PLANT FACT SHEET

Impatiens glandulifera Royle non Arn.

GENUS *Impatiens* **FAMILY** Balsaminaceae

COMMON NAMES Jewelweed, Himalayan Balsam

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Oil

The raw seeds are eaten and are like nuts. They can be used in bread and salads.
They can be pressed for their edible oil.
The leaves are cooked and used like a vegetable.

DESCRIPTION

An annual herb. It grows 3 m tall. The flowers hang by a thin stem. They have a distinctively pointed pink hood at the rear.

HABITAT

It is a temperate plant. It grows in wetlands, along streams and in moist forests. In Pakistan it grows between 1,600-4,300 m altitude.

PRODUCTION

Cultivation

It grows from seed. There are 800 seeds per plant and these are spread out as the fruit explodes. They can be spread 6 m.

NOTES

There are about 850 Impatiens species. It can be invasive.

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