PLANT FACT SHEET

Impatiens racemosa DC.

GENUS *Impatiens* **FAMILY** Balsaminaceae

COMMON NAMES Anchirna, Mauphul

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves, Flowers, Shoots

The seeds are pickled.
The leaves and flowers are cooked and eaten as a vegetable.

DESCRIPTION

A herb which has many branches. It grows each year from seed. It grows 20-60 cm tall. The leaves are alternate and have stalks. They are oval and taper to the tip. They have small rounded teeth along the edge. The flowers are yellow. The spur is rounded. The fruit is a capsule and is club shaped. The seeds are brown and oblong.

HABITAT

It is a temperate plant. In Nepal, plants grow between 1300-3900 m altitude. They grow in damp places.

PRODUCTION

Cultivation

Plants are grown from seed.

NOTES

There are about 850 Impatiens species.

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