PLANT FACT SHEET

# *Impatiens radiata* Hook.f.

**GENUS** *Impatiens* **FAMILY** Balsaminaceae

## EDIBLE PARTS AND USES

**Edible parts:** Fruit, Seeds

The fruit and seeds are eaten raw.

## DESCRIPTION

A herb. It grows 80 cm tall. It has several branches. The leaves are alternate. They are 6-14 cm long by 2-6 cm wide. The flowers are pale purple to yellow. The fruit is a narrow capsule. The seeds are small and oval.

## HABITAT

It is a temperate plant.

## REFERENCES

Ding, X., 2021, Collection calendar: the diversity and local knowledge of wild edible plants used by Chenthang Sherpa people to treat seasonal food shortages in Tibet, China. Journal of Ethnobiology and Ethnomedicine 17:40

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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/741070fc-b194-40f2-8495-5a14df79c90f