PLANT FACT SHEET

Impatiens walleriana Hook.f.

GENUS *Impatiens* **FAMILY** Balsaminaceae

COMMON NAMES Busy Lizzie

EDIBLE PARTS AND USES

Edible parts: Flowers, Seeds

The flowers are eaten raw or cooked.

DESCRIPTION

A herb. It grows 15-60 cm tall. The leaves are broad and sword shaped. They are 3-12 cm long by 2-5 cm wide. The flowers are 2-5 cm across. The seed pods explodes when ripe.

HABITAT

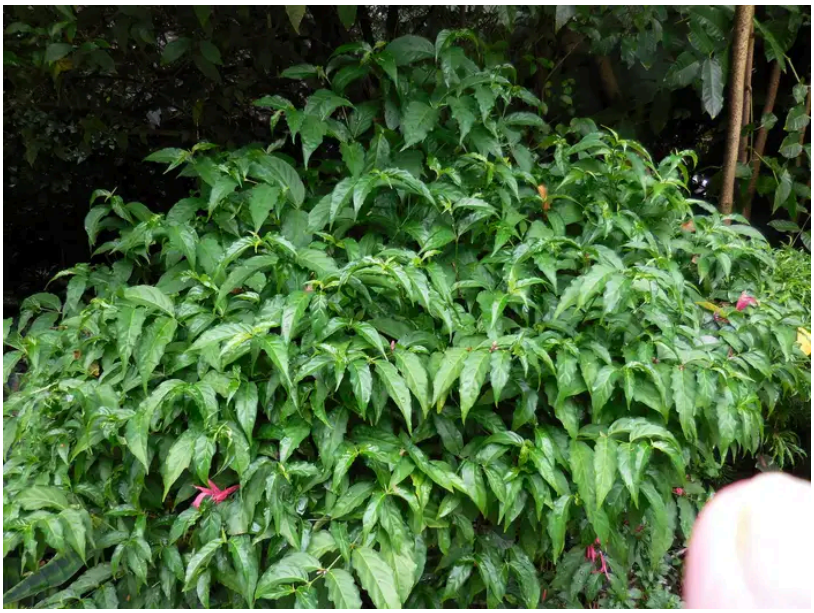
It is a tropical plant. It is damaged by frost. In Australia it grows between 200-800 m above sea level. In Brazil it is recorded at 1,470 m above sea level.

PRODUCTION

Cultivation

It can be grown from seeds.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

da Cruz Alves, Thiago, 2020, Plantas Alimentícias Não Convencionais (PANC) da Travessia Teresópolis - Petrópolis, Serra dos Órgãos, RJ / Thiago da Cruz Alves. - Rio de Janeiro, 2020. p 29, 47

Benvenuti, S. & Mazzoncini, M., 2021, The Biodiversity of Edible Flowers: Discovering New Tastes and New Health Benefits. Frontiers in Plant Science Article 569499.

Rop, O., et al, 2012, Edible Flowers - A New Promising Source of Mineral Elements in Human Nutrition. Molecules 2012, 17, 6672-6683

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/421fb61f-df35-4f22-a4ec-589048c783e2