

Ficus sycomorus L., 1753 (Figuier sycamore)

Identifiants : 1633/ficsyc

Fiche réalisée par Patrick Le Ménahèze ([Le Potager de mes/nos Rêves](#))
Dernière modification le 23/09/2020

- Classification/taxinomie :
 - Famille : Moraceae ;
- Synonymes français : figuier sycamore ;
- Nom(s) anglais et/ou international(aux) : Sycamore fig ;



- Note : ***
- Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) : Fruit $\mu_{0(+x)}\mu$ (fruits $\mu_{0(+x),27(+)}\mu$ {chair/pulpe, peau et graines} [nourriture/aliment et base $\mu_{\{\{(dp^*)\}\mu}$ boissons $\mu_{0(+x)}\mu$ /breuvages $\mu_{(dp^*)}\mu$ alcoolisé(e)s $\mu_{0(+x)}\mu$] {frais ou séchés $\mu_{\{\{0(+x)}\mu}$; crus ou cuits ; bruts ou transformés $\mu_{\{\{(dp^*)\}\mu}$) et feuille (jeunes feuilles cuites $\mu_{\{\{0(+x)}\mu}$ [nourriture/aliment {comme $\mu_{\{\{(dp^*)\}\mu}$ légume $\mu_{0(+x)}\mu$ }] comestibles $\mu_{0(+x)}\mu$. ;

Les fruits sont consommés frais ; ils peuvent également être séchés.

Ils sont consommés avec du miel et utilisés pour fabriquer une boisson alcoolisée (attention : l'alcool est une cause de cancer).

Les jeunes feuilles sont cuites pour la nourriture $\mu_{\{\{0(+x)}\mu}$ (ex. : comme potherbe ? (qp*)) ; elles sont utilisées dans les soupes ou les plats d'arachide/cacahuète.

Le latex est utilisé comme présure végétale $\mu_{\{\{0(+x)}\mu}$. Consommation locale ; plante largement cultivée dans sa zone d'origine $\mu_{\{\{~27(+)}\mu}$. La peau et les graines des fruits sont-elles bien comestibles et consommables ? (qp*) ;



Précautions à prendre :

néant, inconnus ou indéterminés.

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

Transactions of the Linnean Society of London (vol. 29: t. 99, 1875) [W.H. Fitch], via [plantillustrations.org](#)

- Liens, sources et/ou références :

dont classification :

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

dont Google (recherche de/pour) "Ficus sycomorus" : [pages](#), [images](#) | "Figuier sycomore" : [pages](#) ;

dont livres et bases de données : 0"FOOD PLANTS INTERNATIONAL" (en anglais), 27Dictionnaire des plantes comestibles (livre, page 138, par Louis Bubenicek) ;

dont biographie/références de "FOOD PLANTS INTERNATIONAL" :

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 42 ; Abdel-Hameed, E. S., 2009, *Total phenolic contents and free radical scavenging activity of certain Egyptian Ficus species leaf samples. Food Chemistry* 114: 1271-1277 ; Addis, G., et al, 2005, *Ethnobotanical Study of Edible Wild Plants in Some Selected Districts of Ethiopia. Human Ecology*, Vol. 33, No. 1, pp. 83-118 ; 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 ; Barwick, M., 2004, *Tropical and Subtropical Trees. A Worldwide Encyclopedic Guide. Thames and Hudson* p 187 ; Bekele-Tesemma A., Birnie, A., & Tengnas, B., 1993, *Useful Trees and Shrubs for Ethiopia. Regional Soil Conservation Unit. Technical Handbook No 5.* p 250 ; 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 34 ; Bodkin, F., 1991, *Encyclopedia Botanica. Cornstalk publishing*, p 474 ; Cundall, P., (ed.), 2004, *Gardening Australia: flora: the gardener's bible. ABC Books.* p 604 ; Dharani, N., 2002, *Field Guide to common Trees & Shrubs of East Africa. Struik.* p 112 ; Etherington, K., & Imwold, D., (Eds), 2001, *Botanica's Trees & Shrubs. The illustrated A-Z of over 8500 trees and shrubs. Random House, Australia.* p 329 ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants. Kampong Publications*, p 155 ; FAO, 1988, *Traditional Food Plants, FAO Food and Nutrition Paper 42. FAO Rome* p 288 ; Feyssa, D. H., et al, 2011, *Seasonal availability a consumption of wild edible plants in semiarid Ethiopia; Implications to food security and climate change adaptation. Journal of Horticulture and Forestry* 3(5): 138-149 ; Fowler, D. G., 2007, *Zambian Plants: Their Vernacular Names and Uses. Kew.* p 49 ; Grubben, G. J. H. and Denton, O. A. (eds), 2004, *Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands.* p 562 ; Hinnawi, N. S. A., 2010, *An ethnobotanical study of wild edible plants in the Northern West Bank "Palestine". An-Najah National University.* p 94 ; Jardin, C., 1970, *List of Foods Used In Africa, FAO Nutrition Information Document Series No 2,* p 138 ; Joffe, P., 2007, *Creative Gardening with Indigenous Plants. A South African Guide. Briza.* p 126 ; Johns, T., Mhoro, E. B. and Sanaya, P., 1996, *Food Plants and Masticants of the Batemi of Ngorongoro District, Tanzania. Economic Botany*, Vol. 50, No. 1, pp. 115-121 ; Katende, A.B., Birnie, A & Tengnas B., 1995, *Useful Trees and Shrubs for Uganda. Identification, Propagation and Management for Agricultural and Pastoral Communities. Technical handbook No 10. Regional Soil Conservation Unit, Nairobi, Kenya.* p 324 ; Kristensen, M and Lykke, A. M., 2003, *Informant-Based Valuation of Use and Conservation Preferences of Savanna Trees in Burkina Faso. Economic Botany*, Vol 57, No. 2, pp. 203-271 ; Long, C., 2005, *Swaziland's Flora - siSwati names and Uses* <http://www.sntc.org.sz/flora/> ; Lovett, J. C. et al, *Field Guide to the Moist Forest Trees of Tanzania.* p 109 ; 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 ; Malaisse, F., 1997, *Se nourrir en foret claire africaine. Approche ecologique et nutritionnelle. CTA.*, p 63 ; Mannheimer, C. A. & Curtis. 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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 ; Palgrave, K.C., 1996, *Trees of Southern Africa. Struik Publishers.* p 116 ; Palmer, E and Pitman, N., 1972, *Trees of Southern Africa. Vol. 1. A.A. Balkema, Cape Town* p 443 ; Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, *Edible Wild plants of Sub-saharan Africa. Kew.* p 151 ; 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 191 ; Rivera, D. et al, 2006, *Gathered Mediterranean Food Plants - Ethnobotanical Investigations and Historical Development, in Heinrich M, Müller WE, Galli C (eds): Local Mediterranean Food Plants and Nutraceuticals. Forum Nutr. 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[Online Database] National Germplasm Resources Laboratory, Beltsville, Maryland. Available: www.ars-grin.gov/cgi-bin/npgs/html/econ.pl (10 April 2000)* ; van Wyk, Be., & Gericke, N., 2007, *People's plants. A Guide to Useful Plants of Southern Africa. Briza.* p 42 ; van Wyk, Br., van Wyk, P, and van Wyk B., 2000, *Photographic guide to Trees of Southern Africa. Briza.* p 158 ; Van Wyk, Br. and van Wyk P., 2009, *Field Guide to Trees of Southern Africa. Struik Nature.* p 80 ; van Wyk, Be., & Gericke, N., 2007, *People's plants. A Guide to Useful Plants of Southern Africa. Briza.* p 104 ; Venter, F & J., 2009, *Making the most of Indigenous Trees. Briza.* p 172 ; Vivien, J., & Faure, J.J., 1996, *Fruitiers Sauvages d'Afrique. Espèces du Cameroun. CTA* p 220 ; www.zimbabweflora.co.zw 2011*

