PLANT FACT SHEET

Impatiens amplexicaulis Edgew.

GENUS *Impatiens* **FAMILY** Balsaminaceae

COMMON NAMES Clasping-leaf balsam

EDIBLE PARTS AND USES

Edible parts: Seeds

DESCRIPTION

An annual plant. It grows 20-40 cm tall. The stems are 4 sided. The leaves are opposite in the lower part of the stem and opposite in the upper part. They do not have leaf stalks. The leaves are oblong and 5-15 cm long by 3-5 cm wide. There are teeth along the edge. There are 6-13 flowers in a group in the axils of leaves. The flowers are pink or purple. The fruit is a capsule. The seeds are oval and black-brown.

HABITAT

It is a temperate plant. In Tibet it grows along roadsides between 2,900-3,200 m above sea level.

NOTES

There are about 850 Impatiens species.

REFERENCES

Gautam, R. S., et al, 2020, Wild Edible Fruits of Nepal. Int. J. Appl. Sci. Biotechnol. Vol 8(3): 289-304

Singh, H.B., Arora R.K.,1978, Wild edible Plants of India. Indian Council of Agricultural Research, New Delhi. p 82 (As Impatiens amplexicaule)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/97c5f11f-ef85-4ee8-84b9-b1e4e2526630