

Amaranthus viridis L. , 1763 **(Amarante verte)**

Identifiants : 2078/amavir

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

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 25/04/2024

- **Classification phylogénétique :**

- **Clade : Angiospermes ;**
- **Clade : Dicotylédones vraies ;**
- **Ordre : Caryophyllales ;**
- **Famille : Amaranthaceae ;**

- **Classification/taxinomie traditionnelle :**

- **Règne : Plantae ;**
- **Division : Magnoliophyta ;**
- **Classe : Magnoliopsida ;**
- **Ordre : Caryophyllales ;**
- **Famille : Amaranthaceae ;**
- **Genre : Amaranthus ;**

- **Synonymes : *Amaranthus spinosus* var. *basiscissus* Thell. 1914 ;**

- **Synonymes français : fleur de jalouse, passe-velours, amaranthe verte, épinard vert, épinard du Congo ;**

- **Nom(s) anglais, local(aux) et/ou international(aux) : green amaranth, pigweed, Prince-of-Wales-feather, slender amaranth, tropical green amaranth, wild amaranth, local tete, African spinach , zhou guo xian (cn transcrit), ma see yin (cn transcrit), niao xian (cn transcrit), grüner Amarant (de), chiow hui (in), bayam itek (ma), bayam puteh (ma), cararu (pt), bredo (pt,br), caruru-comum (pt,br), carurú-de-mancha (pt,br), caruru-de-porco (pt,br), caruru-de-soldado (pt,br), bledo (es) ;**



- **Note comestibilité : *****

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

Feuille (jeunes et/ou tendres, dont pousses et tiges ; crues¹ ou cuites^{1,32} [nourriture/aliment : légume~~~1,2(dp*)¹, salade~~~1])], fleur¹ (jeunes inflorescences³² (dont bourgeons) ; cuites¹) et graines (séchées : crues¹ ou cuites (rôties)¹ ; dont germes¹) comestibles.(1p*)

Détails :

Jeunes et/ou tendres feuilles, pousses et tiges utilisées crues ou cuites (ex. : comme pothérbe^{(((dp*)(1,32))}).

Les jeunes feuilles et les graines sont cuites et mangées. Les feuilles récoltées ne peuvent être conservées que 2-3 jours. Les feuilles sont utilisées pour le sarma en Turquie. Ils sont enroulés autour d'une garniture de riz ou de viande hachée

**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)
87.3	0	0	4.5	72	169	6.0	0



(1*)la plante contient de l'acide oxalique qui est toxique : selon les proportions consommées et la personne, celui-ci peut endommager les reins si il est ingéré régulièrement pendant plusieurs mois.1

Cependant, certains légumes, comme l'épinard ou la blette, en contiennent dans des concentrations équivalentes ou supérieures sans que ceux-ci ne soient considérés comme dangereux ; de plus l'acide en question est soluble dans l'eau (proportionnellement à la température80) et peut donc être éliminé en changeant simplement l'eau de cuisson ; enfin, en y ajoutant du lait (ou tout autre produit laitier), une partie de cette acide se lie au calcium le rendant ainsi inoffensif.1

Il sera tout de même conseillé de ne pas en abuser , plus particulièrement aux personnes souffrant de problèmes rénaux et/ou ayant une tendance aux rhumatismes (polyarthrite rhumatoïde, arthrite, goutte, calculs rénaux ou hyperacidité), pour lesquelles il sera même fortement recommandé de limiter ou d'éviter complètement cette consommation potentiellement néfaste (étant donné qu'elle peut aggraver leur état) ou tout au moins de prendre des précautions particulières dès lors que cette plante est incluse (ou prévue) dans leur régime alimentaire.(1*)la plante contient de l'acide oxalique qui est toxique : selon les proportions consommées et la personne, celui-ci peut endommager les reins si il est ingéré régulièrement pendant plusieurs mois.1

Cependant, certains légumes, comme l'épinard ou la blette, en contiennent dans des concentrations équivalentes ou supérieures sans que ceux-ci ne soient considérés comme dangereux ; de plus l'acide en question est soluble dans l'eau (proportionnellement à la température80) et peut donc être éliminé en changeant simplement l'eau de cuisson ; enfin, en y ajoutant du lait (ou tout autre produit laitier), une partie de cette acide se lie au calcium le rendant ainsi inoffensif.1

Il sera tout de même conseillé de ne pas en abuser ^(dp*), plus particulièrement aux personnes souffrant de problèmes rénaux et/ou ayant une tendance aux rhumatismes (polyarthrite rhumatoïde, arthrite, goutte, calculs rénaux ou hyperacidité), pour lesquelles il sera même fortement recommandé de limiter ou d'éviter complètement cette consommation potentiellement néfaste (étant donné qu'elle peut aggraver leur état) ou tout au moins de prendre des précautions particulières dès lors que cette plante est incluse (ou prévue) dans leur régime alimentaire⁽⁽⁽⁵.

- Note médicinale : **

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



De gauche à droite :

Par Blanco, M., Flora de Filipinas, ed. 3 (1877-1883) Fl. Filip., ed. 3, via plantillustrations

Par Collection des vélins du Muséum national d'histoire naturelle Coll. Vélins Mus. Natl. Hist. Nat. Paris vol. 16 , via plantillustrations

- Autres infos :

dont infos de "FOOD PLANTS INTERNATIONAL" :

- Statut :

C'est un légume cultivé commercialement. Les feuilles ne sont consommées qu'occasionnellement. Les feuilles

sont vendues sur les marchés locaux^{(((0+x) (traduction automatique))}.

Original : It is a commercially cultivated vegetable. Leaves are only occasionally eaten. Leaves are sold in local markets^{(((0+x))}.

◦ Distribution :

C'est une plante tropicale. Il pousse également dans les endroits tempérés. Il est courant dans les décharges ouvertes. Au Népal, il atteint environ 1400 m d'altitude. Il peut pousser dans des endroits arides. Il pousse mieux avec des températures comprises entre 23 et 30 ° C. Au Yunnan^{(((0+x) (traduction automatique))}.

Original : It is a tropical plant. It also grows in temperate places. It is common in open waste places. In Nepal it grows to about 1400 m altitude. It can grow in arid places. It grows best with temperatures between 23-30°C. In Yunnan^{(((0+x))}.

◦ Localisation :

Afrique, Algérie, Samoa américaines, Argentine, Asie, Australie, Bangladesh, Bénin, Bolivie, Brésil, Burkina Faso, Cambodge, Afrique centrale, Amérique centrale, Chili, Chine, RD Congo, Côte d'Ivoire, Cuba, République dominicaine , Afrique de l'Est, Timor oriental, Éthiopie, Fidji, Gabon, Gambie, Ghana, Guyane, Guyanes, Guinée, Guinée-Bissau, Guyane, Haïti, Hawaï, Himalaya, Inde, Indochine, Côte d'Ivoire, Jamaïque, Kiribati, Corée, Laos, Petites Antilles, Madagascar, Malaisie, Maldives, Mali, Marquises, Méditerranée, Mexique, Mozambique, Myanmar, Nauru, Nauru, Népal, Niger, Nigéria, Afrique du Nord, Inde du Nord-Est, Amérique du Nord, Pacifique, Pakistan, Papouasie-Nouvelle-Guinée, PNG, Paraguay, Philippines, Sao Tomé-et-Principe, Asie du Sud-Est, Sénégal, Sierra Leone, îles Salomon, Amérique du Sud, Sri Lanka, Suriname, Taiwan, Thaïlande, Timor-Leste, Togo, Tonga, Turquie, Tuvalu, Uruguay, Vanuatu, Venezuela, Vietnam, Afrique de l'Ouest, Antilles, Zambie, Zimbabwe^{(((0+x) (traduction automatique))}.

Original : Africa, Algeria, American Samoa, Argentina, Asia, Australia, Bangladesh, Benin, Bolivia, Brazil, Burkina Faso, Cambodia, Central Africa, Central America, Chile, China, Congo DR, Côte d'Ivoire, Cuba, Dominican Republic, East Africa, East Timor, Ethiopia, Fiji, Gabon, Gambia, Ghana, Guiana, Guianas, Guinea, Guinée, Guinée-Bissau, Guyana, Haiti, Hawaii, Himalayas, India, Indochina, Ivory Coast, Jamaica, Kiribati, Korea, Laos, Lesser Antilles, Madagascar, Malaysia, Maldives, Mali, Marquesas, Mediterranean, Mexico, Mozambique, Myanmar, Nauru, Nepal, Niger, Nigeria, North Africa, Northeastern India, North America, Pacific, Pakistan, Papua New Guinea, PNG, Paraguay, Philippines, Sao Tome and Principe, SE Asia, Senegal, Sierra Leone, Solomon Islands, South America, Sri Lanka, Suriname, Taiwan, Thailand, Timor-Leste, Togo, Tonga, Turkey, Tuvalu, Uruguay, Vanuatu, Venezuela, Vietnam, West Africa, West Indies, Zambia, Zimbabwe^{(((0+x))}.

◦ Notes :

Il existe environ 60 espèces d'Amaranthus. En tant que feuille sèche sans base d'humidité, 100 g de feuilles contiennent 283 calories, 34,2 g de protéines, 5,3 g de matières grasses, 44,1 g de glucides, 6,6 g de fibres, 16,4 g de cendres, 2243 mg de calcium, 500 mg de phosphore, 27 mg de fer, 336 mg de sodium, 2910 mg de potassium, 50 mg de vitamine A, 0,07 mg de thiamine, 2,43 mg de riboflavine, 11,8 mg de niacine et 790 mg d'acide ascorbique. % (sec). Albuménoïdes = 26,36% (sec). Glucides = 38,12% (sec). Fibres = 10,04% (sec). Cendres = 22,72% (sec). Azote = 4,06% (sec). Acide phosphorique = 1,09% (sec). Silicates = 2,84% (sec). C'est riche en proVitamine A^{(((0+x) (traduction automatique))}.

Original : There are about 60 Amaranthus species. As dry leaf with no moisture basis, 100g of leaves contains 283 calories, 34.2g protein, 5.3g fat, 44.1g carbohydrate, 6.6g fibre, 16.4g ash, 2243 mg calcium, 500 mg phosphorus, 27 mg iron, 336 mg sodium, 2910 mg potassium, 50 mg vitamin A, 0.07mg thiamine, 2.43 mg riboflavin, 11.8 mg niacin and 790 mg ascorbic acid. The seed contains 14 - 16% protein and 4.7 - 7% fatChemical composition (after Hooper): Fat = 3.76% (dry). Albumenoids = 26.36% (dry). Carbohydrates = 38.12% (dry). Fibre = 10.04% (dry). Ash = 22.72% (dry). Nitrogen = 4.06% (dry). Phosphoric acid = 1.09% (dry). Silicates = 2.84% (dry). It is high in proVitamin A^{(((0+x))}.

- Arôme et/ou texture : douce, discrète, très peu amère (plante entière?), céréale (graines) ;

- Liens, sources et/ou références :

- PROTA4U : <https://www.prota4u.info/protav8.asp?fr=1&g=pe&p=Amaranthus+viridis+L> ;
- ⁵"Plants For a Future" (en anglais) : https://pfaf.org/user/Plant.aspx?LatinName=Amaranthus_viridis ;

don't classification :

- "The Plant List" (en anglais) : www.theplantlist.org/tpl1.1/record/kew-2633107 ;
- "GRIN" (en anglais) : <https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomydetail?id=2808> ;

dont livres et bases de données : ¹*Plantes sauvages comestibles* (livre pages 100 et 101, par S.G. Fleischhauer, J. Guthmann et R. Spiegelberger), ³²*Herbier gourmand* (livre par Marc Veyrat et François Couplan), ⁷⁶*Le Potager d'un curieux - histoire, culture et usages de 250 plantes comestibles peu connues ou inconnues* (livre, page 15, par A. Paillieux et D. Bois) ;

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

Abbasi, A. M., et al, 2013, Ethno-medicinal assessment of some selected wild edible fruits and vegetables of Lesser-Himalayas, Pakistan. *Pak. J. Bot.* 45 (S1): 215-222, January, 2013 ; 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 ; Achigan-Dako, E., et al (Eds), 2009, Catalogue of Traditional Vegetables in Benin. International Foundation for Science. ; Ajain, M., Ali, T., & Siddiqui, M.F., 2015, A Survey of Ethnobotanically Important Herbaceous Plants of Tehsil Jatoi, District Muzaffar Garh, Punjab, Pakistan. *Int. J. Biol. Res.*, 3(2): 87-92, 2015. ; Ahmad, I., et al, 2011, Ethnobotanical Study of Tehsil Kabal, Swat District, KPK, Pakistan. Hindawi Publishing Corporation Journal of Botany Volume 2011, Article ID 368572, 9 pages ; Ali, H., et al, 2011, Ethnobotanical profile of some plant resources in Malam Jabba valley of Swat, Pakistan. *Journal of Medicinal Plants Research* Vol. 5(18), pp 4676-4687 ; Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 34 ; Ara, R. I. T., 2015, Leafy Vegetables in Bangladesh. Photon eBooks. p 26 ; 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 ; Aryal, K. P. et al, 2009, Uncultivated Plants and Livelihood Support - A case study from the Chepang people of Nepal. *Ethnobotany Research and Applications*. 7:409-422 ; Aryal, K. P., et al, 2018, Diversity and use of wild and non-cultivated edible plants in the Western Himalaya. *Journal of Ethnobiology and Ethnomedicine* (2018) 14:10 ; Barkatullah & Ibrar, M., 2011, Plants profile of Malakand Pass Hills, District Malakand, Pakistan. *African Journal of Biotechnology* Vol. 10(73) pp. 16521-16535 ; Bandyopadhyay, S. et al, 2009, Wild edible plants of Koch Bihar district, West Bengal. *Natural Products Radiance* 8(1) 64-72 ; Bandyopadhyay, S., et al, 2012, A Census of Wild Edible Plants from Howrah District, West Bengal, India. *Proceedings of UGC sponsored National Seminar 2012* ; Banerjee, A., et al, 2013, Ethnobotanical Documentation of Some Wild Edible Plants in Bankura District, West Bengal, India. *The Journal of Ethnobiology and Traditional Medicine*. Photon 120 (2013) 585-590 ; Bao Bojian; Steve Clemants, Thomas Borsch, Amaranthaceae [Draft], *Flora of China* ; 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 ; 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 22 (As *Amaranthus polystachyus*) ; Blamey, M and Grey-Wilson, C., 2005, *Wild flowers of the Mediterranean*. A & C Black London. p 41 ; Bodkin, F., 1991, *Encyclopedia Botanica*. Cornstalk publishing, p 74 ; Borrell, O.W., 1989, *An Annotated Checklist of the Flora of Kairiru Island, New Guinea*. Marcellin College, Victoria Australia. p 47, 173 ; Bortolotto, I. M., et al, 2018, *Lista preliminar das plantas alimentícias nativas de Mato Grosso do Sul, Brasil*. Iheringia, Serie Botanica, Porto Alegre, 73 (supl.):101-116 ; Brown, W.H., 1920, *Wild Food Plants of the Philippines*. Bureau of Forestry Bulletin No. 21 Manila. p 48 ; 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 129 ; Busson, 1965, ; Cancilla, D., 2018, Ethnobotanical and Ethnozoological Values Desktop Assessment - Eliwana Project. p 10 ; Chandrakumar, P., et al, 2015, Ethnobotanical studies of wild edible plants of Gond, Halba and Kawar tribes of Salekasa Taluka, Gondia District, Maharashtra State, India. *International Research Journal of Pharmacy* 6(8) ; Checklist of NT Vascular Plant Species. January 2003. ; Chowdery, T., et al, 2014, Wild edible plants of Uttar Dinajpur District, West Bengal. *Life Science Leaflets*. 47:pp 20-36 <http://lifesciencesleaflets.ning.com> ; Chowdhury, A. & Das, A. P., 2014, Conservation through sustainable utilization of wetland leafy vegetables of Terai and Duars, West Bengal, India. *International Journal of Advanced Life Sciences (IJALS)*, 7(4) p 653 ; Chowdhury, M. & Mukherjee, R., 2012, Wild Edible Plants Consumed by Local Communities of Maldah of West Bengal, India. *Indian J.Sci.Res.*3(2) : 163-170 ; Cribb, A.B. & J.W., 1976, *Wild Food in Australia*, Fontana. p 115 ; Cruz-García, 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 ; Dangol, D. R. et al, 2017, Wild Edible Plants in Nepal. *Proceedings of 2nd National Workshop on CUAOGR*, 2017. ; Datar, M. N. & Upadhye, A. S., 2015, Forest foods of Northern Western Ghats: Mode of Consumption, Nutrition, and Availability. *Asian Agri-History* Vol. 19, No. 4, 2015 (293â€“316) ; Devi, O.S., P. Komor & D. Das, 2010, A checklist of traditional edible bio-resources from Imphal Valley, Manipur, India. *Journal of Threatened Taxa* 2(11): 1291-1296 ; Diouf, M., et al, Leafy Vegetables in Senegal. Bioversity website ; Dogan, Y., 2012, Traditionally used wild edible greens in the Aegean Region of Turkey. *Acta Societatis Botanicorum Poloniae* 81(4): 329-342 ; Dogan, Y., et al, 2015, Of the importance of a leaf: the ethnobotany of sarma in Turkey and the Balkans. *Journal of Ethnobiology and Ethnomedicine*, 11:56 ; Dutta, U., 2012, Wild Vegetables collected by the local communities from the Churang reserve of BTD, Assam. *International Journal of Science and Advanced Technology*. Vol. 2(4) p 119 ; Ertug, F., 2004, Wild Edible Plants of the Bodrum Area. (Mugla, Turkey). *Turk. J. Bot.* 28 (2004): 161-174 ; Ertug, F, Yenen Bitkiler. Resimli TÂ¼rkîye FlorasÄ± -I- Flora of Turkey - Ethnobotany supplement ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants*. Kampong Publications, p 9 ; Foo, J.T.S.(ed), 1996, *A Guide to Common Vegetables*. Singapore Science Foundation. p 12 ; Franklin, J., Keppel, G., & Whistler, W., 2008, *The vegetation and flora of Lakeba, Nayau and Aiwa Islands, Central Lau Group, Fiji*. *Micronesica* 40(1/2): 169â€“225, 2008 ; Freiburger, C. E., et al, 1998, Nutrient content of the edible leaves of seven wild plants from Niger. *Plant Foods for Human Nutrition* 53: 57â€“69, ; French, B., 1986, *Food Plants of Papua New Guinea*, Asia Pacific Science Foundation p 55 ; French, B.R., 2010, *Food Plants of Solomon Islands. A Compendium*. Food Plants International Inc. p 66 ; Gangte, H. E., et al, 2013, Wild Edible Plants used by the Zou Tribe in Manipur, India. *International Journal of Scientific and Research Publications*, Volume 3, Issue 5 ; Gangwar, A. K. & Ramakrishnan, P. S., 1990, *Ethnobotanical Notes on Some Tribes of Arunachal Pradesh*,

*Northeastern India. Economic Botany, Vol. 44, No. 1 pp. 94-105 ; Garcia, G. S. C., 2006, The mother-child nexus. Knowledge and valuation of wild food plants in Wayanad, Western Ghats, India. Journal of Ethnobiology and Ethnomedicine, 2:39 ; Ghorbani, A., et al, 2012, A comparison of the wild food plant use knowledge of ethnic minorities in Naban River Watershed Nature Reserve, Yunnan, SW China. Journal of Ethnobiology and Ethnomedicine; 8:17 ; Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 88 ; 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 ; Harisha, R. P. & Padmavathy, S., 2013, Knowledge and Use of Wild Edible Plants in Two Communities in Malai Madeshwara Hills, Southern India. International Journal of Botany 9(2): 64-72. ; Henty, E.E., 1980, Harmful Plants in Papua New Guinea. Botany Bulletin No 12. Division Botany, Lae, Papua New Guinea. p 8 ; HOOPER, ; Hossain, U. & Rahman, A., 2018, Study and quantitative analysis of wild vegetable floral diversity available in Barisal district, Bangladesh. Asian J. Med. Biol. Res. 2018, 4 (4), 362-371 ; Hussey, B.M.J., Keighery, G.J., Cousens, R.D., Dodd, J., Lloyd, S.G., 1997, Western Weeds. A guide to the weeds of Western Australia. Plant Protection Society of Western Australia. p 80 ; Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 382 ; 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 ; Jadhav, R., et al, 2015, Forest Foods of Northern Western Ghats: Mode of Consumption, Nutrition and Availability. Asian Agri-History Vol. 19, No. 4: 293-317 ; Jansen, P.C.M., 2004, Amaranthus viridis L. [Internet] Record from Protibase. Grubben, G.J.H. & Denton, O.A. (Editors). PROTA (Plant Resources of Tropical Africa / Ressources végétales de l'Afrique tropicale), Wageningen, Netherlands. < <http://database.prota.org/search.htm>>. Accessed 13 October 2009. ; 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 54 ; Jiawjinda, S., et al, 2002, Suppressive Effects of Edible Thai Plants on Superoxide and Nitric Oxide Generation. Asian Pacific Journal of Cancer Prevention, Vol 3, 2002 (As Amaranthus gracilis) ; 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 ; Kang, Y., et al, 2012, Wild food plants and wild edible fungi in two valleys on the Qinling Mountains (Shaanxi, central China) Journal of Ethnobiology and Ethnomedicine; 9:26 ; Kanis, A in Womersley, J.S., (Ed), 1978, Handbooks of the Flora of Papua New Guinea. Melbourne University Press. Vol 1. p 29 ; Kar, A., 2004, Common wild vegetables of Aka tribe of Arunachal Pradesh. Indian Journal of Traditional Knowledge 3(3) pp 305-313 ; Kar, A., et al, 2013, Wild Edible Plant Resources used by the Mizos of Mizoram, India. Kathmandu University Journal of Science, Engineering and Technology. Vol. 9, No. 1, July, 2013, 106-126 ; 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 ; 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 55 ; Khan, M. & Hussain, S., 2014, Diversity of wild edible plants and flowering phenology of district Poonch (J & K) in the northwest Himalaya. Indian Journal of Sci, Res. 9(1): 032-038 ; Khanal, R., et al, 2014, Documenting abundance and use of underutilized plant species in the mid hill region of Nepal. ECOPRINT 21: 63-71, 2014 ; Kinupp, V. F., 2007, Plantas alimenticias nao-convencionais da regiao metropolitana de Porto Alegre, RS, Brazil p 57 ; 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 ; Kunwar, R.M., et al, 2012, Underutilized Plant Species in Far West Nepal. J. Mt. Sci. (2012) 9:589-600 ; Kuo, W. H. J., (Ed.) Taiwan's Ethnobotanical Database (1900-2000), <http://tk.agron.ntu.edu.tw/ethnobot/DB1.htm> ; Lazarides, M. & Hince, B., 1993, Handbook of Economic Plants of Australia, CSIRO. p 17 ; Liengola, I. B., 2001, A contribution to the study of native edible plants by the Turumbu and Lokele of the Tshopo District, Province Orientale, D. R. Congo. Syst. Geogr. Pl. 71:687-698 ; Liu, Yi-tao, & Long, Chun-Lin, 2002, Studies on Edible Flowers Consumed by Ethnic Groups in Yunnan. Acta Botanica Yunnanica. 24(1):41-56 ; Low, T., 1991, Wild Herbs of Australia and New Zealand. Angus & Robertson. p 44 (Drawing) ; Low, T., 1992, Bush Tucker. Australia's Wild Food Harvest. Angus & Robertson. p 137 ; Lulekal, E., et al, 2011, Wild edible plants in Ethiopia: a review on their potential to combat food insecurity. Afrika Focus - Vol. 24, No 2. pp 71-121 ; Lungphi, P., Wangpan, T. & Tangjang, S., 2018, Wild edible plants and their additional uses by the Tangsa community living in the Changlang district of Arunachal Pradesh, India. Pleione 12(2): 151 - 164. 2018. ; Malaisse, F., 1997, Se nourrir en floret claire africaine. Approche ecologique et nutritionnelle. CTA, p 57 ; Malaisse, F., 2010, How to live and survive in Zambezian open forest (Miombo Ecoregion). Les Presses Agronomiques de Gembloux. ; Malezas Comestibles del Cono Sur, INTA, 2009, Buenos Aires ; Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 173 ; Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 85 ; Maiden, JH (1889) The Useful Native Plants of Australia. Compendium. Melbourne. Reprinted 1975 ; 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. Vo. 5. (2) April 2015 ; Medhi, P. & Borthakur, S. K., 2012, Phytoresources from North Cachar Hills of Assam -3: Edible plants sold at Hflong market. Indian Journal or Natural Products and Resources. 3(1) pp 84-109 ; Medhi, P. & Borthakur, S. K., 2013, Wild edible plants sold by the Zeme Nagas at the makeshift market of Mahur, Dima Hasao district of Assam. Pleione 7(1): 84 - 93. 2013. ; Medhi, P., Sarma, A and Borthakur, S. K., 2014, Wild edible plants from the Dima Hasao district of Assam, India. Pleione 8(1): 133-148 ; 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 ; Murtem, G. & Chaudhrey, P., 2016, An ethnobotanical note on wild edible plants of Upper Eastern Himalaya, India. Brazilian Journal of Biological Sciences, 2016, v. 3, no. 5, p. 63-81 ; Nakahara, K. et al, 2002, Antimutagenicity of Some Edible Thai Plants, and a Biocative Carbazole Alkaloid, Mahanine, Isolated from *Micromelum minutum*. Journal of Agricultural and Food Chemistry. 50: 4796-4892 ; 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 ; N'Danikou, S. et al, 2010, Eliciting Local*

Values of Wild Edible Plants in Southern BÃ©nin to Identify Priority Species for Conservation. Economic Botany, 20(10), 2011, pp. 1â€“15. ; 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 ; Omawale, 1973, Guyana's edible plants. Guyana University, Georgetown p 93 ; Onuminya, T. O., et al, 2017, Comparative proximate and Phytochemical Analysis of leafy vegetables in Lagos State. Nig. J. Pure and Applied Sci. Vol. 30 Issue 3: p 3097f ; Paczkowska, G. & Chapman, A.R., 2000, The Western Australian Flora. A Descriptive Catalogue. Western Australian Herbarium. p 137 ; Pagag, K. & Borthakur, S.K., 2012, Wild edible wetland plants from Lakhimpur district of Assam, India. Pleione 6(2): 322 - 327 ; Patiri, B. & Borah, A., 2007, Wild Edible Plants of Assam. Geethaki Publishers. p 109 ; Peekel, P.G., 1984, (Translation E.E.Henty), Flora of the Bismarck Archipelago for Naturalists, Division of Botany, Lae, PNG. p 168, 167 ; Pegu, R., et al, 2013, Ethnobotanical study of Wild Edible Plants in Poba Reserved Forest, Assam, India. Research Journal of Agriculture and Forestry Sciences 1(3):1-10 ; Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 47 ; Pfoze, N. L., et al, 2012, Survey and assessment of floral diversity on wild edible plants from Senapati district of Manipur, Northeast India. Journal of Biodiversity and Environmental Sciences. 1(6):50-52 ; Pham-Hoang Ho, 1999, An Illustrated Flora of Vietnam. Nha Xuat Ban Tre. p 729 ; Plants of Haiti Smithsonian Institute <http://botany.si.edu> ; Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. <http://www.scs.leeds.ac.uk/pfaf/> ; Polat, R., et al, 2015, Survey of wild food plants for human consumption in Elazig (Turkey). Indian Journal of Traditional Knowledge. Vol. 1(1): 69-75 ; 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 ; Rajapaksha, U., 1998, Traditional Food Plants in Sri Lanka. HARTI, Sri Lanka. p 40 ; 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 ; Ramachandran, V. S., 2007, Wild edible plants of the Anamalais, Coimbatore district, Western Ghats, Tamil Nadu. Indian Journal of Traditional Knowledge. 6(1) pp 173-176 ; Rao, M. L. S., et al, 2014, Indigenous Plant Foods which are commonly consumed by the tribal communities in Dumbriguda Area of Visakhapatnam District, Andhra Pradesh, India. Biolife. Vol 2, Issue 3 ; 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 ; Reddy, K. N., et al, 2006, Traditional knowledge on wild food plants in Andhra Pradesh. Indian Journal of Traditional Knowledge 6(1) pp 223-229 ; Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; <http://www.rbge.org.uk/ceb/sepasal/internet> [Accessed 24th March 2011] ; Sakar, A. & Das, A. P., 2018, The traditional knowledge on edible wild leafy vegetables of Rabha Tribe in Duars of North Bengal: a potential reinforcement to food security. Pleione 12(2): 275 - 281. 2018. ; 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 ; Shin, T., et al, 2018, Traditional knowledge of wild edible plants with special emphasis on medicinal uses in Southern Shan State, Myanmar. Journal of Ethnobiology and Ethnomedicine (2018) 14:48 ; Singh, G. K. & Ahirwar, R. K., 2013, An Ethnobotanical Survey for Certain Wild Edible Plants of Chanda Forest District Dindori Central India. International Journal of Science and Research. 6:14 ; 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 ; Sena, L. P., et al, 1998, Analysis of nutritional components of eight famine foods of the Republic of Niger. Plant Foods for Human Nutrition 52: 17â€“30 ; Sher, Z., Hussain, F., & Ibrar, M., 2014, Traditional knowledge on plant resources of Ashezai and Salarzai Valleys, District Buner, Pakistan. African Journal of Plant Science. Vol. 8(1), pp. 42-53, January 2014 ; Singh, H.B., Arora R.K., 1978, Wild edible Plants of India. Indian Council of Agricultural Research, New Delhi. p17 ; Sp. pl. ed. 2, 2:1405. 1763 ; Steenbeeke, Greg as part of the Plants Directory project. List of plant species from northern NSW that may be used as food plants p 5 ; Tanaka, Y. & Van Ke, N., 2007, Edible Wild Plants of Vietnam: The bountiful garden. Orchid books. p 24 ; Tareen, N. M., et al, 2016, Ethnomedicinal Utilization of Wild Edible Vegetables in District Harnai of Balochistan Province - Pakistan. Pakistan Journal of Botany 48(3): 1159-1171 ; Teron, R. & Borthakur, S. K., 2016, Edible Medicines: An Exploration of Medicinal Plants in Dietary Practices of Karbi Tribal Population of Assam, Northeast India. In Mondal, N. & Sen, J.(Ed.) Nutrition and Health among tribal populations of India. p 148 ; Terra, G.J.A., 1973, Tropical Vegetables. Communication 54e Royal Tropical Institute, Amsterdam, p 23 ; Thaman, R.R., 1976, The Tongan Agricultural System, University of the South Pacific, Suva, Fiji. p 380 ; Thaman, R. R., 1987, Plants of Kiribati: A listing and analysis of vernacular names. Atoll Research Bulletin No. 296 ; Thaman, R. R., 2016, The flora of Tuvalu. Atoll Research Bulletin No. 611. Smithsonian Institute p 62 ; 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 ; Thoa, P. T. K., et al, 2013, Biodiversity indices and utilization of edible wild plants a case study of the Cham Island in Quang Nam Province, Vietnam. Journal of research in Environmental Science and Toxicology Vol. 2(9): 167-174 ; Tiwari, J. K., et al, 2010, Some Promising Wild Edible Plants of Srinagar and its Adjacent Area in Alaknanda Valley of Garhwal Himalaya, India. Journal of American Science 6(4) p 167ff ; Tsering, J., et al, 2017, Ethnobotanical appraisal on wild edible plants used by the Monpa community of Arunachal Pradesh. Indian Journal of Traditional Knowledge. Vol 16(4), October 2017, pp 626-637 ; Upadhyay, 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) ; Vander Jagt, F. J., et al, 2000, The trypsin inhibitor content of 61 wild edible plant foods of Niger. Plant Foods for Human Nutrition 55: 335â€“346, 2000. ; Vernon, R., 1983, Field Guide to Important Arable Weeds of Zambia. Dept of Agriculture, Chilanga, Zambia. p 26 ; Vartak, V.D. and Kulkarni, D.K., 1987, Monsoon wild leafy vegetables from hilly regions of Pune and neighbouring districts, Maharashtra state. J. Econ. Tax. Bot. Vol. 11 No. 2 pp 331-335 ; Walter, A. & Lebot, V., 2007, Gardens of Oceania. ACIAR Monograph No. 122. CD-ROM minor species p 23 ; Weche-Ebeling, P., et al, 1995, Value of Some Wild Amaranthus Species (Amaranthaceae) of Nuevo Leon, Mexico. Economic Botany 49(4): 423-430 ; Wheeler, J.R.(ed.), 1992, Flora of the Kimberley Region. CALM, Western Australian Herbarium, p 112 ; www.eFloras.org Flora of China ; www.pngplants.org ; Xu, You-Kai, et al, 2004, Wild Vegetable Resources and Market Survey in

Xishuangbanna, Southwest China. Economic Botany. 58(4): 647-667. ; Yuncker, T.G., 1959, Plants of Tonga, Bernice P. Bishop Museum, Hawaii, Bulletin 220. p 107 ; Zon, A.P.M. van der, Grubben, G.J.H., 1976, Les legumes-feuilles spontanées et cultives du Sud-Dahomey, Communication 65, Royal Tropical Institute, Amsterdam, p 33