PLANT FACT SHEET

Impatiens niamniamensis Gilg.

GENUS *Impatiens* **FAMILY** Balsaminaceae

COMMON NAMES Parrot plant

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

The leaves are eaten as a vegetable.
The leaves are also burnt to provide a vegetable salt.

DESCRIPTION

A small evergreen shrub. It grows 90 cm high and spreads 40 cm wide. The leaves are simple and arranged in spirals. The leaf stalk is 1-10 cm long. The leaf blade is broadly oval and 22 cm long by 9 cm wide. The leaves have deep teeth. The flowers are red and large. They are in the axils of leaves. The upper petals are yellow and they have long spurs. The fruit is fleshy and has 5 valves. It explodes as it splits open.

HABITAT

It is a tropical plant. It grows in shady places. It can be in swamps and along rivers in forests. It grows between 350-2,400 m above sea level. It suits hardiness zones 10-12.

NOTES

There are about 850 Impatiens species.
In Slovenia probably in a hot house.

PICTURES

Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f8b7bb25-17cf-4bf3-8df1-a83589c0b5f9