



INVASIVE

Himalayan balsam

Impatiens glandulifera

- My flowers produce a lot of nectar, drawing pollinators away from the native plants around me.
- Some think my flowers are shaped like a British police officer's helmet, which explains my other common name, 'Policeman's helmet'.
- When my seed pods dry out they explode when touched and can spread my seeds up to 7 m away.