

Himalayan Balsam (*Impatiens glandulifera*)

Himalayan Balsam, sometimes referred to as Policeman's Helmet, is an invasive plant that has been found invading areas near waterways in the District of Kent. It can be recognized by its exotic pink and purple flowers, shaped vaguely like a helmet.

Himalayan Balsam outcompetes native plants along stream banks, forming dense monocultures. As an annual plant, the above-ground portion dies off in the winter, leaving behind only a shallow root system. This leaves stream banks at Himalayan Balsam sites vulnerable to bank erosion and potential collapse.



*(Credit: Phil Sellens from East Sussex / CC BY
(<https://creativecommons.org/licenses/by/2.0>))*



*(Credit: W. Bulach / CC BY-SA
(<https://creativecommons.org/licenses/by-sa/4.0>))*

Plants can be treated through hand-pulling or cutting. Treatment is best conducted before seedpods are present, to avoid further spread.

To report Himalayan Balsam on your own property or on District property, and learn more information about your treatment options, please contact Dave Charbula, Environmental and Engineering Technologist at dcharbula@kentbc.ca or 604-796-2235.

For more information, see the following links:

<https://bcinvasives.ca/invasive-species/identify/invasive-plants/himalayan-balsam>

https://bcinvasives.ca/documents/Himalayan_Balsam_TIPS_2017_WEB.pdf

<http://nwipc.org/plants/himalayan-balsam>