

Vigna unguiculata (L.) Walp., 1843 (Niébé)

Identifiants : 40646/vigung

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

Fiche réalisée par Patrick Le Ménahèze

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- Classification phylogénétique :

- Clade : Angiospermes ;
- Clade : Dicotylédones vraies ;
- Clade : Rosidées ;
- Clade : Fabidées ;
- Ordre : Fabales ;
- Famille : Fabaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Fabales ;
- Famille : Fabaceae ;
- Genre : *Vigna* ;

- Synonymes : *Dolichos sesquipedalis* L. 1763 [*Vigna unguiculata* (L.) Walp. subsp. *sesquipedalis* (L.) Verdc.], *Scytalis tenuis* E. Mey. 1836 [*Vigna unguiculata* (L.) Walp. subsp. *tenuis* (E. Mey.) Maréchal et al.], *Vigna baoulensis* A. Chev. 1912 [*Vigna unguiculata* (L.) Walp. subsp. *baoulensis* (A. Chev.) Pasquet], *Vigna dekindtiana* Harms 1901 [*Vigna unguiculata* subsp. *dekindtiana* (Harms) Verdc.], *Vigna mensensis* Schweinf. 1896 [*Vigna unguiculata* (L.) Walp. subsp. *mensensis* (Schweinf.) Verdc.], *Vigna pubescens* R. Wilczek 1954 [*Vigna unguiculata* (L.) ;

- Synonymes français : haricot à l'oeil noir [subsp. *unguiculata*], pois yeux noirs [subsp. *unguiculata*], cornille [subsp. *unguiculata*], voème, haricot dolique, dolique mongette [subsp. *cylindrica*], dolique de Chine [subsp. *cylindrica* et subsp. *unguiculata*], dolique des vaches [subsp. *cylindrica*], dolique cajun [subsp. *cylindrica*], dolique catjan [subsp. *cylindrica*], haricot asperge (haricot-asperge) [subsp. *sesquipedalis*], dolique asperge [subsp. *sesquipedalis*], haricot-kilomètre (haricot kilomètre) [subsp. *sesquipedalis*], pois-kilomètre [subsp. *sesquipedalis*], haricot liane [subsp. *sesquipedalis*], dolique géante [subsp. *sesquipedalis*], haricot vert chinois [subsp. *sesquipedalis*], dolique à longue cosse [subsp. *sesquipedalis*], haricot indigène [subsp. *unguiculata*], niébé (Afrique) [subsp. *unguiculata*], pois à vaches [subsp. *unguiculata*], niébé [subsp. *unguiculata*], pois à oeil noir [subsp. *unguiculata*], dolique à oeil noir [subsp. *unguiculata*] ;

- Nom(s) anglais, local(aux) et/ou international(aux) : cowpea, black-eye bean, black-eye pea, China pea, marble pea, asparagus-bean [subsp. *sesquipedalis*], black-eyed-pea [subsp. *unguiculata*], catjang [subsp. *cylindrica*], catjang cowpea [subsp. *cylindrica*], Chinese long-bean [subsp. *sesquipedalis*], cowpea [subsp. *unguiculata*], crowder-pea [subsp. *unguiculata*], pea-bean [subsp. *sesquipedalis*], Reeve's-pea, snake-bean, southern-pea [subsp. *unguiculata*], sow-pea [subsp. *cylindrica*], yard-long-bean [subsp. *sesquipedalis*] , Adenguare, Agwa, Akara-binch, Akedi, Akitereku ase, Amuli, Asedua kokoo, Barbat, Be-hlawi, Belawi, Beloi, Besei, Birijori, Black eye pea, Black-eyed bean, Bodi, Bojo, Boo, Bora bean, Bori, Caspi chiclayo, Dau den, Dau-trang, Dinaba, Dinawa, Dolique a oeil noir, Dunguri, Eboo, Eggobe, Ekiyindiru, E-lel, Enkoole, Ere, Ewa, Ewe, Feijao-macanha, Fore-metan, Frejol, Frijol de vaca, Gahat, Imare, Imbumba, Indumba, Iniangu, Jiang dou, Kacang merah, Karnikara, Kattukanam, Kelege kelege, Kollu, Kuerbse, Laputu, Likote, Madan bean, Mandala, Mazi bori, Mbwenge, Mkunde, Mole, Mpindi, Mugobiswa, Munaoa, muNyemba, Mwende, Ngor, Nhebe-limboncadje, Nhebe-limboque, Niaw, Niebe, Nkasa, Nsili, Nyawa, Nyemba, Nyebe, Nyele, Obo, Obo alwala, Omugobe, Peanut bean, Pini, Sasage, Sbaithai, Seb, Shirshira, Sosso, Tau kok, Tchaasse, Te bin, Thua pum, Tindlubu, Tinhlumayo, Titoun'ti, Tnainyeritonn'te, Towo, Wake, Wakei, Watalo-binch, Yoo ;



- Note comestibilité : ****

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

Le niébé est le légume sec favori dans de nombreuses régions d'Afrique. On fait cuire les graines mûres et on les consomme seules ou avec des légumes, des épices et souvent de l'huile de palme, pour produire une soupe de haricots épaisse, qui accompagne l'aliment de base (manioc, igname, plantain). En Afrique de l'Ouest, on décortique les graines et on en fait de la farine que l'on mélange à des oignons émincés et des épices pour confectionner des galettes soit frites (les boulettes d'akara), soit cuites à la vapeur (le "moin moin"). Au Malawi, les graines sont cuites à l'eau avec le tégument intact, ou avec le tégument enlevé par trempage et en laissant les graines dans le sol pendant quelques heures. De petites quantités de farine de niébé sont transformées en biscuits, farine composée et aliments pour bébés au Sénégal, au Ghana et au Bénin.

Les jeunes feuilles, les jeunes gousses et les graines mûres sont toutes consommées. Ils peuvent être cuits à la vapeur, bouillis, sautés, etc. Les feuilles peuvent être séchées et stockées. Les graines séchées sont utilisées dans les soupes et les ragoûts. Ils sont moulus en farine ou fermentés. Les graines sont également utilisées pour les germes de soja

Partie testée : graines - sèches^{{{0(+x)}}} (traduction automatique)

Original : Seeds - dry^{{{0(+x)}}}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
11.2	1189	284	23.5	0	1.5	6.4	0



néant, inconnus ou indéterminés.

- Illustration(s) (photographie(s) et/ou dessin(s)):



De gauche à droite :

Par Curtis, W., Botanical Magazine (1800-1948) Bot. Mag. vol. 48 (1821) [tt. 2189-2274] t. 2232, via plantillustrations
Par Blanco, M., Flora de Filipinas, ed. 3 (1877-1883) Fl. Filip., ed. 3 t. 285, via plantillustrations

- Autres infos :

dont infos de "FOOD PLANTS INTERNATIONAL" :

- Statut :

C'est un aliment précieux ainsi qu'une culture de couverture. Il est devenu bien accepté dans certaines régions de Papouasie-Nouvelle-Guinée. par exemple Baiyer River^{{{0(+x)}}} (traduction automatique).

Original : It is a valuable food as well as a cover crop. It has become well accepted in some areas of Papua New Guinea. eg Baiyer River^{{{0(+x)}}}.

- Distribution :

Il pousse dans les climats tropicaux et subtropicaux. Il pousse du niveau de la mer à 1800 mètres d'altitude sous les tropiques. En Éthiopie, il pousse entre 500 et 2000 m d'altitude. Les plantes peuvent supporter des températures élevées. Certains types peuvent tolérer la sécheresse. Ils sont sensibles au froid et tués par le gel. Les plantes germent à une température comprise entre 11,5 et 15,5 ° C. La meilleure croissance se situe entre 20 et 35 ° C. Ils peuvent pousser sur une gamme de sols à condition qu'ils soient bien drainés. Ce sont des plantes à jours courts. Ils réussissent bien dans les tropiques semi-arides. Il ne tolérera pas les sols acides ou alcalins. Il pousse dans les zones avec une pluviométrie annuelle comprise entre 280 et 410 mm. Il peut pousser dans des endroits arides. Il peut tolérer l'ombre et est donc bon pour les cultures intercalaires.^{{{0(+x)}}} (traduction automatique).

Original : It grows in tropical and subtropical climates. It grows from sea level to 1800 metres altitude in the tropics. In Ethiopia it grows between 500-2,000 m above sea level. Plants can stand high temperatures. Some kinds can tolerate drought. They are sensitive to cold and killed by frost. Plants germinate with a temperature between 11.5-15.5°C. The best growth is between 20-35°C. They can grow on a range of soils providing they are well drained. They are a short day plant. They do well in the semiarid tropics. It will not tolerate acid or alkaline soils. It grows in areas with an annual rainfall between 280-410 mm. It can grow in arid places. It can tolerate shade so is good for inter-cropping

◦ Localisation :

Afghanistan, Afrique, Angola, Asie, Australie, Bangladesh, Barbade, Bénin, Bolivie, Botswana, Brésil, Burkina Faso, Burundi, Cambodge, Cameroun, Caraïbes, Afrique centrale, Amérique centrale, Tchad, Chine, Comores, RD Congo, CÔTE D'IVOIRE, Cuba, Djibouti, République dominicaine, Afrique de l'Est, Timor oriental, El Salvador, Guinée équatoriale, Érythrée, Eswatini, Éthiopie, Fidji, Guyane française, Gambie, Ghana, Guatemala, Guyanes, Guinée, Guinée, Guinée-Bissau, Guyane, Haïti, Hawaï, Himalaya, Inde, Indochine, Indonésie, Iran, Irak, Côte d'Ivoire, Jamaïque, Japon, Kenya, Corée, Laos, Libéria, Macédoine, Madagascar, Malawi, Mali, Mauritanie, Maurice, Mozambique, Myanmar, Namibie, Népal, Niger, Nigéria, Niue, Amérique du Nord, Inde du Nord-Est, Pacifique, Pakistan, Papouasie-Nouvelle-Guinée, PNG, Pérou, Philippines, Porto Rico, Rwanda, Sao Tomé-et-Principe, Arabie saoudite, Asie du Sud-Est, Sénégal, Seychelles, Sierra Leone, Sikkim, Somalie, Afrique du Sud, Afrique australe, Amérique du Sud, Soudan du Sud, Sri Lanka, Soudan, Suriname, Swaziland, Taiwan, Tadjikistan, Tanzanie, Thaïlande, Timor-Leste, Togo, Turquie, Tuvalu, Ouganda, USA, Vietnam, Afrique de l'Ouest, Antilles, Yémen, Yougoslavie, Zambie, Zimbabwe

Original : Afghanistan, Africa, Angola, Asia, Australia, Bangladesh, Barbados, Benin, Bolivia, Botswana, Brazil, Burkina Faso, Burundi, Cambodia, Cameroon, Caribbean, Central Africa, Central America, Chad, China, Comoros, Congo DR, CÔTE D'IVOIRE, Cuba, Djibouti, Dominican Republic, East Africa, East Timor, El Salvador, Equatorial Guinea, Eritrea, Eswatini, Ethiopia, Fiji, French Guiana, Gambia, Ghana, Guatemala, Guianas, Guinea, GUINÉE, Guinea-Bissau, Guyana, Haiti, Hawaii, Himalayas, India, Indochina, Indonesia, Iran, Iraq, Ivory Coast, Jamaica, Japan, Kenya, Korea, Laos, Liberia, Macedonia, Madagascar, Malawi, Mali, Mauritania, Mauritius, Mozambique, Myanmar, Namibia, Nepal, Niger, Nigeria, Niue, North America, Northeastern India, Pacific, Pakistan, Papua New Guinea, PNG, Peru, Philippines, Puerto Rico, Rwanda, Sao Tome and Principe, Saudi Arabia, SE Asia, Senegal, Seychelles, Sierra Leone, Sikkim, Somalia, South Africa, Southern Africa, South America, South Sudan, Sri Lanka, Sudan, Suriname, Swaziland, Taiwan, Tajikistan, Tanzania, Thailand, Timor-Leste, Togo, Turkey, Tuvalu, Uganda, USA, Vietnam, West Africa, West Indies, Yemen, Yugoslavia, Zambia, Zimbabwe

◦ Notes :

Composition chimique: Protéine (brute) = 28,0% (sèche). Matières grasses = 1,4% (sec). Fibre (brute): 3,1% (sèche). Cendres (insolubles) = 3,4% (sèches). Glucides (solubles): Amidon = 33,4% (sec). Saccharose = 6,8% (sec). D-glucose = 0,2% (sec). D-fructose = 0,4% (sec). Acides aminés (g [16g N] -1): acide aspartique = 13,1 g. Thréonine = 4,2 g. Sérine = 4,8 g. Acide glutamique = 17,5 g. Proline = 3,7 g. Glycine = 4,2 g. Alanine = 4,7 g. Valine = 6,1 g. Cystéine = 0,8 g. Méthionine = 1,4 g. Isoleucine = 5,0 g. Leucine = 8,3 g. Tyrosine = 3,6 g. Phénylalanine = 6,4 g. Lysine = 8,2 g. Histidine = 3,5 g. Arginine = 8,9 g. Minéraux: Soufre = 0,16% (sec). Potassium = 0,47% (sec). Magnésium = 0,15% (sec). Calcium = 0,08% (sec). Na = 0,01% (sec). K = 1,43% (sec). Zinc = 28 mg / kg-1 (sec). Fer = 90 mg / kg-1 (sec). Manganèse = 20 mg / kg-1 (sec). Cuivre = 6 mg / kg-1 (sec). Il existe environ 150 espèces de Vigna

Original : Chemical composition: Protein (crude) = 28.0% (dry). Fat = 1.4% (dry). Fibre (crude): 3.1% (dry). Ash (insoluble) = 3.4% (dry). Carbohydrate (soluble): Starch = 33.4% (dry). Sucrose = 6.8% (dry). D-glucose = 0.2% (dry). D-fructose = 0.4% (dry). Amino acids (g [16g N]-1): Aspartic acid = 13.1g. Threonine = 4.2g. Serine = 4.8g. Glutamic acid = 17.5g. Proline = 3.7g. Glycine = 4.2g. Alanine = 4.7g. Valine = 6.1g. Cysteine = 0.8g. Methionine = 1.4g. Isoleucine = 5.0g. Leucine = 8.3g. Tyrosine = 3.6g. Phenylalanine = 6.4g. Lysine = 8.2g. Histidine = 3.5g. Arginine = 8.9g. Minerals: Sulphur = 0.16% (dry). Potassium = 0.47% (dry). Magnesium = 0.15% (dry). Calcium = 0.08% (dry). Na = 0.01% (dry). K = 1.43% (dry). Zinc = 28mg/kg-1 (dry). Iron = 90mg/kg-1 (dry). Manganese = 20mg/kg-1 (dry). Copper = 6mg/kg-1 (dry). There are about 150 Vigna species. They are mostly in the tropics

• Liens, sources et/ou références :

◦ ⁵"Plants For a Future" (en anglais) : https://pfaf.org/user/Plant.aspx?LatinName=Vigna_unguiculata ;

dont classification :

dont biographie/références de ⁰"FOOD PLANTS INTERNATIONAL" :

Abbiw, D.K., 1990, Useful Plants of Ghana. West African uses of wild and cultivated plants. Intermediate Technology Publications and the Royal Botanic Gardens, Kew. p 31 ; ABDELMUTI ; Achigan-Dako, E, et al (Eds), 2009, Catalogue of Traditional Vegetables in Benin. International Foundation for Science. ; Acipa, A. et al, 2013, Nutritional Profile of some Selected Food Plants of Otwal and Ngai Counties, Oyam District, Northern Uganda.

African Journal of Food, Agriculture, Nutrition and Development. 13(2) ; Agea, J. G., et al 2011, Wild and Semi-wild Food Plants of Bunyoro-Kitara Kingdom of Uganda: etc. Environmental Research Journal 5(2) 74-86 ; Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 678 ; Anderson, E. F., 1993, Plants and people of the Golden Triangle. Dioscorides Press. p 224 ; Andabati, B., & Muyonga, J., 2014, Phenolic content and antioxidant activity of selected Ugandan traditional medicinal foods. African Journal of Food Science. 8(8), pp 427-434 ; Ara, R. I. T., 2015, Leafy Vegetables in Bangladesh. Photon eBooks. p 109 ; Arinathan, V., et al, 2007, Wild edibles used by Palliyars of the western Ghats, Tamil Nadu. Indian Journal of Traditional Knowledge. 6(1) pp 163-168 ; Asfaw, Z., Conservation and use of traditional vegetables in Ethiopia. FAO ; Bernholt, H. et al, 2009, Plant species richness and diversity in urban and peri-urban gardens of Niamey, Niger. 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PROTA, Wageningen, Netherlands. p 550 ; Guite, C., 2016, Study of wild edible plants associated with the Paite Tribe of Manipur, India. International Journal of Current Research. Vol. 8, Issue 11, pp. 40927-40932 (As *Vigna sinensis*) ; Harris, F. M. A. and Salisu Mohammed, 2003, Relying on nature: Wild Foods in Northern Nigeria. AMBIO Vol. 32 No. 1, p 27 ; Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 281 (As *Dolichos sphaerospermus*) ; Hernandez Bermejo, J.E., and Leon, J. (Eds.), 1994, Neglected Crops. 1492 from a different perspective. FAO Plant Production and Protection Series No 26. FAO, Rome. p 291 ; <http://www.botanic-gardens-ljubljana.com/en/plants> ; Hu, Shiu-ying, 2005, ; Hwang, H., et al, 2013, A Study on the Flora of 15 Islands in the Western Sea of Jeollanamdo Province, Korea. Journal of Asia-Pacific Biodiversity Vol. 6, No. 2 281-310 ; Kar, A., et al, 2013, Wild Edible Plant Resources used by the Mizos of Mizoram, India. 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