

# Policeman's helmet

*Impatiens glandulifera*

Impatiens Family

## Key identifying traits

- ❑ Flowers are white, pink or purple resembling an old-fashioned English policeman's helmet
- ❑ Plants grow to 10' tall
- ❑ Stems are hollow with a purple or reddish tinge
- ❑ Leaves are oblong to egg-shaped; edges serrated
- ❑ The fruit is a five chambered capsule capable of producing 800 seeds

## Biology and ecology

- An annual plant reproducing from seed
- It is often sold as an ornamental
- This plant is a native to India and the western Himalayas
- It has a very shallow root system and requires a high soil moisture to grow
- When touched, the mature seed pods split and eject seeds up to 20 feet

## Control

*Prevention* - Learn to identify plants; do not purchase plants that have invasive tendencies; start monitoring early in the season; do not allow plants to produce seed

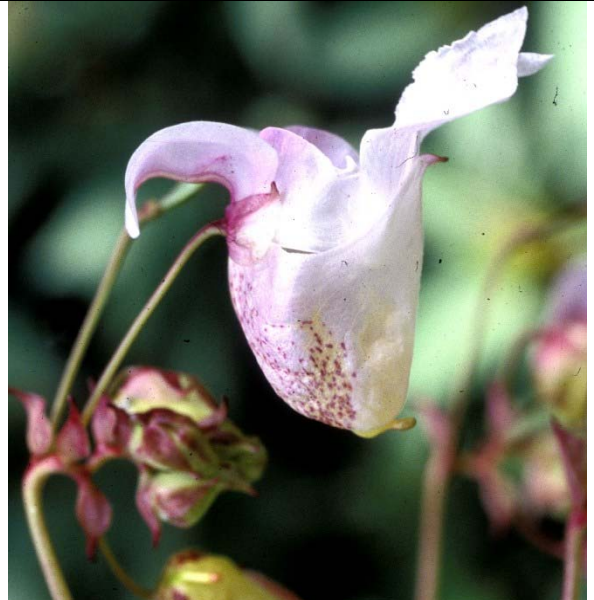
*Biological* - No known biological control in our area

*Cultural* - Planting a competitive grass or other cover crop can help keep weed seeds from germinating

*Mechanical* - Hand pulling is very effective due to the shallow roots; sheep and cattle are used to graze the plants in Britain; mowed or cut plants may resprout

*Chemical* - Herbicides with 2,4-D and triclopyr have been said to be effective as well as glyphosate; the [PNW Weed Management handbook](#) does not have specific chemical recommendations for policeman's helmet at this time

*Where found* - Not known to be in Stevens County at this time; in Washington it is found in Pend Oreille County and in a few counties in Western WA



All photos courtesy WSNWCB

