PLANT FACT SHEET

Impatiens sulcata Wall.

GENUS *Impatiens* **FAMILY** Balsaminaceae

COMMON NAMES Grooved balsam, Gigantic Himalayan balsam

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Fruit

The ripe fruit are eaten fresh.
The seeds are pickled.

DESCRIPTION

An annual herb. It grows to about 1 m high. The leaves are opposite and stalked. The tip is pointed and there are teeth around the edge. The flowers are pink.

HABITAT

It is a temperate plant. In Nepal it grows between 1700-4000 m altitude. It grows in shaded moist places. It grows between 3,000-4,000 m altitude in Xizang (Tibet).

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 850 Impatiens species.

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