PLANT FACT SHEET

Impatiens puberula DC.

GENUS *Impatiens* **FAMILY** Balsaminaceae

COMMON NAMES Bhenda ghans, Masino ratanaulo

EDIBLE PARTS AND USES

Edible parts: Seeds

Seeds are pickled.

DESCRIPTION

A hairy herb. It grows each year from seed. It grows 30-60 cm tall. The leaves are alternate. They are oval to sword shaped and taper to the point. They have rounded teeth along the edge. They are hairy on both surfaces. The flowers occur singly. They are purple and have a long spur. The spur curves inwards.

HABITAT

It is a temperate plant. In Nepal the plants grow between 1500-2700 m altitude. They grow in moist, shady places.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 850 Impatiens species.

REFERENCES

Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 271

Prodr. 1:687. 1824

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6eb4b456-5b93-48b5-bf40-251e7b29a007