PLANT FACT SHEET

# *Impatiens flemingii* Hook.f.

**GENUS** *Impatiens* **FAMILY** Balsaminaceae

**COMMON NAMES** Himachal balsam

## EDIBLE PARTS AND USES

**Edible parts:** Fruit

The fruit are eaten raw.

## DESCRIPTION

An annual herb. The flowers have stalks and are white and pink with a yellow throat. They are 1-3 cm long.

## HABITAT

It is a temperate plant.

## REFERENCES

Gillani, S. W., et al, 2024, The nexus between ecology of foraging and food security: cross-cultural perceptions of wild food plants in Kashmir Himalaya. Journal of Ethnobiology and Ethnomedicine, (2024) 20:77

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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/bc662c40-7ec1-45fb-a07c-8c3323c98008