PLANT FACT SHEET

Impatiens aquatilis Hook.f.

GENUS *Impatiens* **FAMILY** Balsaminaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

The leaves are eaten raw with chilli sauce.

DESCRIPTION

A herb. It grows each year from seed. It grows 30-50 cm tall. The nodes are swollen and have a few roots from them. The leaves are alternate and those in the upper part of the stem are crowded. They are pale green underneath. The leaves are narrowly oval and 5-12 cm long by 2-3 cm wide.

HABITAT

It is a subtropical plant. It grows in shaded moist places between 1,500-3,000 m above sea level. It grows in Yunnan in China.

REFERENCES

Ghorbani, A., et al, 2012, A comparison of the wild food plant use knowledge of ethnic minorities in Naban River Watershed Nature Reserve, Yunnan, SW China. Journal of Ethnobiology and Ethnomedicine; 8:17

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6dae90fe-9f77-45b2-9bca-d48886eddafb