

School-to-Nature



Jewelweed Plant



Jewelweed Flower



Jewelweed Seed Capsule

Jewelweed

(Also called Orange Jewelweed, Orange Balsam, Common Jewelweed and Spotted Jewelweed)

Jewelweed is a member of the Balsam Family, and its scientific name is *Impatiens Capensis*; it is a wild version of *Impatiens* plants found at garden centers. Jewelweed lives in moist, semi shady areas in floodplain forests, forest edges, ditches, creeks and culverts. On Caledonia Conservancy lands it is found at Trout Ponds Prairie.

It can grow 3 to 5 feet tall and blooms late spring to early fall. It is mostly pollinated by bumblebees and hummingbirds.



Jewelweed Leaf

When it is ripe, the seed pod or capsule (right-hand top photo) can burst open at the slightest touch to spread the seeds, so this plant has also been called Touch-Me-Not. If you see a ripe dry seed capsule, give it a try.

Jewelweed is a healing plant. It can be used to treat rashes from plants like poison ivy, stinging nettle (the two photos at the right) and also poison oak and poison sumac. Crush the leaves and stems and rub the plant's juice on the rash. How nice of Mother Nature, since jewelweed is often found near stinging nettle. The juice from the stem has also been used for athlete's foot. Learn to recognize Jewelweed, as well as the two at the right; this knowledge could be valuable to you.



Poison Ivy



Stinging Nettle

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