

# Carica papaya L., 1753 (Papayer)

Identifiants : 6686/carpap

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 ;
- Clade : Rosidées ;
- Clade : Malvidées ;
- Ordre : Brassicales ;
- Famille : Caricaceae ;

- **Classification/taxinomie traditionnelle :**

- Règne : Plantae ;
- Sous-règne : Tracheobionta ;
- Division : Magnoliophyta ;
- ~~Division~~ ~~Magnoliopsida~~ ;
- Ordre : Violales ;
- Famille : Caricaceae ;
- Genre : Carica ;

- **Synonymes :** *Carica peltata* Hook. & Arn, *Carica posoposa* L, *Carica sativa* Tussac, *Papaya carica* Gaertn, *Papaya edulis* Bojer, *Papaya vulgaris* A DC, et d'autres ;

- **Nom(s) anglais, local(aux) et/ou international(aux) :** pawpaw (au), papaya, Melonenbaum (de), Papajabaum (de), Papajapflanze (de), mamão (pt,br), papaia (pt,br), mamón (es), papayero (es), papaja (sv) ;

- **Rusticité (résistance face au froid/gel) :** -2/-2,5°C ;



- **Note comestibilité :** \*\*\*\*\*

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

Fruit<sup>0(+x)</sup> (fruits crus<sup>{{(27(+x))}}</sup> [nourriture/aliment<sup>{{(dp\*)}}</sup>, fleur<sup>0(+x)</sup> et feuille<sup>0(+x)</sup> comestibles.

Détails :

Feuilles et fruits utilisés à l'état immature, pour attendrir les viandes. Ils contiennent des enzymes protéolytiques. Plante très largement cultivée dans le monde<sup>{{(27(+x))}}</sup>. Légume<sup>0(+x)</sup>.

Les fruits peuvent être consommés mûrs et crus. Les fruits verts peuvent être cuits comme légume. Les jeunes feuilles peuvent être consommées cuites, mais sont amères. Les fleurs et le milieu de la tige peuvent être consommés. Les papayas contiennent de la papaine qui est un attendrisseur de viande. Les graines séchées peuvent être utilisées comme épice

Partie testée : fruit<sup>{{(0(+x))}}</sup> (traduction automatique)

Original : Fruit<sup>{{(0(+x))}}</sup>

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro- vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
88	163	39	0.5	290	54	0.4	0.18



**Précautions :**

néant, inconnus ou indéterminés.

- **Note médicinale :** \*\*\*

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

Par Köhler (F.E., *Medizinal Pflanzen*, vol. 3: t. 34, 1890), via *plantillustrations*

- **Nombre de graines au gramme :** 20/38 ;

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

- **LE JOURNAL DES FEMMES - Tout sur... la papaye :**  
[https://cuisine.journaldesfemmes.com/encyclopedie/fiche\\_composant/80/papaye.shtml](https://cuisine.journaldesfemmes.com/encyclopedie/fiche_composant/80/papaye.shtml) ;
- **marmiton Flan de Papaye :** [https://www.marmiton.org/recettes/recette\\_flan-de-papaye\\_29195.aspx](https://www.marmiton.org/recettes/recette_flan-de-papaye_29195.aspx) ;
- **"Plants For a Future" (en anglais) :** [https://pfaf.org/user/Plant.aspx?LatinName=Carica\\_papaya](https://pfaf.org/user/Plant.aspx?LatinName=Carica_papaya) ;

**dont classification :**

- **"The Plant List" (en anglais) :** [www.theplantlist.org/tpl1.1/record/kew-2700919](http://www.theplantlist.org/tpl1.1/record/kew-2700919) ;

**dont livres et bases de données :** <sup>0</sup>"Food Plants International" (en anglais) ;

**dont biographie/références de** <sup>0</sup>"FOOD PLANTS INTERNATIONAL" :

AAK, 1980, *Bertanam Pohon Buah-buahan*. Penerbitan Yayasan Kanisius, Yogyakarta. p 48 ; 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 41 ; Ali, A. M. S., 2005, *Homegardens in Smallholder Farming Systems: Examples from Bangladesh. Human Ecology*, Vol. 33, No. 2 pp. 245-270 ; Ambasta S.P. (Ed.), 2000, *The Useful Plants of India*. CSIR India. p 105 ; Anderson, E. F., 1993, *Plants and people of the Golden Triangle. Dioscorides Press*. p 205 ; Awasthi, A.K., 1991, *Ethnobotanical studies of the Negrito Islanders of Andaman Islands, India - The Great Andamanese. Economic Botany* 45(2) pp274-280. ; Bernholt, H. et al, 2009, *Plant species richness and diversity in urban and peri-urban gardens of Niamey, Niger. Agroforestry Systems* 77:159-179 ; Bianchini, F., Corbetta, F., and Pistoia, M., 1975, *Fruits of the Earth*. Cassell. p 172 ; Bircher, A. G. & Bircher, W. H., 2000, *Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics*. AUC Press. p 83 (As *Carica peltata*) ; Bodkin, F., 1991, *Encyclopedia Botanica*. Cornstalk publishing, p 215 ; Bodner, C. C. and Gereau, R. E., 1988, *A Contribution to Bontoc Ethnobotany. Economic Botany*, 43(2): 307-369 ; Borrell, O.W., 1989, *An Annotated Checklist of the Flora of Kairiru Island, New Guinea*. Marcellin College, Victoria Australia. p 60 ; Bremness, L., 1994, *Herbs. Collins Eyewitness Handbooks*. Harper Collins. p 43 ; Brouk, B., 1975, *Plants Consumed by Man*. Academic Press, London. p 190 ; Brown, D., 2002, *The Royal Horticultural Society encyclopedia of Herbs and their uses*. DK Books. p 155 ; 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 464 ; Cheifetz, A., (ed), 1999, *500 popular vegetables, herbs, fruits and nuts for Australian Gardeners*. Random House p 174 ; Chin, H.F., & Yong, H.S., 1996, *Malaysian Fruits in Colour*. Tropical press, Kuala Lumpur p 16 ; Cogley, L.S. (rev. Steele, W.M.) 2nd Ed., 1976, *An Introduction to the Botany of Tropical Crops*. Longmans. p 181 ; Coe, F. G. and Anderson, G. J., 1999, *Ethnobotany of the Sumu (Ulwa) of Southeastern Nicaragua and Comparisons with Miskitu Plant Lore. Economic Botany* Vol. 53. No. 4. pp. 363-386 ; Condit, R., et al, 2011, *Trees of Panama and Costa Rica. Princeton Field Guides*. p 118 ; Coronel, R.E., 1982, *Fruit Collections in the Philippines*. IBPGR Newsletter p 6 ; Cowie, I, 2006, *A Survey of Flora and vegetation of the*

proposed Jaco-Tutuata-Lore National Park. Timor-Lests (East Timor) [www.territorystories.nt.gov.au](http://www.territorystories.nt.gov.au) p 45 ; Cribb, A.B. & J.W., 1976, *Wild Food in Australia*, Fontana. p 162 ; Cronin, L., 1989, *The Concise Australian Flora*. Reed. p 169 ; Cull, B.W., 1995, *Fruit Growing in Warm Climates*. Reed. p 131 ; Cundall, P., (ed.), 2004, *Gardening Australia: flora: the gardener's bible*. ABC Books. p 330 ; Darley, J.J., 1993, *Know and Enjoy Tropical Fruit*. P & S Publishers. p 89 ; Dharani, N., 2002, *Field Guide to common Trees & Shrubs of East Africa*. Struik. p 209 ; Ekman Herbarium records Haiti ; Esperanca, M. J., 1988. *Surviving in the wild. A glance at the wild plants and their uses*. Vol. 2. p 122 ; Etherington, K., & Imwold, D., (Eds), 2001, *Botanica's Trees & Shrubs. The illustrated A-Z of over 8500 trees and shrubs*. Random House, Australia. p 181 ; FAO, 1988, *Traditional Food Plants, FAO Food and Nutrition Paper 42*. 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ACIAR Monograph No. 122. p 125 ; Williams, C.N., Chew, W.Y., and Rajartnam, J.A., 1989, *Tree and Field Crops of the Wetter Regions of the Tropics*. Longman, p 106 ; Williamson, J., 2005, *Useful Plants of Malawi*. 3rd. Edition. Mdadzi Book Trust. p 57 ; Yuncker, T.G., 1959, *Plants of Tonga*, Bernice P. Bishop Museum, Hawaii, Bulletin 220. p 193 ; Zaldivar, M. E., et al, 2002, *Species Diversity of Edible Plants Grown in Homegardens of Chibehan Amerindians from Costa Rica*. *Human Ecology*, Vol. 30, No. 3, pp. 301-316 ; Zuchowski W., 2007, *Tropical Plants of Costa Rica*. A Zona Tropical Publication, Comstock Publishing. p 169

