PLANT FACT SHEET

Impatiens parviflora DC.

GENUS *Impatiens* **FAMILY** Balsaminaceae

COMMON NAMES Small balsam

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The leaves are used in salads.
The seeds are eaten raw.

DESCRIPTION

A herb. It grows each year from seed. It grows 30-60 cm tall. The leaves are alternate. They are pale green underneath. The leaves are 6-11 cm long by 4-5 cm wide. The seeds are about 3 mm long.

HABITAT

It is a temperate plant. It grows on riverbanks and moist places along canals between 1,200-1,700 m above sea level in western China.

NOTES

There are about 850 Impatiens species.

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