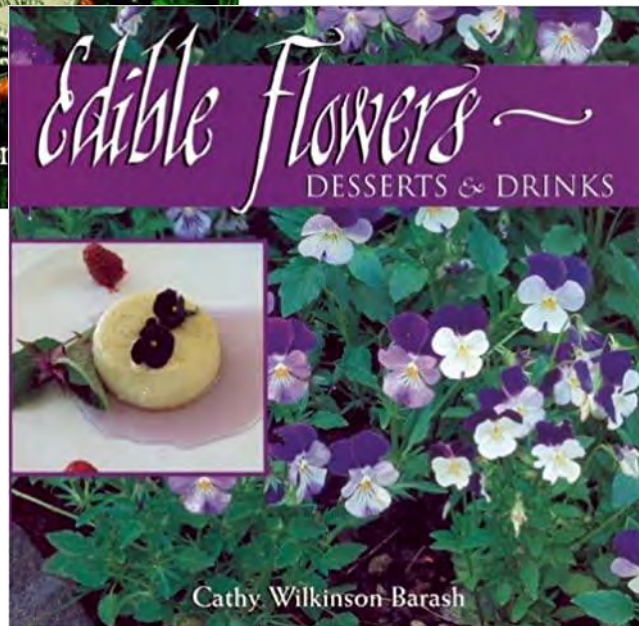
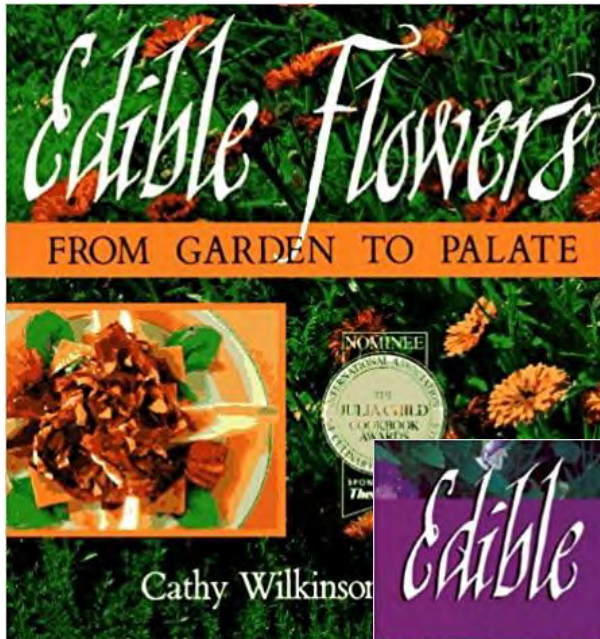
Salad of mixed greens with calendula petals and Johnny Jump Ups

Culinary Uses



Kale salad with pansies and basil

Culinary Uses



Culinary Uses



Herb and Flower Cheese Terrine

Candied Flowers



Candied Flowers



Violet Sorbet



Violet Sherbet



Violet Ice Cream



Violet Jelly



Violet Candies



Violet Syrup



Sweet Violet Syrup

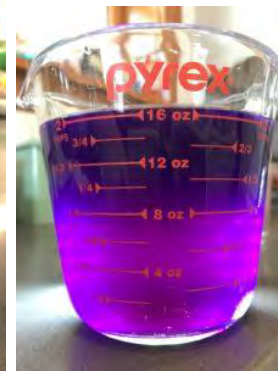
2 C boiling water

6 C fresh, clean violet flowers

2 C sugar

2 Tbsp fresh lemon juice

Place flowers in bowl in, add boiling water, cover and let sit 24 hours. Strain. Add sugar and lemon juice and simmer until thickened. Store in jar or bottle and refrigerate.



Violet Liqueurs



Violet Cocktails



Shy Violet Margarita



Violet Fizz



The Aviatian



Violet Sour

Violet Wine



Medicinal Uses

- **Leaves** most commonly used for medicinal purposes.
- Contain **salicylic acid**, which is used to treat pain and headaches.
- Excess can cause vomiting - saponins
- **Vitamins A and C**
- Contains **rutin** (antioxidant)



Medicinal Uses

- Leaves contain a mucilage.
- Historically used for treating **respiratory** ailments, esp. bronchitis and asthma
- Mostly used in present time to treat external issues such as eczema and acne.
- Some species may have applications in cancer treatments



Violets in Art



Book of Hours, c. 1470 France

Violets in Art



Leonardo da Vinci, *Study of Flowers*, c. 1490

Violets in Art



Albrecht Durer, *Bouquet of Violets*, 1505

Violets in Art



Ambrosius Bosschaert the Elder, *Flower Still Life*, 1614

Violets in Art



Pierre Jean Francois Turpin, *Wood Violet*, 1775-1840

Violets in Art



Theodore Chasseriau, *Mademoiselle de Cabarrus*, 1848

Violets in Art



Thomas Waterman Wood (American), *Spring Violets*, 1868

Violets in Art



Edouard Manet, *Bouquet de Violettes*, 1872

Violets in Art



Paul de Longpre, *Violets*, 1896

Violets in Art



Paul de Longpre, *Violets*, 1902

Violets in Art



Alice Gouvy (Tiffany Furnaces), *Violets* 231, 1902

Violets in Art



Henry Maynell Rheam, *Violets*, 1904

Violets in Art



Elbridge Ayer Burbank (American), *Violets*, c. 1917

Language of Violets

Purple Violet – Thoughts preoccupied with love

White Violet – Innocence

Sweet Violet – Modesty

Blue Violet – Faithfulness

Yellow Violet – Rural happiness

Pansy - Thoughts

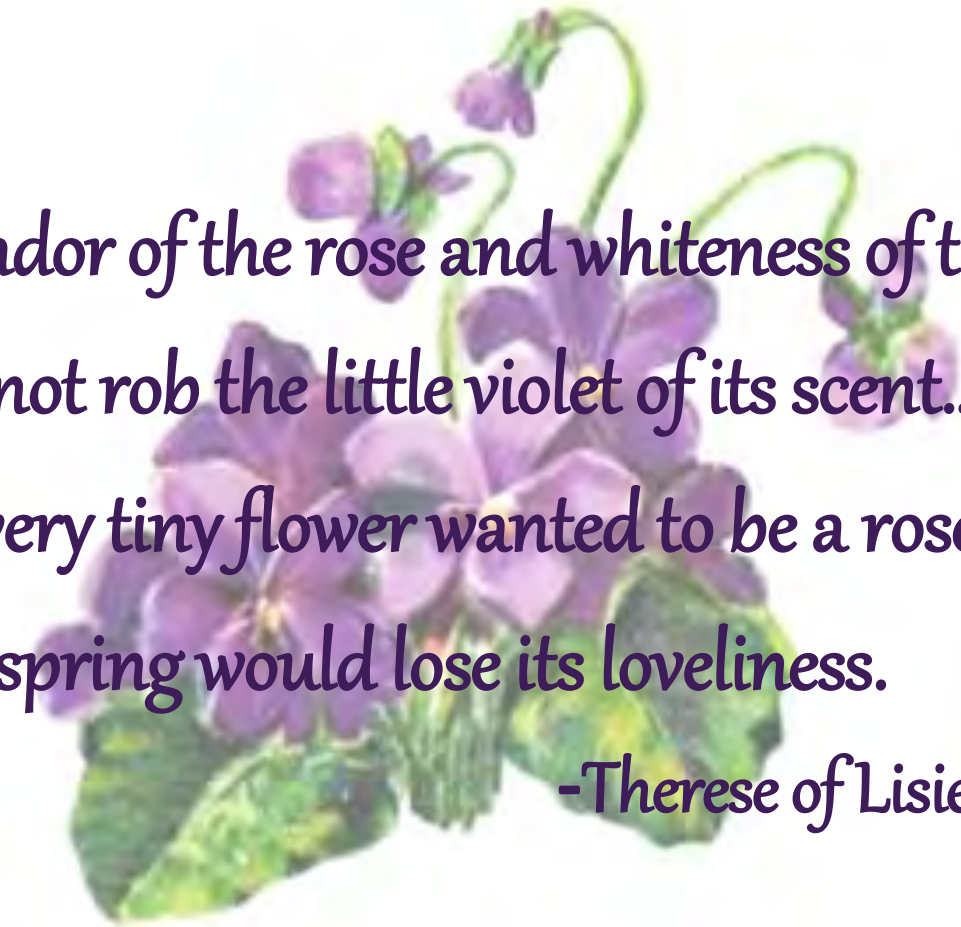


Violets in Literature

The splendor of the rose and whiteness of the lily
do not rob the little violet of its scent...

If every tiny flower wanted to be a rose,
spring would lose its loveliness.

-Therese of Lisieux



Violets in Literature

'I know a bank where the wild thyme blows,
Where oxlips and the nodding violet grows,
Quite overcanopied with luscious woodbine,
With sweet musk-roses and with eglantine.'

-A Midsummer Night's Dream, Act 2 Scene 1





Violets in Literature

*'Pray you love, remember,
And there are pansies, that's for thoughts.'*

-Ophelia, Hamlet

*'Yet marked 1 where the bolt of Cupid fell,
It fell upon a little Western flower.
Before, milk white, now purple with love's wound,
The maidens call it love-in-idleness.'*

-Oberon, A Midsummer Night's Dream



Have Wonderful Day!



Flowers are the sweetest things God ever made.

-Henry Beecher (1858)



Loving Thoughts Handout



Loving Thoughts PowerPoint