PLANT FACT SHEET

Impatiens scabrida DC.

GENUS *Impatiens* **FAMILY** Balsaminaceae

COMMON NAMES Rugged yellow balsam

EDIBLE PARTS AND USES

Edible parts: Seeds, Pods

The seeds are pickled or eaten raw.
The young plant is cooked and eaten as a vegetable.

DESCRIPTION

An erect herb. It grows to 50 cm high. The leaves are alternate and have stalks. They are oval to sword shaped and have teeth along the edge. The base is narrowed into the stalk. The flowers are yellow. They are usually on two flowered stalks in the axils of leaves. The spur is short. It is slightly curved. The fruit is a capsule.

HABITAT

It is a temperate plant. In Nepal it grows between 1000-3600 m altitude. It grows in shade in rocky areas.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 850 Impatiens species.

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