

Adansonia digitata L., 1753 (Baobab)

Identifiants : 665/adadig

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 : Malvidées ;
- Ordre : Malvales ;
- Famille : Malvaceae ;

- **Classification/taxinomie traditionnelle :**

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Malvales ;
- Famille : Malvaceae ;
- Genre : Adansonia ;

- **Synonymes :** *Adansonia bahohab* L., *Adansonia baobab* Gaertn., *Adansonia digitata* var. *congolensis* A. Chev., *Adansonia integrifolia* Raf., *Adansonia situla* Spreng., *Adansonia sphaerocarpa* A. Chev., *Adansonia sulcata* A. Chev., *Adansonia somalensis* Chiov., *Adansonia sphaerocarpa* A. Chev., *Baobabus digitata* Kuntze, *Ophelus sitularis* Lour ;

- **Synonymes français :** baobab africain ;

- **Nom(s) anglais, local(aux) et/ou international(aux) :** Boobab, Cream of tartar tree, Anaipuli, Baobaba, Baobaza, Baovola, Bebaque, Bedom-hal, Beke, Bocko, Boe, Bokki, Bokchi, Boki, Bokki, Boko, Bozo, Brungal, Bubak, Bu hibab, Bui, Burungule-burunque, Burungule, Cabaceira, Calabacera, Cito, Cork tree, Divuyu, Diyak kuka, Diza, Dungwol, Ethiopian sour gourd, Foku, Ganyen kuka, Gonglaise, Gorahk aml, Gorak aml, Gorak imli, Gorakh chinch, Guy, Hahar, Hou mian bao shu, Howeira, Humar, Humeira, Isimuhu, Kiri, Koo nya, Kotolaxa, Kpassa, Kremertartboom, Kuka, Late, Luru, Magimavu, Majanu ya nbuyu, Markion, Maser, Mauyu, Mayuy, Mbak, Mbuye, Mbuyu, Mlambe, Mlonje, Mmowana, Mnamba, Mnambe, Momret, Monkey Bread Tree, Moutonmu, Mowana, Mramba, Muana, Mubuyu, Muhuyu, Mu-ramba, Muru, Muuyu, Muvuhuya, Mvamba, Ng'wandu, Nkondo, Obobo, Odadie, Olmiser, Osche, Ose, Otche, Pain de singe, Shimuwu, Sira, Sito, Sonmon, Sour gourd, Tebeldi, Titookanti, Tohega, Tsongoro, Tua, Twege, Uato, Umkhomo, Umkomo, Umshimulu ;



- **Note comestibilité :** ***

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

Fruit (pulpe : fraîche ou séchée [boissons^{2(+),22(7),31}] ; **dont graines²⁽⁺⁾ torrifiées [café^{19,31}] ou broyées [farine²²⁽⁷⁾] ou extrait [huile^{2(+),31}]), feuille (fraîches (dont jeunes pousses) :** cuites^{19,22(7),31} ; ou séchées¹⁹ : aromatisantes [poivre et sel]²²⁽⁷⁾), tronc (écorce pilée : aromatisantes [poivre et sel]²²⁽⁷⁾) et racine (des jeunes plants (=très jeunes arbres) : cuites^{19,31}) comestibles.

Détails :

Feuilles également cuites comme potherbe ? (qp*).

Les jeunes feuilles sont consommées comme légume cuit. Les feuilles séchées sont également utilisées pour épaissir les soupes. La pulpe du fruit est consommée crue. Il est également utilisé pour boire un verre. Les fleurs sont consommées crues ou cuites. Les graines peuvent être consommées fraîches ou séchées et moulues en farine, puis ajoutées aux soupes. Ils donnent une huile de cuisson. Les jeunes racines tendres sont mangées. Les tubercules de racine engraisés sont cuits

et consommés. L'écorce est mangée et les feuilles séchées sont utilisées comme arôme. Les pousses de graines en germination sont mangées

Partie testée : feuilles bouillies^{{{(0+X)}} (traduction automatique)}

Original : Leaves boiled^{{{(0+X)}} (traduction automatique)}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
77	290	69	3.8	0	50	0	0



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

• Note médicinale : ***

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



Par Ferdinand Reus d'Arnhem, Pays-Bas, via wikimedia

• Autres infos :

dont infos de "FOOD PLANTS INTERNATIONAL" :

◦ Statut :

C'est un aliment important. Il est vendu sur les marchés locaux. Les jeunes feuilles sont couramment utilisées dans les sauces^{{{(0+X)}} (traduction automatique)}.

Original : It is an important food. It is sold in local markets. Young leaves are commonly used in sauces^{{{(0+X)}} (traduction automatique)}.

◦ Distribution :

C'est une plante tropicale. Il pousse dans les basses terres. Il pousse dans les régions chaudes et sèches de l'Afrique tropicale. Il pousse au Sahel. Il survit bien dans les climats secs. Il pousse là où les précipitations sont de 100 à 1 000 mm par an. Il peut tolérer le feu. Il pousse là où les températures annuelles sont comprises entre 20 ° C et 30 ° C. Dans la plupart des endroits, il pousse en dessous de 900 m d'altitude mais parfois jusqu'à 1500 m d'altitude. Il nécessite un bon drainage. Il peut pousser dans des endroits arides. Il pousse dans la forêt de Miombo en Afrique. Il convient aux zones de rusticité 11-12. Dans les jardins botaniques de Brisbane^{{{(0+X)}} (traduction automatique)}.

Original : It is a tropical plant. It grows in the lowlands. It grows in the hot dry regions of tropical Africa. It grows in the Sahel. It survives well in dry climates. It grows where rainfall is 100-1,000 mm a year. It can tolerate fire. It grows where the annual temperatures are between 20°C and 30°C. In most places it grows below 900 m altitude but occasionally grows to 1500 m altitude. It requires good drainage. It can grow in arid places. It grows in Miombo woodland in Africa. It suits hardiness zones 11-12. In Brisbane Botanical Gardens^{{{(0+X)}} (traduction automatique)}.

◦ Localisation :

Afrique *, Angola, Antigua-et-Barbuda, Asie, Australie, Bahamas, Barbade, Bénin, Botswana, Burkina Faso, Cameroun, Cap-Vert, Afrique centrale, République centrafricaine, RCA, Tchad, Chine, Comores, Congo, RD Congo, CÔ te d'Ivoire, Cuba, Dominique, République dominicaine, Afrique de l'Est, Egypte, Erythrée, Ethiopie, Gabon, Gambie, Ghana, Guinée, Guinée, Guinée-Bissau, Guyane, Haïti, Hawaï, Inde, Indonésie, Côte d'Ivoire , Jamaïque,

Kenya, Libéria, Madagascar, Malawi, Malaisie, Mali, Martinique, Mauritanie, Maurice, Mozambique, Namibie, Antilles néerlandaises, Nouvelle-Calédonie, Niger, Nigéria, Afrique du Nord, Oman, Pacifique, Philippines, Porto Rico, Réunion, Sahel, Sao Tomé-et-Principe, Asie du Sud-Est, Sénégal, Sierra Leone, Singapour, Somalie, Afrique du Sud, Afrique australe, Amérique du Sud, Soudan du Sud, Sri Lanka, Sainte-Lucie, Soudan, Tanzanie, Togo, Trinité-et-Tobago, USA, Afrique de l'Ouest, Antilles, Yémen, Zambie, Zimbabwe^{{{(0+*)}}} (traduction automatique).

Original : Africa*, Angola, Antigua and Barbuda, Asia, Australia, Bahamas, Barbados, Benin, Botswana, Burkina Faso, Cameroon, Cape Verde, Central Africa, Central African Republic, CAR, Chad, China, Comoros, Congo, Congo DR, Côte d'Ivoire, Cuba, Dominica, Dominican Republic, East Africa, Egypt, Eritrea, Ethiopia, Gabon, Gambia, Ghana, Guinea, Guinée, Guinea-Bissau, Guyana, Haiti, Hawaii, India, Indonesia, Ivory Coast, Jamaica, Kenya, Liberia, Madagascar, Malawi, Malaysia, Mali, Martinique, Mauritania, Mauritius, Mozambique, Namibia, Netherlands Antilles, New Caledonia, Niger, Nigeria, North Africa, Oman, Pacific, Philippines, Puerto Rico, Reunion, Sahel, Sao Tome and Principe, SE Asia, Senegal, Sierra Leone, Singapore, Somalia, South Africa, Southern Africa, South America, South Sudan, Sri Lanka, St Lucia, Sudan, Tanzania, Togo, Trinidad & Tobago, USA, West Africa, West Indies, Yemen, Zambia, Zimbabwe^{{{(0+*)}}}.

o Notes :

Il existe 8 espèces d'Adansonia. La pulpe du fruit a une teneur élevée en vitamine C. Également mis dans la famille des Bombacacées. Composition chimique - feuilles (séchées au soleil): riches en calcium, contenant 3,6% d'oxyde de calcium, tartarate de potassium, sel commun et tanin. Composition acide des huiles de graines (échantillon nigérian): Huile = 15%. Composition en acides gras - 14: 0 = trace. 18: 0 = 5%. 18: 1 = 33%. 18: 2 = 29%. Acides cyclopropénoïdes (sous forme d'acide sterculique [HBr-acétique dans le benzène]) = 7%. Composition chimique (d'après Abdelmuti): Protéine (brute) = 3,1% (sèche). Matières grasses = 0,5% (sec). Fibre (brute) = 9,2% (sèche). Cendres (insolubles) = 5,8% (sec) Glucides (solubles): Amidon = 15,3% (sec). Saccharose = 19,3% (sec). D-glucose = 0,6% (sec). D-fructose = 5,6% (sec). Acides aminés (g [16g N] -1): acide aspartique = 9,8 g. Thréonine = 5,2 g. Sérine = 5,9 g. Acide glutamique = 10,1 g. Proline = 7,5 g. Glycine = 5,5 g. Alanine = 5,2 g. Valine = 5,2 g. Cystéine = 1,3 g. Méthionine = 1,3 g. Isoleucine = 4,2 g. Leucine = 6,8 g. Tyrosine = 3,3 g. Phénylalanine = 4,2 g. Lysine = 4,6 g. Histidine = 1,6 g. Arginine = 4,6 g. Minéraux: Soufre = 0,13% (sec). Potassium = 0,06% (sec). Magnésium = 0,14% (sec). Calcium = 0,36% (sec). Na = 0,01% (sec). K = 2,57% (sec). Zinc = 13 mg / kg -1 (sec). Fer = 17 mg / kg-1 (sec). Manganèse = 8 mg / kg-1 (sec). Cuivre = 8 mg / kg-1 (sec). Aluminium = 10 mg / kg-1 (sec). Manganèse = 8 mg / kg-1 (sec). Cuivre = 8 mg / kg-1 (sec). Aluminium = 10 mg / kg-1 (sec)^{{{(0+*)}}} (traduction automatique).

Original : There are 8 Adansonia species. The fruit pulp has a high Vitamin C content. Also put in the family Bombacaceae. Chemical composition - leaves (sun-dried): rich in calcium, containing 3.6% calcium oxide, potassium tartarate, common salt and tannin. Acid composition of seed oils (Nigerian sample): Oil = 15%. Fatty acid composition - 14:0 = trace. 18:0 = 5%. 18:1 = 33%. 18:2 = 29%. Cyclopropenoid acids (as sterculic [HBr-acetic acid in benzene]) = 7%. Chemical composition (after Abdelmuti): Protein (crude) = 3.1% (dry). Fat = 0.5% (dry). Fibre (crude) = 9.2% (dry). Ash (insoluble) = 5.8% (dry). Carbohydrate (soluble): Starch = 15.3% (dry). Sucrose = 19.3% (dry). D-glucose = 0.6% (dry). D-fructose = 5.6% (dry). Amino acids (g [16g N]-1): Aspartic acid = 9.8g. Threonine = 5.2g. Serine = 5.9g. Glutamic acid = 10.1g. Proline = 7.5g. Glycine = 5.5g. Alanine = 5.2g. Valine = 5.2g. Cysteine = 1.3g. Methionine = 1.3g. Isoleucine = 4.2g. Leucine = 6.8g. Tyrosine = 3.3g. Phenylalanine = 4.2g. Lysine = 4.6g. Histidine = 1.6g. Arginine = 4.6g. Minerals: Sulphur = 0.13% (dry). Potassium = 0.06% (dry). Magnesium = 0.14% (dry). Calcium = 0.36% (dry). Na = 0.01% (dry). K = 2.57% (dry). Zinc = 13mg/kg -1 (dry). Iron = 17 mg/kg-1 (dry). Manganese = 8 mg/kg-1 (dry). Copper = 8 mg/kg-1 (dry). Aluminium = 10 mg/kg-1 (dry)^{{{(0+*)}}}.

• Nombre de graines au gramme : 1,9 ;

• Liens, sources et/ou références :

- o ³¹ Jardin! L'Encyclopédie : https://nature.jardin.free.fr/arbre/nmauric_adansonia_digitata.html ;
- o "Henriette's Herbal" (en anglais) : <https://www.henriettesherbal.com/eclectic/sturtevant/adansonia.html> ;
- o ¹⁹ PlantZAfrica (en anglais) : <https://www.plantzafrica.com/plantab/adansondigit.htm> ;
- o Wikipedia :
 - https://fr.wikipedia.org/wiki/Baobab_africain (en français) ;
 - https://en.wikipedia.org/wiki/Adansonia_digitata (source en anglais) ;

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

dont classification :

- o "The Plant List" (en anglais) : www.theplantlist.org/tpl1.1/record/kew-2621135 ;
- o "GRIN" (en anglais) : <https://npgswebpro1.nps.gov/miniplants/taxonomydetail?id=1433> ;

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