PLANT FACT SHEET

Impatiens macroptera Hook. f.

GENUS *Impatiens* **FAMILY** Balsaminaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are eaten as a vegetable.

DESCRIPTION

A herb that keeps growing from year to year. It grows 50 cm high. It has red flowers.

HABITAT

It is a tropical plant. It grows between 600-1,350 m above sea level. It grows in humid, shaded forest.

REFERENCES

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 332

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d7a985b2-6c86-461c-93cd-2900d73550c7