

Comparative Seed Manual: BALSAMINACEAE

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This seed manual consists of photos and relevant information on plant species housed in the Integrative Subsistence Laboratory at the Anthropology Department, University of California, Santa Barbara. The impetus for the creation of this manual was to enable UCSB graduate students to have access to comparative materials when making in-field identifications. Most of the plant species included in the manual come from New World locales with an emphasis on Eastern North America, California, Mexico, Central America, and the South American Andes.

Published references consulted¹:

- 1998. Moerman, Daniel E. *Native American ethnobotany*. Vol. 879. Portland, OR: Timber press.
- 2009. Moerman, Daniel E. *Native American medicinal plants: an ethnobotanical dictionary*. OR: Timber Press.
- 2010. Moerman, Daniel E. *Native American food plants: an ethnobotanical dictionary*. OR: Timber Press.

Species included herein:

Impatiens balsamina

¹ **Disclaimer:** Information on relevant edible and medicinal uses comes from a variety of sources, both published and internet-based; this manual does **NOT** recommend using any plants as food or medicine without first consulting a medical professional.

Impatiens balsamina



Family: Balsaminaceae

Common Names: Garden balsam, Garden jewelweed, Rose balsam, Spotted snap weed, Touch-me-not

Habitat and Growth Habit: This plant can be found in India, Southeast Asia, and Northeastern America.

Human Uses: Human uses include a variety of uses from extracting dye and landscaping to traditional medical uses. Some of the medicinal usages include treatment of joint pain, cancer, and warts. The flower juice has been used in treating snake bites, and the flowers are also useful in cooling down burns for relief. The leaf juice is used in treatment of warts. The seed itself has also been used in treating cancer. Lastly, the alcohol from the flowers has antimicrobial action against some human pathogens including fungi and bacteria.

Sources Consulted:

<http://www.missouribotanicalgarden.org/PlantFinder/PlantFinderDetails.aspx?kempercode=a585>, accessed February 22, 2019.

<http://www.pfaf.org/user/Plant.aspx?LatinName=Impatiens+balsamina>, accessed February 22, 2019.

<https://plants.usda.gov/core/profile?symbol=IMBA>, accessed February 22, 2019.