PLANT FACT SHEET

Impatiens noli-tangere L.

GENUS *Impatiens* **FAMILY** Balsaminaceae

COMMON NAMES Touch-me-not, Snapweed, Wild sesame

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves

The young leaves are cooked as a vegetable.
The seeds are used as sesame.

DESCRIPTION

A succulent annual herb. It grows 40-100 cm high. The leaves are alternate and narrowly oval. They are 5-10 cm long by 2.5 cm wide. They taper to the tip and are wedge shaped at the base. There are rounded teeth along the edge. The flowers are showy and have yellow and red spots. They have 2 equal halves. There are 2 or 3 flowers in a cluster on slender stalks. The fruit are narrow capsules that open explosively. They coil back. There are mant brown seeds.

HABITAT

In China it grows in the mountains in western Hubei. It grows in shady, damp places. It grows along canals between 900-2,400 m above sea level.

NOTES

There are about 850 Impatiens species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a08df7ef-a73e-4856-a8c6-781702be698e