




Impatiens capensis

Orange or Spotted Jewelweed

Tried and True
Native Plant Selections
for the Mid-Atlantic



The showy flowers of this **native** annual dangle on slender stalks mid-summer to early fall, common along stream banks and in swamps, moist meadows, and marshes throughout the Mid-Atlantic Region. Water droplets captured on its leaves glisten, giving rise to its common name, Jewelweed. The violent dispersal of seeds from ripe capsules, which burst open upon contact, give it another common name, Touch-me-not.

Annual	En Masse, Flower with Sweat Bee, Fruit, Seeds
Height: 1½–5 foot	
Spread: 1½–2½ foot	
Bloom Color: Orange with red spots	
Characteristics	 
Self-seeding annual herb	
Alternate , pinnately-veined , broad-toothed, ovate , dull green, petiolate leaves on round, fragile stems	
Clusters of 1–3 cornucopia-shaped flowers with 5 petals & 3 sepals , one of which forms a rear nectar spur, dangle on slender pedicels July until frost	
Ripe slender fruit capsules burst open to disperse seeds a goodly distance	
Remains in the landscape through self-seeding, aggressively spreading in the right conditions	
Attributes	
Tolerates full shade, clay soil , and wet soil	
No serious pests or diseases; deer occasionally damage* browsing the foliage	
Ethnobotanic use of plant juices to relieve itching	
Attracts hummingbirds, bees, and sometimes swallowtails to nectar; gamebirds and white-footed mice to seeds; larval host to ~15 lepidopterans	
Growing and Maintenance Tips	Excellent Replacement for
Soil Requirements: Average, well-drained	<i>Impatiens glandulifera</i> - Ornamental Jewelweed
Light Requirements: Partial Shade, Shade	<i>Hesperis matronalis</i> - Dame's Rocket
Water Requirements: Moist, Wet	
Use in annual, shade, wildflower, or rain gardens and along pond or stream edges	*Research, i.e., Historically browsed jewelweed populations exhibit greater tolerance to deer herbivory than historically protected populations (Martin, et.al. 2014), showed that Jewelweed populations that have normally grown in unprotected areas produced 160% more seeds than Jewelweed protected by fencing or other barriers.
Hardiness: USDA Zones 2a–11b	
<i>developed by Master Gardeners of Northern Virginia, serving Arlington and Alexandria</i>	

Images by Elaine Mills (top and bottom), US National Arboretum and by Mary Free (middle), Glencarlyn Park