

Eruca vesicaria (L.) Cav., 1802 (Roquette)

Identifiants : 3686/eruves

Fiche réalisée par Patrick Le Ménahèze ([Le Potager de mes/nos Rêves](#))
Dernière modification le 01/10/2020

- Classification/taxinomie :
 - Famille : Brassicaceae ;
 - Nom complet : *Eruca vesicaria* (L.) Cav. subsp. *vesicaria* ;
- Synonymes : *Brassica eruca* L. 1753, *Brassica vesicaria* L. 1753 [*Eruca vesicaria* subsp. *vesicaria*], *Eruca sativa* Mill. 1768 [*Eruca vesicaria* subsp. *sativa*] ;
- Synonymes français : roquette annuelle, roquette cultivée, rucola, rouquette, riquette, roquette des jardins, salade de vingt-quatre heures, éruce, sisymbre sauvage, ruce ;
- Nom(s) anglais et/ou international(aux) : rocket, arugula, edible rocket [subsp. *sativa*], edible rocket [subsp. *sativa*], garden rocket [subsp. *sativa*], Italian cress [subsp. *sativa*], rocket [subsp. *sativa*], rocket [subsp. *vesicaria*], rocket-salad [subsp. *sativa*], Roman rocket [subsp. *sativa*], rugula [subsp. *sativa*], salad rocket [subsp. *sativa*], Rucola (de), Rauke (de) ;



- Note : ****
- Note perso : *****
- Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) : Feuille (jeunes $\mu_{0(+x),27(+x)\mu}$ pousses feuilles $\mu_{0(+x),\{\{27(+x)\mu}$ crues $\mu_{(dp^*)\mu}$, fruit (graines $\mu_{0(+x),27(+x)\mu}$ [nourriture/aliment : condiment $\mu_{\{\{(dp^*)\mu\},27(+x)\mu}\}$] et extrait $\mu_{(dp^*)\mu}$ graines $\mu_{0(+x),27(+x)\mu}$ {huile $\mu_{0(+x),27(+x)\mu}$ [nourriture/aliment $\mu_{\{\{(dp^*)\mu}$: huile alimentaire (après vieillissement) $\mu_{\{\{27(+x)\mu}\}$] et fleur (fleurs $\mu_{0(+x)\mu}$ [nourriture/aliment $\mu_{\{\{(dp^*)\mu}$: garniture $\mu_{0(+x)\mu}$] comestibles $\mu_{0(+x)\mu}$;

Les jeunes feuilles sont tendres, légèrement amères et à saveur de moutarde ; les vieilles peuvent être réduites en purée et utilisées dans les soupes et les sauces $\mu_{\{\{0(+x)\mu}$ (ex. : comme potherbe $\mu_{\{\{(dp^*)\mu}$).
Les graines sont utilisées dans les marinades, ou pour la moutarde Persane $\mu_{\{\{0(+x)\mu}$. Consommation en Europe du Sud $\mu_{\{\{\sim 27(+x)\mu}$;



Précautions à prendre :

néant, inconnus ou indéterminés.

- Catégories principales : pcp ;
- Nombre de graines au gramme : 500 ;
- Illustration(s) (photographie(s) et/ou dessin(s)):

• Liens, sources et/ou références :

dont classification :

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

dont Google (recherche de/pour) "*Eruca vesicaria*" : [pages](#), [images](#) / "*Roquette*" : [pages](#) ;

dont livres et bases de données : 0"FOOD PLANTS INTERNATIONAL" (*Eruca vesicaria* (L.) Cav. subsp. *vesicaria*], en anglais), 27Dictionnaire des plantes comestibles (livre, page 129, par Louis Bubenicek) ;

dont biographie/références de "FOOD PLANTS INTERNATIONAL" :

Ali-Shtayeh, M. S., et al, 2008, *Traditional knowledge of wild edible plants used in Palestine (Northern West Bank): A comparative study*. *J Ethnobiol Ethnomed*. 4: 13 ; Ambasta, S.P. (Ed.), 2000, *The Useful Plants of India*. CSIR India. p 202 ; Asfaw, Z. and Tadesse, M., 2001, *Prospects for Sustainable Use and Development of Wild Food Plants in Ethiopia*. *Economic Botany*, Vol. 55, No. 1, pp. 47-62 ; Bernholt, H. et al, 2009, *Plant species richness and diversity in urban and peri-urban gardens of Niamey, Niger*. *Agroforestry Systems* 77:159-179 ; Blamey, M and Grey-Wilson, C., 2005, *Wild flowers of the Mediterranean*. A & C Black London. p 68 ; Bodkin, F., 1991, *Encyclopedia Botanica*. Cornstalk publishing, p 399 ; Bremness, L., 1994, *Herbs*. Collins Eyewitness Handbooks. Harper Collins. p 249 ; Brown, D., 2002, *The Royal Horticultural Society encyclopedia of Herbs and their uses*. DK Books. p 204 ; Burnie, G & Fenton-Smith, J., 1999, *A Grower's Guide to Herbs*. Murdoch Books. p 57 ; Cheifetz, A., (ed), 1999, *500 popular vegetables, herbs, fruits and nuts for Australian Gardeners*. Random House p 125 ; Cundall, P., (ed.), 2004, *Gardening Australia: flora: the gardener's bible*. ABC Books. p 559 ; Della, A., et al, 2006, *An ethnobotanical survey of wild edible plants of Paphos and Larnaca countryside of Cyprus*. *J. Ethnobiol. Ethnomed*. 2:34 ; Ertug, F., 2004, *Wild Edible Plants of the Bodrum Area*. (Mugla, Turkey). *Turk. J. Bot.* 28 (2004): 161-174 ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants*. Kampong Publications, p 58 ; *Flora of Australia*, Volume 8, *Lecythidales to Batales*, Australian Government Publishing Service, Canberra (1982) p 246 ; *Flora of Pakistan*. ; *Gard. dict. ed. 8: Eruca no. 1. 1768* ; Grubben, G. J. H. and Denton, O. A. (eds), 2004, *Plant Resources of Tropical Africa 2. Vegetables*. PROTA, Wageningen, Netherlands. p 294 ; Hedrick, U.P., 1919, (Ed.), *Sturtevant's edible plants of the world*. p 293 ; Hemphill, I, 2002, *Spice Notes*. Macmillan. p 326 ; Hernandez Bermejo, J.E., and Leon, J. (Eds.), 1994, *Neglected Crops. 1492 from a different perspective*. FAO Plant Production and Protection Series No 26. FAO, Rome. p 303 ; Hibbert, M., 2002, *The Aussie Plant Finder 2002, Florilegium*. p 95 ; Hinnawi, N. S. A., 2010, *An ethnobotanical study of wild edible plants in the Northern West Bank "Palestine"*. An-Najah National University. p 92 ; Hu, Shiu-ying, 2005, *Food Plants of China*. The Chinese University Press. p 416 (As *Eruca vesicaria*) ; Ibn Oaf, H.S., 2004. *Eruca vesicaria* (L.) Cav. [Internet] Record from Protabase. Grubben, G.J.H. & Denton, O.A. (Editors). PROTA (Plant Resources of Tropical Africa), Wageningen, Netherlands. {{{ <http://database.prota.org/search.htm>>. Accessed 16 October 2009. ; Jardin, C., 1970, *List of Foods Used In Africa*, FAO Nutrition Information Document Series No 2.p 43, 77 ; Kargioglu, M. et al, 2010, *Traditional Uses of Wild Plants in the Middle Aegean Region*. *Human Ecology* 38:429-450 ; 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 ; Kiple, K.F. & Ornelas, K.C., (eds), 2000, *The Cambridge World History of Food*. CUP p 434, 1722 ; Kybal, J., 1980, *Herbs and Spices, A Hamlyn Colour Guide*, Hamlyn Sydney p 94 ; Lazarides, M. & Hince, B., 1993, *Handbook of Economic Plants of Australia*, CSIRO. p 96 ; Martin, F.W. & Ruberte, R.M., 1979, *Edible Leaves of the Tropics*. Antillian College Press, Mayaguez, Puerto Rico. p 188 ; Morley, B. & Everard, B., 1970, *Wild Flowers of the World*. Ebury press. Plate 30 ; Norrington, L., & Campbell, C., 2001, *Tropical Food Gardens*. 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HarperCollins. p 26 ; Sher, H. et al, 2011, *Ethnobotanical and Economic Observations of Some Plant Resources from the Northern Parts of Pakistan*. *Ethnobotany research & Applications* 9:027-041 (As *Eruca sativa*) ; Staples, G.W. and Herbst, D.R., 2005, *A tropical Garden Flora*. Bishop Museum Press, Honolulu, Hawaii. p 203 ; *Tasmanian Herbarium Vascular Plants list p 17* ; Terra, G.J.A., 1973, *Tropical Vegetables*. *Communication 54e Royal Tropical Institute*, Amsterdam, p 45 ; Tronickova, E. & Krejcova, Z., 1987, *Ortaggi*, Istituto Geografico de Agostini, Cecoslovacchia. p 92 ; Tukan, S. K., et al, 1998, *The use of wild edible plants in the Jordanian diet*. *International Journal of Food Sciences and Nutrition*. 49:225-235 ; 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) ; van Wyk, B., 2005, *Food Plants of the World. An illustrated guide*. Timber press. p 191

