

# Himalayan balsam

*Impatiens* sp. (Family *Balsaminaceae*)



The seeds taste slightly nutty and can be eaten raw or roasted.



The typical spring fruits are unmistakable. There are 3 species in Germany, although only the great skipping orchid, also called "farmer's orchid", is native.



The species name *Impatiens noli-tangere* means "The impatient touch-me-not".



All parts of the plant except the seeds are slightly poisonous. The lower stem sections can be used in small doses for constipation.