

# How to Prepare Violets

## Violet Infusion

Fresh or dried violet leaves and flowers make a gentle, cooling tea traditionally used for dryness, lymphatic support, and throat irritation.

### How to Make:

- 1–2 tablespoons fresh violet leaf/flower (or 1–2 teaspoons dried)
- Pour over 1 cup hot water
- Cover and steep 10–15 minutes
- Strain and drink warm or cool

### Notes:

- Best made with fresh plant when available
- Soothing for dry cough and throat
- Mild enough for regular use
- Can be cooled for a refreshing summer tea
- Blends well with rose or linden

## Violet Vinegar

Fresh violet leaves and flowers infused in vinegar for a mineral-rich, lymph-supporting preparation.

### How to Make:

- Fill a jar loosely with fresh violet leaves and flowers
- Cover completely with apple cider vinegar
- Use a plastic lid or place parchment under metal lid
- Let infuse 1–2 weeks
- Strain and store

### Notes:

- Traditionally used for lymphatic support
- Can be added to water or tea
- Useful for skin and digestive support
- Mild, gentle daily preparation
- Can also be used in dressings or herbal blends

## Violet Honey

Fresh flowers infused into honey for a soothing, gentle preparation.

### How to Make:

- Fill a jar loosely with fresh violet flowers
- Cover completely with honey
- Stir to remove air bubbles
- Cap and let infuse 1–2 weeks
- Strain if desired

### Notes:

- Soothing for sore or dry throat
- Mild preparation for children and adults
- Can be added to tea or warm water
- Pleasant, lightly floral flavor
- Traditionally used during seasonal irritation

**“Soft and cooling, violet offers gentle comfort — soothing heat, easing dryness, and quietly supporting tender, weary systems.”**