

Basella alba L., 1753 (Baselle)

Identifiants : 4233/basalb

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

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 12/05/2024

- Classification phylogénétique :

- Clade : Angiospermes ;
- Clade : Dicotylédones vraies ;
- Ordre : Caryophyllales ;
- Famille : Basellaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Caryophyllales ;
- Famille : Basellaceae ;
- Genre : Basella ;

- Synonymes : x (=) basionym, Basella cordifolia Lam. 1785, Basella rubra L. 1753 ;

- Synonymes français : baselle verte, baselle blanche, épinard de Malabar (ou du Malabar), épinard de Ceylan, baselle rouge, épinard de Malabar à tiges rouges, brède d'Angola, brède gandole, brède de Malabar, épinard de Chine, brède Gandole, baselle à feuilles en coeur, baselle de Chine à très larges feuilles ? (qp*), épinard blanc de Malabar, brède de Chine à larges feuilles, épinard rouge, baselle grimpeuse ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Ceylon-spinach (Ceylon spinach), Indian-spinach (Indian spinach), Malabar-nightshade (Malabar nightshade), Malabar-spinach, vine-spinach (vine spinach), creeping Ceylon spinach, Indian saag, East-Indian spinach, slippery vegetable, Surinam spinach, climbing Ceylon spinach, red Ceylon spinach, red-stemmed Malabar spinach, red vine spinach, lu koi (cn transcrit), chan cai (cn transcrit), chancoi (cn transcrit), Malabar spinach (de), tsuru-murasaki (jp romaji), bacela (pt), bertalha (pt), bretalha (pt,br), espinaca blanca (es), espinaca de Malabar (es), Mboga buterezi (sw), malabarspenat (sv), mayalu (local), remayong (local), gendola (ms), pasali-kirai (th), poi (hi) ;

- Rusticité (résistance face au froid/gel) : zone 10 ;



- Note comestibilité : ****

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

Feuille (feuilles^{27(+x)} cuites^(dp*) (bouillies^{27(+x)}) [nourriture/aliment : légume^{{{(2+)(dp*),27(+x)}}}] et fruit (fruits^{27(+x)}) [colorant alimentaire^{{{(2+)(dp*),27(+x)}}}] comestible.

Détails :

Aux Indes et en Amérique, on la cultive dans les jardins et l'on en mange les feuilles cuites (Brèdes)^{{{(76(+x))}}}, à la manière des épinards^{{{(dp*)}}} assaisonnées de diverses manières, et surtout épicées et pimentées, ce qu'on appelle alors Calalou-Baselle. Chaque pied peut fournir trois bons plats dans le cours de l'été^{{{(76(+x))}}}.

Les jeunes pousses et feuilles sont consommées cuites. Ils sont un peu visqueux. Dans les soupes et les ragoûts, le mucilage peut être utilisé comme épaississant. La couleur violette des fruits est inoffensive et est utilisée pour colorer les légumes et l'agar-agar. Un peu de jus de citron ajouté au colorant améliore la couleur. Les feuilles peuvent être consommées crues en salade ou cuites comme un légume. Ils sont également séchés et stockés. Lorsqu'ils sont frais, ils peuvent être conservés pendant 4 à 5 jours. Les graines peuvent être écrasées pour être utilisées comme colorant

comestible pour les gelées. Les feuilles sont utilisées pour faire du thé

Partie testée : feuilles^{{{0(+x)}}} (traduction automatique)
Original : Leaves^{{{0(+x)}}}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
85	202	48	5.0	56	100	4.0	0



néant, inconnus ou indéterminés.néant, inconnus ou indéterminés.

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



Par Shizhao, via wikimedia

- Petite histoire-géo :
- Autres infos : Plante annuelle ou bisannuelle^{{{76(+x)}}}. Plante importante localement ; largement cultivée sous les tropiques^{{{27(+x)}}}.

dont infos de "FOOD PLANTS INTERNATIONAL" :

- Statut :

C'est un légume cultivé commercialement. Il a été encouragé et accepté dans certaines zones côtières de Papouasie-Nouvelle-Guinée. Les feuilles sont vendues sur les marchés locaux. Il est populaire dans l'est de la Tanzanie^{{{0(+x)}}} (traduction automatique).

Original : It is a commercially cultivated vegetable. It has been encouraged and accepted in some coastal areas of Papua New Guinea. Leaves are sold in local markets. It is popular in East Tanzania^{{{0(+x)}}}.

- Distribution :

Une plante tropicale. Il se produit principalement dans les basses terres tropicales et est préférable en dessous de 500 m mais atteindra environ 1600 m. sous les tropiques équatoriales. Il poussera assez bien dans la plage de températures de 15 à 35 ° C. Il n'aime pas l'engorgement mais peut survivre à une sécheresse de 4 à 12 semaines une fois bien établi. Il nécessite une eau adéquate pendant la saison de croissance. Il pousse bien dans une variété de sols. Le meilleur pH est de 5,5 à 7,0. Il ne peut tolérer les conditions salines. La floraison n'a pas lieu lorsque la durée des jours dépasse 13 heures. On le trouve à travers les Philippines dans les décharges. Il peut pousser dans des endroits arides. Dans XTBG Yunnan^{{{0(+x)}}} (traduction automatique).

Original : A tropical plant. It occurs mostly in the tropical lowlands and is best below 500 m but will grow up to about 1600 m. in the equatorial tropics. It will grow quite well in the temperature range 15-35°C. It does not like water-logging but can survive 4-12 weeks drought once well established. It requires adequate water during the growing season. It grows well in a variety of soils. The best pH is 5.5-7.0. It cannot tolerate salty conditions. Flowering does not occur when day lengths are over 13 hours. It is found throughout the Philippines in waste places. It can grow in arid places. In XTBG Yunnan^{{{0(+x)}}}.

- Localisation :

Afrique, Algérie, Angola, Asie, Australie, Bahamas, Bangladesh, Bénin, Bhoutan, Brésil, Burkina Faso, Burundi, Cambodge, Cameroun, Îles Canaries, Afrique centrale, République centrafricaine, RCA, Chine, République démocratique du Congo, Îles Cook, CÔTE D'IVOIRE, Cuba, République dominicaine, Afrique de l'Est, Timor oriental, Éthiopie, Fidji, France, Ghana, Guyane, Guyanes, Guinée-Bissau, Guyane, Haïti, Hawaï, Himalaya, Inde, Indochine, Indonésie, Côte d'Ivoire, Jamaïque, Japon, Kenya, Kiribati, Laos, Petites Antilles, Libéria, Madagascar, Malawi, Malaisie, Maldives, Maurice, Mexique, Mozambique, Myanmar, Namibie, Népal, Niger, Nigéria, Afrique du Nord, Amérique du Nord, Inde du Nord-Est, Pacifique, Pakistan, Papouasie-Nouvelle-Guinée, PNG, Philippines, Porto Rico, Rwanda, Sao Tomé et Príncipe, Asie du Sud-Est, Sénégal, Sierra Leone, Singapour, Slovénie, Îles Salomon, Afrique du Sud, Afrique australe, Amérique du Sud, Sri Lanka, Soudan, Soudan du Sud, Suriname, Taiwan, Tanzanie, Tasmanie, Thaïlande, Timor-Leste, Togo, Tuvalu, Ouganda, USA, Vanuatu, Vietnam, Afrique de l'Ouest, Antilles, Zambie^{(((0(+x)) (traduction automatique))}.

Original : Africa, Algeria, Angola, Asia, Australia, Bahamas, Bangladesh, Benin, Bhutan, Brazil, Burkina Faso, Burundi, Cambodia, Cameroon, Canary Islands, Central Africa, Central African Republic, CAR, China, Congo DR, Cook Islands, CÔTE D'IVOIRE, Cuba, Dominican Republic, East Africa, East Timor, Ethiopia, Fiji, France, Ghana, Guiana, Guianas, Guinea-Bissau, Guyana, Haiti, Hawaii, Himalayas, India, Indochina, Indonesia, Ivory Coast, Jamaica, Japan, Kenya, Kiribati, Laos, Lesser Antilles, Liberia, Madagascar, Malawi, Malaysia, Maldives, Mauritius, Mexico, Mozambique, Myanmar, Namibia, Nepal, Niger, Nigeria, North Africa, North America, Northeastern India, Pacific, Pakistan, Papua New Guinea, PNG, Philippines, Puerto Rico, Rwanda, Sao Tome and Principe, SE Asia, Senegal, Sierra Leone, Singapore, Slovenia, Solomon Islands, South Africa, Southern Africa, South America, Sri Lanka, Sudan, South Sudan, Suriname, Taiwan, Tanzania, Tasmania, Thailand, Timor-Leste, Togo, Tuvalu, Uganda, USA, Vanuatu, Vietnam, West Africa, West Indies, Zambias^{(((0(+x)) (traduction automatique))}.

◦ Notes :

Composition chimique (après Hooper): Eau = 92,00% (fraîche). Matières grasses = 6,87% (sec). Albuménoïdes = 20,42% (sec). Glucides = 32,90% (sec). Fibre = 11,55% (sèche). Cendres = 28,27% (sec). Azote = 3,27% (sec). Acide phosphorique = 1,32% (sec). Silicates = 6,70% (sec). La valeur nutritive des feuilles et des jeunes pousses est très élevée en termes de minéraux et de vitamines. Il est légèrement laxatif et légèrement médicinal^{(((0(+x)) (traduction automatique))}.

Original : Chemical composition (after Hooper): Water = 92.00% (fresh). Fat = 6.87% (dry). Albumenoids = 20.42% (dry). Carbohydrates = 32.90% (dry). Fibre = 11.55% (dry). Ash = 28.27% (dry). Nitrogen = 3.27% (dry). Phosphoric acid = 1.32% (dry). Silicates = 6.70% (dry). The nutritive value of the leaves and young shoot is very high in terms of minerals and vitamins. It is gently laxative and slightly medicinal^{(((0(+x)) (traduction automatique))}.

- Nombre de graines au gramme : 40 ;

- Liens, sources et/ou références :

◦ Wikipedia :

- [https://fr.wikipedia.org/wiki/Basella_alba_\(en_français\)](https://fr.wikipedia.org/wiki/Basella_alba_(en_français)) ;
- [https://en.wikipedia.org/wiki/Basella_alba_\(source_en_anglais\)](https://en.wikipedia.org/wiki/Basella_alba_(source_en_anglais)) ;

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

dont classification :

- "The Plant List" (en anglais) : www.theplantlist.org/tpl1.1/record/kew-360840 ;
- "GRIN" (en anglais) : <https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomydetail?id=6531> ;
- [MMPND \(en anglais\)](#) ;

dont livres et bases de données : ²⁷Dictionnaire des plantes comestibles (livre, page 47 [Basella alba L. et Basella rubra L.], par Louis Bubenicek), 76Le Potager d'un curieux - histoire, culture et usages de 250 plantes comestibles peu connues ou inconnues (livre, pages 49 à 53, par A. Paillieux et D. Bois) ;

dont biographie/références : Bois, Bojer, Drury, Firminger, Grisvard & Chaudun, Martyn, Mueller, Noisette, Pickering, Pirolle, Robinson, Sturtevant, Uphof, Usher, Virtual Science Centre, Wight :: Bubenicek, Wu Zheng-yi & Raven, Rehm & Espig, Kunkel

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

Indian spinach references ; 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 40 ; Abukutsa-Onyango, M.O., 2004. Basella alba L. [Internet] Record from Protabase. Grubben, G.J.H. & Denton, O.A. (Editors). PROTA (Plant Resources of Tropical Africa / Ressources vÃ©gÃ©tales de lâ'Afrique tropicale), Wageningen, Netherlands. < <http://database.prota.org/search.htm>>. Accessed 14 October 2009. ; Achigan-Dako, E, et al (Eds), 2009, Catalogue of Traditional Vegetables in Benin. International Foundation for Science. ; Ali, A. M. S., 2005, Homegardens in Smallholder Farming Systems: Examples from Bangladesh. Human Ecology, Vol. 33, No. 2 pp.

245-270 ; Altschul, S.V.R., 1973, *Drugs and Foods from Little-known Plants*. Notes in Harvard University Herbaria. Harvard Univ. Press. Massachusetts. no. 938 ; Ambasta S.P. (Ed.), 2000, *The Useful Plants of India*. CSIR India. p 68 ; Anderson, E. F., 1993, *Plants and people of the Golden Triangle*. Dioscorides Press. p 203 ; Ara, R. I. T., 2015, *Leafy Vegetables in Bangladesh*. Photon eBooks. p 17 ; 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 ; Backer & Bakh. f. 1963-1968. *Flora of Java*. ; Bandyopadhyay, S., et al, 2012, *A Census of Wild Edible Plants from Howrah District, West Bengal, India*. Proceedings of UGC sponsored National Seminar 2012 ; Baro, D., Baruah, S. and Borthukar, S. K. 2015, *Documentation on wild vegetables of Baksa district, BTAD (Assam)*. Scholars Research Library. Archives of Applied Science Research, 2015, 7 (9):19-27 ; Bernholt, H. et al, 2009, *Plant species richness and diversity in urban and peri-urban gardens of Niamey, Niger*. Agroforestry Systems 77:159-179 (As rubra) ; Bircher, A. G. & Bircher, W. H., 2000, *Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics*. AUC Press. p 54 (Also as *Basella cordifolia*) ; Borrell, O.W., 1989, *An Annotated Checklist of the Flora of Kairiru Island, New Guinea*. Marcellin College, Victoria Australia. p 58 ; Brouk, B., 1975, *Plants Consumed by Man*. Academic Press, London. p 139 ; Brown, W.H., 1941, *Useful plants of the Philippines*. Department of Agriculture and Natural Resources. Vol 1 Manila. ; Brown, W.H., 1920, *Wild Food Plants of the Philippines*. Bureau of Forestry Bulletin No. 21 Manila. p 56 (As *Basella rubra*) ; Burkill, H. M., 1985, *The useful plants of west tropical Africa*. Vol. 1. Kew. ; Burkill, I.H., 1935, *A Dictionary of the Economic Products of the Malay Peninsula*. p 251-253 ; Call, C. A., et al, 2004, *Participatory Rural Appraisal in the Upland Ecosystem of Mt Malindang, Misamis Occidental, Philippines*. Biodiversity Research Programme for Development in Mindanao. ; Chao, Pi-Yu, et al, 2014, *Antioxidant Activity in Extracts of 27 Indigenous Taiwanese Vegetables*. Nutrients 2014, 6, 2115-2130 ; Chin, H. F., 1999, *Malaysian Vegetables in Colour*. Tropical Press. p 13 (As *Basella rubra*) ; Creasy, R., 2000, *The Edible Asian Garden*. Periplus p 54 ; Cruz-Garcia, G. S., & Price, L. L., 2011, *Ethnobotanical investigation of 'wild' food plants used by rice farmers in Kalasin, Northeast Thailand*. Journal of Ethnobiology and Ethnomedicine 7:33 (As *Basella rubra*) ; Dangol, D. R. et al, 2017, *Wild Edible Plants in Nepal*. Proceedings of 2nd National Workshop on CUAOGR, 2017. ; Dansi, A., et al, 2008, *Traditional leafy vegetables and their use in the Benin Republic*. Genet Resour Crop Evol (2008) 55:1239-1256 ; Dobriyal, M. J. R. & Dobriyal, R., 2014, *Non Wood Forest Produce an Option for Ethnic Food and Nutritional Security in India*. Int. J. of Usuf. Mngt. 15(1):17-37 ; Dutta, U., 2012, *Wild Vegetables collected by the local communities from the Churang reserve of BTAD, Assam*. International Journal of Science and Advanced Technology. Vol. 2(4) p 119 ; Eilu, G. & Bukenya-Ziraba, R., 2004, *Local Use of Climbing Plants of Budongo Forest Reserve, Western Uganda*. Journal of Ethnobiology 24(2): 307-327 ; Encke, F., et al. 1984. Zander: Handwörterbuch der Pflanzennamen, ed. 13. ; Epenhuijsen C.W. van., 1974, *Growing Native vegetables in Nigeria*. FAO Rome, p 36 ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants*. Kampong Publications, p 47 ; FAO, 1988, *Traditional Food Plants, FAO Food and Nutrition Paper 42*. FAO Rome p 100 ; Flora of China. www.eFloras.org ; Foo, J.T.S.(ed), 1996, *A Guide to Common Vegetables*. Singapore Science Foundation. p 20 (As *Basella rubra*) ; Fowler, D. G., 2007, *Zambian Plants: Their Vernacular Names and Uses*. Kew. p 77 ; French, B.R., 1986, *Food Plants of Papua New Guinea, A Compendium*. Asia Pacific Science Foundation p 76 ; French, B.R., 2010, *Food Plants of Solomon Islands. A Compendium*. Food Plants International Inc. p 102 ; Global Plants JSTOR ; Godfrey, J. et al, 2013, *Harvesting, preparation and preservation of commonly consumed wild and semi-wild food plants in Bunyoro-Kitara Kingdom, Uganda*. Int. J. Med. Arom. Plants. Vol.3 No.2 pp 262-282 ; Goode, P., 1989, *Edible Plants of Uganda*. FAO p 26 ; Goode, P., 1989, *Edible Plants of Uganda*. FAO p 39 ; Gouldstone, S., 1983, *Growing your own Food-bearing Plants in Australia*. Macmillan p 179 (As *Basella rubra*) ; Grubben, G. J. H. and Denton, O. A. (eds), 2004, *Plant Resources of Tropical Africa 2. Vegetables*. PROTA, Wageningen, Netherlands. p 103 ; Hadfield, J., 2001, *The A-Z of Vegetable Gardening in South Africa*. Struik p 123 ; Hani Medicine of Xishuangbanna, 1999, p 627 (As *Basella rubra*) ; Hara, H., et al. 1978-1982. *An enumeration of the flowering plants of Nepal*. ; Hara, H., *Flora of eastern Himalaya*. v. 1:1966, v. 2:1971, v. 3:1975 ; Harkonen, M. & Vainio-Mattila, K., 1998, *Some examples of Natural Products in the Eastern Arc Mountains*. Journal of East African Natural History 87:265-278 ; Hedrick, U.P., 1919, (Ed.), *Sturtevant's edible plants of the world*. p 93 (As *Basella rubra*) ; Herklotts, G. A. C., 1972, *Vegetables in South-East Asia*. Allen & Unwin. p 152 (As *Basella rubra*) ; Heywood, V.H., Brummitt, R.K., Culham, A., and Seberg, O. 2007, *Flowering Plant Families of the World*. Royal Botanical Gardens, Kew. p 57 HOOPER, ; Hu, Shiu-ying, 2005, *Food Plants of China*. The Chinese University Press. p 384 ; Huxley, ed. *The new Royal Horticultural Society dictionary of gardening*. 1992 ; Jacquat, C., 1990, *Plants from the Markets of Thailand*. D.K. Book House p 60 ; Japanese International Research Centre for Agricultural Science www.jircas.affrc.go.jp/project/value_addition/Vegetables ; Jardin, C., 1970, *List of Foods Used In Africa*, FAO Nutrition Information Document Series No 2.p 58 ; Johns, T., Mthoro, E. B. and Sanaya, P., 1996, *Food Plants and Masticants of the Batemi of Ngorongoro District, Tanzania*. Economic Botany, Vol. 50, No. 1, pp. 115-121 ; Joshi, N., et al, 2007, *Traditional neglected vegetables of Nepal: Their sustainable utilization for meeting human needs*. Tropentag 2007. Conference on International Agricultural Research for Development. ; Joshi, N. & Siwakoti, M., 2012, *Wild Vegetables Used by Local Community of Makawanpur District and Their Contribution to Food Security and Income Generation*. Nepal Journal of Science and Technology Vol. 13, No. 1 (2012) 59-66 ; Kays, S. J., and Dias, J. C. S., 1995, *Common Names of Commercially Cultivated Vegetables of the World in 15 languages*. Economic Botany, Vol. 49, No. 2, pp. 115-152 ; Keay & Hepper. 1953-1972. *Flora of west tropical Africa*, ed. 2. ; Kiple, K.F. & Ornelas, K.C., (eds), 2000, *The Cambridge World History of Food*. CUP p 1807 ; Knott, J.E. & Deanon, J.R., *Vegetable Production in South East Asia*. University of the Philippines. 1967. p 273-276. ; Kumar, S. A., Manus, D. & Mallika, M., 2018, *Impact of non-timber forest products on Forest and in Livelihood Economy of the People of Adjoining Areas of Jalpaiguri Forest Division, West Bengal, India*. Int. J. of Life Sciences, 2018; 6 (2):365-385 ; Kunkel, G., *Plants for human consumption* ; Kuo, W. H. J., (Ed.) *Taiwan's Ethnobotanical Database (1900-2000)*, <http://tk.agron.ntu.edu.tw/ethnobot/DB1.htm> ; Latham, P., 2004, *Useful Plants of Bas-Congo province*. Latham & DFID p 48 ; Latham, P. & Mbuta, A. K., 2014, *Useful Plants of Bas-Congo Province, Democratic Republic of Congo*. Volume 1. Salvation Army. p 71 ; Lautenschlager, T., et al, 2018, *First large-scale ethnobotanical survey in the province of Uíge, northern Angola*. Journal of Ethnobiology and Ethnomedicine (2018) 14:51 ; Leon, J., 1968, *Fundamentos Botánicos de Los Cultivos Tropicales* p 389 ; Liberty Hyde Bailey Hortorium. 1976. *Hortus third*. ; Lu De-quan, *BASELLACEAE [Draft], Flora of China* ; Lugod, G.C. and de Padua L.S., 1979, *Wild*

Food Plants in the Philippines. Vol. 1. Univ. of Philippines Los Banos. p 21 ; Lugod, G.C. and de Padua L.S., 1979, Wild Food Plants in the Philippines. Vol. 1. Univ. of Philippines Los Banos. p 21 (As Basella rubra) ; Lyimo, M., et al, 2003, Identification and nutrient composition of indigenous vegetables of Tanzania. Plant Foods for Human Nutrition. 58: 85-92 ; Macbr., J. F., et al., eds. 1936-1971; new ser. 1980-. Flora of Peru. ; Macmillan, H.F. (Revised Barlow, H.S., et al) 1991, Tropical Planting and Gardening. Sixth edition. Malayan Nature Society. Kuala Lumpur. p 343 ; Malaisse, F., 2010, How to live and survive in Zambezian open forest (Miombo Ecoregion). Les Presses Agronomiques de Gembloux. ; Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 105 ; Marandi, R. R. & Britto, S. J., 2015, Medicinal Properties of Edible Weeds of Crop Fields and Wild plants Eaten by Oraon Tribals of Latehar District, Jharkhand. International Journal of Life Science and Pharma Research. Vol. 5. (2) April 2015 ; Marshall, F., Agriculture and Use of Wild and Weedy Greens by the Piik ap Oom Okiek of Kenya. Economic Botany, Vol. 55, No. 1, pp. 32-47 ; Martin, F.W., & Ruberte, R.M., 1975, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 25 ; Maundu, P. et al, 1999, Traditional Food Plants of Kenya. National Museum of Kenya. p 73 ; Medhi, P. & Borthakur, S. K., 2012, Phytoresources from North Cachur Hills of Assam -3: Edible plants sold at Hflong market. Indian Journal of Natural Products and Resources. 3(1) pp 84-109 ; Miguel, E., et al, 1989, A checklist of the cultivated plants of Cuba. Kulturpflanze 37. 1989, 211-357 ; Monsalud, M.R., Tongacan, A.L., Lopez, F.R., & Lagrimas, M.Q., 1966, Edible Wild Plants in Philippine Forests. Philippine Journal of Science. p 445 ; Mot So Rau Dai an Duoc O Vietnam. Wild edible Vegetables. Ha Noi 1994, p 124 (As Basella rubra) ; Msuya, T. S., et al, 2010, Availability, Preference and Consumption of Indigenous Foods in the Eastern Arc Mountains, Tanzania, Ecology of Food and Nutrition, 49:3, 208-227 ; Narayanan Ratheesh, M. K. et al, 2011, Wild edible plants used by the Kattunaikka, Paniya and Kuruma tribes of Wayanad District, Kerala, India. Journal of Medicinal Plants Research Vol. 5(15), pp. 3520-3529 ; Narzary, H., et al, 2013, Wild Edible Vegetables Consumed by Bodo tribe of Kokrajhar District (Assam), North-East India. Archives of Applied Science Research, 5(5): 182-190 ; Norrington, L., & Campbell, C., 2001, Tropical Food Gardens. Blooming Books. p 51 ; Neal, C.M., 1965, In Gardens of Hawaii. p343 Bishop Museum Press. ; Nyadanu, D., et al, 2015, Agro-biodiversity and challenges of on-farm conservation: the case of plant genetic resources of neglected and underutilized crop species in Ghana. Genet. Resour. Crop Evol. 62(7) ; Nzigidahera, B., 2006, Assessment of Socio-cultural, Economic Characteristics and Livelihood of Riparian Population of the Kibira National Park. (Rukoma-Mutana locality). UNDP p 30 ; Ochse, J.J. et al, 1931, Vegetables of the Dutch East Indies. Asher reprint. p 75 (As Basella rubra) ; Ojelel, S., et al, 2019, Wild edible plants used by communities in and around selected forest reserves of Teso-Karamoja region, Uganda. Journal of Ethnobiology and Ethnomedicine (2019) 15:3 ; Ogle, B. M., et al, 2003, Food, Feed or Medicine: The Multiple Functions of Edible Wild Plants in Vietnam. Economic Botany 57(1): 103-117 (As Basella rubra) ; Omawale, 1973, Guyana's edible plants. Guyana University, Georgetown p 101 (As Basella rubra) ; Omawale, 1973, Guyana's edible plants. Guyana University, Georgetown p 101 (As Basella rubra) ; Oomen, H.A.P.C., & Grubben, G.J.H., 1978, Tropical Leaf Vegetables in Human Nutrition, Communication 69, Department of Agricultural research, RTI Amsterdam, p 26, 36, 66, 81 ; Patiri, B. & Borah, A., 2007, Wild Edible Plants of Assam. Geethaki Publishers. p 112 ; Pham-Hoang Ho, 1999, An Illustrated Flora of Vietnam. Nha Xuat Ban Tre. p 735 (As Basella rubra) ; Phon, P., 2000, Plants used in Cambodia. © Pauline Dy Phon, Phnom Penh, Cambodia. p 89 ; Plants of Haiti Smithsonian Institute <http://botany.si.edu> ; Prafulla, S., 2017, Wild Food Diversity of Nawegaon-Nagzira Tiger Reserve in Gondia-Bhandara district of Maharashtra, India. Int. J. of Life Sciences, 2017, Vol. 5 (4): 620-626 ; Pursglove, J.W., 1968, Tropical Crops Dicotyledons, Longmans. p 628 ; Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; <http://www.rbgekew.org.uk/ceb/sepasal/internet> [Accessed 4th April 2011] ; Sarvalingam, A., et al, 2014, Wild edible plant resources used by the Irulas of the Maruthamalai Hills, Southern Western Ghats, Coimbatore, Tamil Nadu. Indian Journal of Natural Products and Resources 5(2):198-201 ; Schneider, E., 2001, Vegetables from Amaranth to Zucchini: The essential reference. HarperCollins. p 26 ; Rajapaksha, U., 1998, Traditional Food Plants in Sri Lanka. HARTI, Sri Lanka. p 94 ; Rajasab, A. H. & Isaq, M., 2004, Documentation of folk knowledge on edible wild plants of North Karnataka. Indian Journal of Traditional Knowledge 3(4) pp 419-429 ; Rashid, H. E., 1977, Geography of Bangladesh. Westview. p 281 (As Basella rubra) ; Rasingam, L., 2012, Ethnobotanical studies on the wild edible plants of Irula tribes of Pillur Valley, Coimbatore district, Tamil Nadu, India. Asian Pacific Journal of Tropical Biomedicine. (2012) S1493-S1497 ; Recher, P, 2001, Fruit Spirit Botanical Gardens Plant Index. www.nrg.com.au/~recher/seedlist.html p 1 ; Rehm, S., & G. Espig. 1991. The cultivated plants of the tropics and subtropics. ; Rubaihayo, E. B., Conservation and use of traditional vegetables in Uganda. Bioersivity International. ; Segnon, A. C. & Achigan-Dako, E. G., 2014, Comparative analysis of diversity and utilization of edible plants in arid and semi-arid areas in Benin. Journal of Ethnobiology and Ethnomedicine 2014, 10:80 ; Seidemann J., 2005, World Spice Plants. Economic Usage, Botany, Taxonomy. Springer. p 63 ; Shah, G.L., 1984, Some economically important plant of Salsette Island near Bombay. J. Econ. Tax. Bot. Vol. 5 No. 4 pp 753-765 (As Basella rubra) ; Shah, S. K., 2014, Dietary contribution of underutilized minor crops and indigenous plants collected from uncultivated lands and forests in Nepal. in Promotion of Underutilized Indigenous Food Resources for Food Security and Nutrition in Asia and Pacific. FAO. Bangkok p 64 (As Basella rubra) ; Sharma, B.B., 2005, Growing fruits and vegetables. Publications Division. Ministry of Information and broadcasting. India. p 195 (As Basella rubra) ; Siemonsma, J. S. and Piluek, K. (Eds), 1994, Plant Resources of South-East Asia No. 8 Vegetables. Prosea Foundation, Bogor, Indonesia, p 93 ; Smith, A.C., 1981, Flora Vitiensis Nova, Lawaii, Kuai, Hawaii, Volume 2 p 280 ; Smith, K., 1998, Growing Uncommon Fruits and Vegetables. New Holland. p 47 ; Sp. pl. 1:272. 1753 ; Srichaiwong, P., et al, 2014, A Study of the Biodiversity of Natural Food Production to Support Community Upstream of Chi Basin, Thailand. Asian Social Science 10 (2) ; Staples, G.W. and Herbst, D.R., 2005, A tropical Garden Flora. Bishop Museum Press, Honolulu, Hawaii. p 173 (Drawing) ; Steenis, C.G.G.J., van, ed. 1948-. Flora malesiana. p 300-302 ; Sujanapal, P., & Sankaran, K. V., 2016, Common Plants of Maldives. FAO & Kerala FRI, p 53 ; Sukarya, D. G., (Ed.) 2013, 3,500 Plant Species of the Botanic Gardens of Indonesia. LIPI p 1067 ; Tanaka, Y. & Van Ke, N., 2007, Edible Wild Plants of Vietnam: The bountiful garden. O chid books. p 51 ; Terashima, H., et al, 1991, Ethnobotany of the Lega in the tropical rainforest of eastern Zaire: part 1, Zone de Mwenga. African Study Monographs. Suppl. 15:1-61 ; Terra, G.J.A., 1973, Tropical Vegetables. Communication 54e Royal Tropical Institute, Amsterdam, p 27 ; Terra, G.J.A., 1973, Tropical Vegetables. Communication 54e Royal Tropical Institute, Amsterdam, p 27, 28 (As

Basella rubra) ; Terrell et al. 1986. Agric. Handb. no. 505. ; Thaman, R. R, 2016, The flora of Tuvalu. Atoll Research Bulletin No. 611. Smithsonian Institute p 71 ; Thitiprasert, W., et al, 2007, Country report on the State of Plant Genetic Resources for Food and Agriculture in Thailand (1997-2004). FAO p 95 (As *Basella rubra*) ; Tindall, H.D., & Williams, J.T., 1977, Tropical Vegetables and their Genetic Resources, International Board for Plant Genetic Resources, Rome, p 97 ; Tindall, H.D., 1968, Commercial Vegetable Growing. Oxford Tropical Handbooks p 224 ; Tindall, H.D., 1983, Vegetables in the tropics. Macmillan p. 67 ; Turrill et al., eds. 1952-. Flora of tropical East Africa. ; Tutin et al., eds. 1964-1980. Flora europaea. ; UPHOF ; Upreti, Y., et al, 2016, Traditional use and management of NTFPs in Kangchenjunga Landscape: implications for conservation and livelihoods. Journal of Ethnobiology and Ethnomedicine (2016) 12:19 ; USDA, ARS, National Genetic Resources Program. Germplasm Resources Information Network - (GRIN). [Online Database] National Germplasm Resources Laboratory, Beltsville, Maryland. Available: www.ars-grin.gov/cgi-bin/npgs/html/econ.pl (10 April 2000) ; Van Sam, H. et al, 2008, Uses and Conservation of Plant Species in a National Park. A case study of Ben En, Vietnam. Economic Botany 62:574-593 ; van Wyk, B., 2005, Food Plants of the World. An illustrated guide. Timber press. p 84 ; von Katja Rembold, 2011, Conservation status of the vascular plants in East African rain forests. Dissertation Universitat Koblenz-Landau p 159 ; Walker, E., 1976. Flora of Okinawa and the southern Ryukyu Islands. ; Williamson, J., 2005, Useful Plants of Malawi. 3rd. Edition. Mdadzi Book Trust. p 34 ; Winters, H., F., Ceylon Spinach (*Basella rubra*). Economic Botany ; Woodson & Schery, eds. 1943-1980. Flora of Panama. ; Woodward, P., 2000, Asian Herbs and Vegetables. Hyland House. p 28 ; www.eFloras.org Flora of China ; Xu, You-Kai, et al, 2004, Wild Vegetable Resources and Market Survey in Xishuangbanna, Southwest China. Economic Botany. 58(4): 647-667. ; Yamada, T., 1999, A report of the Ethnobotany of the Nyindu in the Eastern part of the former Zaire. African Study Monographs 20(1):1-72 ; Zon, A.P.M. van der, Grubben, G.J.H., 1976, Les legumes-feuilles spontanés et cultivés du Sud-Dahomey, Communication 65, Royal Tropical Institute, Amsterdam, p 35, 36