

# Jewelweed

*Impatiens capensis*

Plant of the week



*Impatiens* = Impatient, the seeds explode out of pods when touched. Jewelweed is also called touch-me-not

*capensis* = from the cape. Misnomer as it was thought it came from the Cape of Good Hope.





“Knotty” stem





Showy orange flowers.

Attractive to butterflies and humming birds.

Flowers June to October.





Coarsely serrated leaves

Edible but not fine dining.  
Boil young shoots (less  
than 6 in / 15 cm tall)  
twice for 10 to 15 minutes,  
draining each time.





Found in most of Canada and the lower 48 states except for Montana, Wyoming, New Mexico, Arizona, Utah, Nevada, and California.





Streamside, moist soil.

Shallow roots.





## Making jewelweed tincture.

Pick jewelweed and cut stems into 2 inch segments. Cram it into a pint mason jar. Fill with rubbing alcohol and let sit for 2 to 3 weeks.







Reduces itching

Rub on skin for poison ivy  
rash



Reduces itching

Rub on skin for stinging  
nettles rash





Reduces itching

Rub on skin for bug bites





Hollow succulent stems.

<http://identifythatplant.com/is-it-pallida-or-is-it-capensis/>



As an alternative you can just crush the stems and rub the juice on the rash or use it as a preventive, rubbing it on as soon as you know you have contacted the poison ivy.



Conveniently, nettles,  
poison ivy and jewelweed  
are often found growing  
near each other.



Or you can make your own  
poison ivy soap out of  
jewelweed.

<http://simplelifemom.com/2015/07/26/how-to-make-poison-ivy-soap-with-jewelweed/>



Or you can buy it.



<https://www.naturalhealthyconcepts.com/>

