

# 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:

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| <b>Pull</b>  | Individual balsam stems pull up very easily.   |
| <b>Snap</b>  | Break off the root below the lowest growing node.  |
| <b>Stomp</b> | 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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