



Help us Beat the Balsam!

Himalayan Balsam – Invasive Non-Native Species (INNS)



What is it and why is it a problem?

Himalayan Balsam is a non-native plant species which threatens our native plants. The plant can produce many seeds, which are released from the explosive pods and can travel up to 7m in distance allowing the plant to spread quickly and out compete our native species. The seeds can grow and establish themselves anywhere, which is another reason why we need your help to eradicate this plant from our countryside.



How can we work together to help tackle it?

We are asking you, the people that use the footpaths throughout this woodland to help us fight this invasive species and to help our native species survive and thrive.

If you see this plant along the edge of a footpath, we are asking if you can:

- Pull - Pull the plant out of the ground (including the roots)
- Break - Break the plant up by snapping the stem in multiple places
- Squash - Finish it off by placing the plant on the ground and squashing it with your shoes. Then leave the plant to decompose naturally on the side of the path



If the seed pods look like the ones above, it's important that you don't pull the plant as this will cause the seed pods to burst and disperse over a large area

We advise wearing gloves when pulling Himalayan Balsam although the plant is not harmful to your health.

Himalayan Balsam should not be pulled if the seed pods are mature.

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Find out more here:

