PLANT FACT SHEET

Impatiens aurella Rydb.

GENUS *Impatiens* **FAMILY** Balsaminaceae

COMMON NAMES Pale-yellow Touch-me-not

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds

The young shoots are cooked and the water changed.
The seeds are eaten raw or cooked.

DESCRIPTION

A herb that grows each year from seed. It can grow 1 m tall. The leaves are alternate and oval. They are 2-8 cm long. There are teeth along the edge. There can be 1 or several flowers in the axils of leaves. They have a pouch and a spur curved forward. The fruit is a capsule 1-2 cm long. It splits open to release many seeds.

HABITAT

It is a temperate plant.

NOTES

There are about 850 Impatiens species.

REFERENCES

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK.
http://www.scs.leeds.ac.uk/pfaf/

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a5a878dd-9ee5-459a-add7-4e94b6ceaf56