

A GIANT PROBLEM



Growing to a height of over three metres, Himalayan balsam is a highly destructive invasive species, which crowds out native plants and causes erosion.

HELP STEM THE SPREAD - #PULLSNAPSTOMP

If you are out for a walk this summer, look out for Himalayan balsam and pull up a few plants. Here's what to do:

Pull

Individual balsam stems pull up very easily.

Snap

Break off the root below the lowest growing node.

Stomp

Put into a small pile to rot down, away from the path. Bigger piles can be stamped on to assist the rotting process.



IDENTIFICATION

The plants have pinky-red hollow jointed stems and shiny green lance shaped leaves. The flowers range from purplish-pink to almost white in colour and are slipper shaped, appearing on long stalks between June and October.



THINGS TO BE AWARE OF...

- If the seeds have already developed then please don't pull the Himalayan balsam
- Himalayan balsam is non-toxic, but it is still advisable to wash your hands
- Leave any plants that you can't safely reach
- Don't trespass onto private land
- Record the presence of Himalayan balsam on a national database. This is easily done online via PlantTracker.

VISIT: [WATERWAYS.ORG.UK/HIMALAYANBALSAM](https://www.waterways.org.uk/himalayanbalsam)



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