

Achyranthes aspera L., 1753

Identifiants : 275/achasp

Fiche réalisée par Patrick Le Ménahèze ([Le Potager de mes/nos Rêves](#))

Dernière modification le 21/09/2020

- **Classification/taxinomie :**
 - **Ordre :** Caryophyllales ;
 - **Famille :** Amaranthaceae ;
- **Nom(s) anglais et/ou international(aux) :** chaff-flower, rough chaff tree ;
- **Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) :** Feuilles, fleurs, graines, légume $\mu_{(0+x)}$. Les jeunes feuilles et les graines sont cuites et mangées $\mu_{(0+x)}$ (ex. comme potherbe $\mu_{(dp^*)}$); elles sont cuites sans sel $\mu_{(0+x)}$.



Précautions à prendre :

néant, inconnus ou indéterminés.

- **Liens, sources et/ou références :**

dont classification :

- ["The Plant List" \(en anglais\)](#) ;
- [INPI \(recherche en anglais\)](#) ;

dont Google (recherche de/pour) "Achyranthes aspera" : [pages](#), [images](#) ;

dont livres et bases de données : "FOOD PLANTS INTERNATIONAL" (en anglais) ;

dont biographie/références de "FOOD PLANTS INTERNATIONAL" :

Ambasta S.P. (Ed.), 2000, *The Useful Plants of India*. CSIR India. p 10 ; Bao Bojian; Steve Clemants, Thomas Borsch, Amaranthaceae [Draft], *Flora of China* ; BHANDARI, ; Bhaskarachary, K., et al, 1995, Carotene content of some common and less familiar foods of plant origin. *Food Chemistry* 54: 189-193 ; Bircher, A. G. & Bircher, W. H., 2000, *Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics*. AUC Press. p 7 ; Bodkin, F., 1991, *Encyclopedia Botanica*. Cornstalk publishing, p 44 ; Burkill, H. M., 1985, *The useful plants of west tropical Africa*, Vol. 1. 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 33 ; Borrell, O.W., 1989, *An Annotated Checklist of the Flora of Kairiru Island, New Guinea*. Marcellin College, Victoria Australia. p 47 ; Cooper, W. and Cooper, W., 2004, *Fruits of the Australian Tropical Rainforest*. Nokomis Editions, Victoria, Australia. p 14 ; Cowie, I, 2006, *A Survey of Flora and vegetation of the proposed Jaco-Tutuala-Lore National Park. Timor-Lests (East Timor)* www.territorystories.nt.gov.au p 42 ; Cribb, A.B. & J.W., 1976, *Wild Food in Australia*, Fontana. p 115 ; Cunningham, 1985, ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants*. Kampong Publications, p 8 ; *Flora of Australia Volume 49, Oceanic Islands 1*, Australian Government Publishing Service, Canberra. (1994) p 88 ; Fowler, D. G., 2007, *Zambian Plants: Their Vernacular Names and Uses*. Kew. p 6 ; GAMMIE ; Grivetti, L. E., 1980, *Agricultural development: present and potential role of edible wild plants. Part 2: Sub-Saharan Africa*, Report to the Department of State Agency for International Development. p 49 ; Grubben, G. J. H. and Denton, O. A. (eds), 2004, *Plant Resources of Tropical Africa 2. Vegetables*. PROTA, Wageningen, Netherlands. p 559 ; GUPTA & KANODIA, ; Henty, E.E., & Pritchard, G.S., 1973, *Weeds of New Guinea and their control*. Botany Bulletin No 7, Division of Botany, Lae, PNG. p 55 ; Hiddins, L., 1999, *Explore Wild Australia with the Bush Tucker Man*. Penguin Books/ABC Books. p 134 ; Jardin, C., 1970, *List of Foods Used In Africa*, FAO Nutrition Information Document Series No 2.p 51 ; Kenneally, K.E., Edinger, D. C., and Willing T., 1996, *Broome and Beyond, Plants and People of the Dampier Peninsula, Kimberley, Western Australia*. Department of Conservation and Land Management. p 54 ; Lazarides, M. & Hince, B., 1993, *Handbook of Economic Plants of Australia*, CSIRO. p 8 ; Levitt, D., 1981, *Plants and people. Aboriginal uses of plants on Groote Eylandt, Australian Institute of Aboriginal Studies, Canberra*. p 80 ; Long, C., 2005, *Swaziland's Flora - siSwati names and Uses* <http://www.sntc.org.sz/flora/> ; Macmillan, H.F.

(Revised Barlow, H.S., et al), 1991, *Tropical Planting and Gardening*. Sixth edition. Malayan Nature Society. Kuala Lumpur. p 356 ; Manandhar, N.P., 2002, *Plants and People of Nepal*. Timber Press. Portland, Oregon. p 68 ; Martin, F.W. & Ruberte, R.M., 1979, *Edible Leaves of the Tropics*. Antillian College Press, Mayaguez, Puerto Rico. p 172 ; McMakin, P.D., 2000, *Flowering Plants of Thailand. A Field Guide*. White Lotus. p 87 ; Monsalud, M.R., Tongacan, A.L., Lopez, F.R., & Lagrimas, M.Q., 1966, *Edible Wild Plants in Philippine Forests*. Philippine Journal of Science. p 436 ; Mot So Rau Dai an Duoc O Vietnam. *Wild edible Vegetables*. Ha Noi 1994, p 28 ; Ochse, J.J. et al, 1931, *Vegetables of the Dutch East Indies*. Asher reprint. p 10 ; Paczkowska, G. & Chapman, A.R., 2000, *The Western Australian Flora. A Descriptive Catalogue*. Western Australian Herbarium. p 136 ; Patiri, B. & Borah, A., 2007, *Wild Edible Plants of Assam*. Geethaki Publishers. p 106 ; Peekel, P.G., 1984, (Translation E.E.Henty), *Flora of the Bismarck Archipelago for Naturalists, Division of Botany, Lae, PNG*. p 170, 171 ; Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, *Edible Wild plants of Sub-saharan Africa*. Kew. p 46 ; Pham-Hoang Ho, 1999, *An Illustrated Flora of Vietnam*. Nha Xuat Ban Tre. p 730 ; Pickering, H., & Roe, E., 2009, *Wild Flowers of the Victoria Falls Area*. Helen Pickering, London. p 20 ; *Plants of Haiti* Smithsonian Institute <http://botany.si.edu> ; Rajkalkshmi, P. et al, 2001, *Total carotenoid and beta-carotene contents of forest green leafy vegetables consumed by tribals of south India*. *Plant Foods for Human Nutrition* 56:225-238 ; Roodt, V., 1998, *Common Wild Flowers of the Okavango Delta. Medicinal Uses and Nutritional value*. The Shell Field Guide Series: Part 2. Shell Botswana. p 13 ; *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 24th March 2011] ; Ruffo, C. K., Birnie, A. & Tengnas, B., 2002, *Edible Wild Plants of Tanzania*. RELMA p 98 ; Sarma, H., et al, 2010, *Updated Estimates of Wild Edible and Threatened Plants of Assam: A Meta-analysis*. *International Journal of Botany* 6(4): 414-423 ; SAXENA ; Scudder, 1962 ; Seidemann J., 2005, *World Spice Plants. Economic Usage, Botany, Taxonomy*. Springer. p 4 ; Shackleton, S. E., et al, 1998, *Use and Trading of Wild Edible Herbs in the Central Lowveld Savanna Region, South Africa*. *Economic Botany*, Vol. 52, No. 3, pp. 251-259 (As *Achyranthes robusta*) ; SHANKARNARAYAN & SAXENA ; SHORRT, ; Siemonsma, J. S. & Kasem Piluek, eds. 1993. *Vegetables*. In: *Plant Resources of South-East Asia (PROSEA)* 8:311 ; Singh, A., 2009, *Bioactivity of Famine Food Plants from the family: Amaranthaceae*. University of Technology, Durban, South Africa. Masters Degree Thesis. p 1-116 ; Singh, H.B., Arora R.K., 1978, *Wild edible Plants of India*. Indian Council of Agricultural Research, New Delhi. p 39, 82 ; Smith, A.C., 1981, *Flora Vitiensis Nova, Lawaii, Kuai, Hawaii, Volume 2* p 290 ; Sp. pl. 1:204. 1753 ; *Swaziland's Flora Database* <http://www.sntc.org.sz/flora> ; Thiselton-Dywer, W.T., (Ed.), 1913, *Flora of Tropical Africa. Vol VI-section 1*. Reeve, p 65 ; Tredgold, M.H., 1986, *Food Plants of Zimbabwe*. Mambo Press. p 32 ; Usher, G., 1974, *A Dictionary of Plants Used by Man*. Constable. p 16 ; Vernon, R., 1983, *Field Guide to Important Arable Weeds of Zambia*. Dept of Agriculture, Chilanga, Zambia. p 24 ; WATT. ; Kanis, A in Womersley, J.S., (Ed), 1978, *Handbooks of the Flora of Papua New Guinea*. Melbourne University Press. Vol 1. p 13 ; Williams, K.A.W., 1999, *Native Plants of Queensland Volume 4*. Keith A.W. Williams North Ipswich, Australia. p 42 ; Williamson, J., 2005, *Useful Plants of Malawi*. 3rd. Edition. Mdadzi Book Trust. p 12 ; Yuncker, T.G., 1959, *Plants of Tonga*, Bernice P. Bishop Museum, Hawaii, Bulletin 220. p 108