Amaranthus thunbergii Moq.

Identifiants : 2072/amathu

Association du Potager de mes/nos Rêves (https://lepotager-demesreves.fr)
Fiche réalisée par Patrick Le Ménahèze

Dernière modification le

- ***Classification phylogénétique :***
    - ***Clade : Angiospermes ;***
    - ***Clade : Dicotylédones vraies ;***
    - ***Ordre : Caryophyllales ;***
    - ***Famille : Amaranthaceae ;***
- ***Classification/taxinomie traditionnelle :***
    - ***Règne : Plantae ;***
    - ***Sous-règne : Tracheobionta ;***
    - ***Division : Magnoliophyta ;***
    - ***Classe : Magnoliopsida ;***
    - ***Ordre : Caryophyllales ;***
    - ***Famille : Amaranthaceae ;***
    - ***Genre : Amaranthus ;***
- ***Synonymes : Amaranthus albus Thunb. [Illegitimate] ;***
- ***Nom(s) anglais, local(aux) et/ou international(aux) : Thunberg's Pigweed, Thunberg's Amaranth, , Bonongwe, Cape pigweed, Hanekam, Hondebos, Imbuya, Indwabaza, Insheke, Mberekete, Mbowa, Mbuya, Mchicha pori, Mowa, Imbuya, Ityuthu, Raafuu, Theebe, Theepe, Thepe, Thyeke, Umbhida, Vowa ;***



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

Parties comestibles : feuilles, graines, légumes{{{0(+x) (traduction automatique)} | Original : Leaves, Seeds, Vegetable{{{0(+x) Les feuilles sont comestibles cuites. Les graines sont moulues en farine et cuites. ATTENTION: Cette plante peut accumuler des nitrates si elle est cultivée avec des engrais inorganiques riches en azote et ceux-ci sont toxiques

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)*
83.6	*147*	*0*	*4.3*	*0*	*0*	*12.5*	*0.7*



Précautions :

cf. consommation

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

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

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

      dont classification :

      dont livres et bases de données : [0]"Food Plants International" (en anglais) ;

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

      A. L. P. P. de Candolle, Prodr. 13(2):262. 1849 ; Cunningham, 1985, ; Flyman, M. V. & Afolayan, A. J., 2006, A Survey of plants used as wild vegetables in four districts of Botswana. Ecology of Food and Nutrition, 45:405-415 ; Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 7 ; Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 68 ; Gemedo-Dalle, T., et al, 2005, Plant Biodiversity and Ethnobotany of Borana Pastoralists in Southern Oromia, Ethiopia. Economic Botany 59(1) pp. 43-65 ; Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 83 ; Grubben, G.J.H., 2004. Amaranthus thunbergii Moq. [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. . Accessed 13 October 2009. ; Guillarmod, J., 1966, ; Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 54 ; Leger, S., 1997, A Description of Today's Use of Plants in West Bushmanland (Namibia). German Development Service. PO Box 220035, 14061 Berlin, Germany. http://www.sigridleger.de/book/ ; Long, C., 2005, Swaziland's Flora - siSwati names and Uses http://www.sntc.org.sz/flora/ ; Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 173 ; Maroyi, A., 2011, The Gathering and Consumption of Wild Edible Plants in Nhema Communal Area, Midlands Province, Zimbabwe. Ecology of Food and Nutrition 50:6, 506-525 ; Maroyi, A., 2013, Use of weeds as traditional vegetables in Shurugwi District, Zimbabwe. Journal of Ethnobiology and Ethnomedicine 9:60 ; 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 ; Neudeck, L. et al, 2012, The Contribution of Edible Wild Plants to Food Security, Dietary Diversity and Income of Households in Shorobe Village, Northern Botswana. Ethnobotany Research & Applications 10:449-462 ; Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 47 ; Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/ ; Plowes, N. J. & Taylor, F. W., 1997, The Processing of Indigenous Fruits and other Wildfoods of Southern Africa. in Smartt, L. & Haq. (Eds) Domestication, Production and Utilization of New Crops. ICUC p 185 ; Rodin, R.J., The Ethnobotany of the Kwanyama Ovambos, Missouri Botanical Garden. p 146 ; Scudder, 1962, ; 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 ; Shava, S., 2000, The Use of Indigenous Plants as Food by a Rural Community in the Eastern Cape: an Educational Exploration. Masters Thesis Rhodes University. p 63 ; Smith, F. I. and Eyzaquirre, P., 2007, African leafy vegetables: Their role in the World Health Organization's global Fruit and Vegetables Initiative. AJFAND, Vol. 7 No. 3 ; Terra, G.J.A., 1973, Tropical Vegetables. Communication 54e Royal Tropical Institute, Amsterdam, p 23 ; Tredgold, M.H., 1986, Food Plants of Zimbabwe. Mambo Press. p 34 ; van Wyk, Be., & Gericke, N., 2007, People's plants. A Guide to Useful Plants of Southern Africa. Briza. p 64 ; Vernon, R., 1983, Field Guide to Important Arable Weeds of Zambia. Dept of Agriculture, Chilanga, Zambia. p 26 ; Williamson, J., 2005, Useful Plants of Malawi. 3rd. Edition. Mdadzi Book Trust. p 22 ; www.zimbabweflora.co.zw 2011