

# Areca catechu L., 1753 (Palmier à bétel)

Identifiants : 3047/arecat

Association du Potager de mes/nos Rêves (<https://lepotager-demesreves.fr>)

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- **Classification phylogénétique :**

- Clade : Angiospermes ;
- Clade : Monocotylédones ;
- Clade : Commelinidées ;
- Ordre : Arecales ;
- Famille : Arecaceae ;

- **Classification/taxinomie traditionnelle :**

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Liliopsida ;
- Ordre : Arecales ;
- Famille : Arecaceae ;
- Tribu : Areceae ;
- Genre : Areca ;

- **Synonymes :** x (=) *basionym*, *Areca cathechu* Burm.f. 1768, *Areca faufel* Gaertn. 1788, *Areca himalayana* Griff. ex H.Wendl. 1878, *Areca hortensis* Lour. 1790, *Areca nigra* Giseke ex H.Wendl. 1878, *Sublimia areca* Comm. ex Mart. 1838 ;

- **Synonymes français :** aréquier, noyer d'Arec, noix d'Arec {fruit}, noyer de Bétel, noix de Bétel {fruit}, aréca, palmier d'Arec, betel, catechu, noisette de d'Inde, noix d'arec ;

- **Nom(s) anglais, local(aux) et/ou international(aux) :** *areca palm*, *areca-nut* (*areca nut*), *areca-nut palm*, *Betel palm*, *betel-nut palm*, *betelnut* (*Betel nut*), *catechu*, *Indian-nut*, *Pinang palm*, *bin lang* (cn transcrit), *betelpalm* (nl), *pinangboom* (nl), *Betelnuß* (de), *Betelpalme* (de), *Catechu-Palme* (de), *Areca Nüss* (de), *supari* (in), *chikni* (in), *chili pan* (in), *pinang* (ms), *arequeira* (pt), *nuez de areca* (es), *areca* (es), *bonga* (es), *betelpalm* (sv), *puwak* (si), *supari* (hi), *noce di areca* (it), *pak-ku* (local), *pinang* (local) ;



- **Note comestibilité :** \*\*\*

- **Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) :**

**Fruit (graines crues<sup>{{(27(+x)}}</sup> ou cuites<sup>(dp\*)</sup> (bouillies) [nourriture/aliment : légume<sup>{{(2(+)(dp\*)}}</sup> utilisé sous forme de tranches roulées dans une feuille de "betel" (*Piper betle* L.) et un peu de chaux<sup>μ</sup>[[Wiki allemandμ]] comestible.**

Détails :

**Masticatoire d'importance majeure ; plante cultivée en Asie<sup>{{(27(+x)}}</sup>.**

**La noix est mâchée (avec de la chaux et du piment de bétel) comme masticatoire. Le cœur du palmier est comestible et mangé cru ou cuit. Il est également utilisé pour les cornichons. Les jeunes fruits sont utilisés pour attendrir la viande. ATTENTION La mastication de la noix de bétel est associée au cancer de la bouche et de la gorge. Il contient des alcaloïdes et des tanins**

**Partie testée :** noix<sup>{{(0(+x)}}</sup> (traduction automatique)

**Original :** Nuts<sup>{{(0(+x)}}</sup>

Taux d'humidité    Énergie (kj)    Énergie (kcal)    Protéines (g)    Pro-    Vitamines C (mg) Fer (mg)    Zinc (mg)



Samoa, Asie du Sud-Est, Singapour, Îles Salomon, Sri Lanka, Suriname, Taiwan, Tanzanie, Thaïlande, Timor-Leste, USA, Vietnam, Afrique de l'Ouest, Antilles, Yap<sup>{{(0+X)}} (traduction automatique)</sup>.

Original : Africa, Andamans, Asia, Australia, Bangladesh, Bhutan, Cambodia, Cameroon, Central Africa, China, Cuba, Dominican Republic, East Africa, East Timor, Fiji, Grenada, Guam, Haiti, Hawaii, Himalayas, India, Indochina, Indonesia, Jamaica, Laos, Malaysia, Maldives, Marshall Islands, Mayotte, Micronesia, Myanmar, Nepal, Northeastern India, Pacific, Pakistan, Palau, Papua New Guinea, PNG, Philippines, Pohnpei, Puerto Rico, Samoa, SE Asia, Singapore, Solomon Islands, Sri Lanka, Suriname, Taiwan, Tanzania, Thailand, Timor-Leste, USA, Vietnam, West Africa, West Indies, Yap<sup>{{(0+X)}}.</sup>

◦ Notes :

Les graines contiennent l'alcaloïde arécolaine et d'autres alcaloïdes. Il existe 60 espèces d'Areca. Ils sont tropicaux. Les noix peuvent contenir une quantité importante de fluorure ingérée lors de la mastication<sup>{{(0+X)}} (traduction automatique)</sup>.

Original : Seeds contain the alkaloid arecolaine and others alkaloids. There are 60 Areca species. They are tropical. The nuts can contain significant fluoride which is ingested while chewing<sup>{{(0+X)}}.</sup>

- Nombre de graines au gramme : 3,2 ;

- Liens, sources et/ou références :

◦ Wikipedia :

- [https://fr.wikipedia.org/wiki/Palmier\\_%C3%A0\\_b%C3%A9tel\\_\(en\\_français\)](https://fr.wikipedia.org/wiki/Palmier_%C3%A0_b%C3%A9tel_(en_fran%C3%A7ais)) ;
- [https://de.wikipedia.org/wiki/Betelnusspalme\\_\(source\\_en\\_allemand\)](https://de.wikipedia.org/wiki/Betelnusspalme_(source_en_allemand)) ;

◦ <sup>5</sup>"Plants For a Future" (en anglais) : [https://pfaf.org/user/Plant.aspx?LatinName=Areca\\_catechu](https://pfaf.org/user/Plant.aspx?LatinName=Areca_catechu) ;

dont classification :

- "The Plant List" (en anglais) : [www.theplantlist.org/tpl1.1/record/kew-14517](http://www.theplantlist.org/tpl1.1/record/kew-14517) ;
- "GRIN" (en anglais) : <sup>2</sup><https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomydetail?id=3903> ;

dont livres et bases de données : <sup>27</sup>Dictionnaire des plantes comestibles (livre, page 33, par Louis Bubenicek) ;

dont biographie/références de <sup>0</sup>"FOOD PLANTS INTERNATIONAL" :

Ali, A. M. S., 2005, *Homegardens in Smallholder Farming Systems: Examples from Bangladesh*. Human Ecology, Vol. 33, No. 2 pp. 245-270 ; Ambasta S.P. (Ed.), 2000, *The Useful Plants of India*. CSIR India. p 50 ; Awasthi, A.K., 1991, *Ethnobotanical studies of the Negrito Islanders of Andaman Islands, India - The Great Andamanese*. *Economic Botany* 45(2) pp274-280 ; Baker, W.J. and Dransfield, J., 2006, *Field Guide to Palms of New Guinea*. *Kew* p 53 ; Balick, M.J. and Beck, H.T., (Ed.), 1990, *Useful palms of the World. A Synoptic Bibliography*. *Colombia* p 74, 121, 447 ; Bandyopadhyay, S. et al, 2009, *Wild edible plants of Koch Bihar district, West Bengal*. *Natural Products Radiance* 8(1) 64-72 ; Barfod, A.S., Banka R., and Dowe, J. L., 2001, *Field Guide to Palms in Papua New Guinea*. *AAU Reports 40 Department of Systematic Botany University of Aarhus. Denmark*. p 56 ; Batet, K., Koil, U., and Hertel, H., 1998, *Traditional Plant Use by the Didipa Clan, Baitabag, Papua New Guinea*. *GDS*. p 23 ; Bircher, A. G. & Bircher, W. H., 2000, *Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics*. *AUC Press*. p 40 ; Blomberry, A. & Rodd, T., 1982, *Palms. An informative practical guide*. *Angus & Robertson*. p 51 ; Bodkin, F., 1991, *Encyclopedia Botanica*. *Cornstalk publishing*, p 98 ; Borrell, O.W., 1989, *An Annotated Checklist of the Flora of Kairiru Island, New Guinea*. *Marcellin College, Victoria Australia*. p 35 ; Bremness, L., 1994, *Herbs*. *Collins Eyewitness Handbooks*. *Harper Collins*. p 37 ; Brickell, C. (Ed.), 1999, *The Royal Horticultural Society A-Z Encyclopedia of Garden Plants*. *Convent Garden Books*. p 133 ; Brouk, B., 1975, *Plants Consumed by Man*. *Academic Press, London*. p 373 ; Brown, D., 2002, *The Royal Horticultural Society encyclopedia of Herbs and their uses*. *DK Books*. p 128 ; Burkill, H. M., 1985, *The useful plants of west tropical Africa*, Vol. 4. *Kew*. ; Burkill, I.H., 1966, *A Dictionary of the Economic Products of the Malay Peninsula*. *Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia*. Vol 1 (A-H) p 223 ; Castillo, C., 2013, *The Archaeobotany of Khao Sam Kaeo and Phu Khao Thong: The Agriculture of Late Prehistoric Southern Thailand*. *Ph. D. thesis University College, London* ; Chowderly, T., et al, 2014, *Wild edible plants of Uttar Dinajpur District, West Bengal*. *Life Science Leaflets*. 47:pp 20-36 <http://lifesciencesleaflets.ning.com> ; Clarke, W.C. & Thaman, R.R., 1993, *Agroforestry in the Pacific Islands: Systems for sustainability*. *United Nations University Press*. *New York*. p 222 ; Cogley, L.S. (rev. Steele, W.M.) 2nd Ed., 1976, *An Introduction to the Botany of Tropical Crops*. *Longmans*. p 217 ; Cundall, P., (ed.), 2004, *Gardening Australia: flora: the gardener's bible*. *ABC Books*. p 180 ; Elevelitch, C.R.(ed.), 2006, *Traditional Trees of the Pacific Islands: Their Culture, Environment and Use*. *Permanent Agriculture Resources, Holualoa, Hawaii*. p 69 ; Etherington, K., & Imwold, D., (Eds), 2001, *Botanica's Trees & Shrubs. The illustrated A-Z of over 8500 trees and shrubs*. *Random House, Australia*. p 103 ; Ethnobotany of Karbis. Chapter 4 in p 107 ; Evans, B. R, 1999, *Edible Nut Trees in Solomon Islands. A variety collection of Canarium, Terminalia and Barringtonia*. *ACIAR Technical Report No. 44 96pp* ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants*. *Kampong Publications*, p 26 ; Farnworth, E.R., 1976, *Betel Nut- Its Composition, Chemistry and Uses*, *Science in New Guinea* 4 (2): 85-90 ; *Flora*

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