

# Persea americana Mill., 1768 (Avocatier)

Identifiants : 2500/perame

Fiche réalisée par Patrick Le Ménahèze ([Le Potager de mes/nos Rêves](#))  
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- **Classification/taxinomie :**
  - Famille : Lauraceae ;
- **Synonymes :** *Persea gratissima* C.F.Gaertn. 1807 ;
- **Synonymes français :** avocatier commun, avocatier américain, avocatier du Guatemala [Guatemalan race] ;
- **Nom(s) anglais et/ou international(aux) :** alligator-pear [West Indian race], avocado, avocado-pear [West Indian race], Guatemalan avocado [Guatemalan race], lowland avocado [West Indian race], Mexican avocado [Mexican race], Trapp avocado [West Indian race], West Indian avocado [West Indian race], e li (cn transcrit), Avocado (de), Avocadobaum (de), Avocadopalme (de), abokado (jp romaji), wani-nashi (jp romaji), abacate (pt,br), aguacate (es), palto (es), avokado (sv) ;
- **Rusticité (résistance face au froid/gel) :** -8/-11 (-6) ;
- **Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) :** Partie(s) comestible(s) : fruit, légume, prudence  
Utilisation(s)/usage(s) culinaire(s) :
  - la pulpe du fruit est consommée crue ou cuite ; elle est consommée dans les salades, soupes, sandwiches, pâtes à tartiner, la crème glacée, et aussi dans les tortillas et le vin ;
  - les fruits sont mélangés avec du sucre et de l'eau pour faire une boisson ;
  - l'huile est extraite de la chair ; elle est utilisée dans la vinaigrette ;
  - les feuilles peuvent être utilisées pour le thé sucré avec du jus de canne à sucre ; les feuilles grillées sont utilisées pour les ragoûts de saison et les plats de haricots (1\*)



Précautions à prendre :

(1\*)ATTENTION : certaines personnes sont allergiques

- **Liens, sources et/ou références :**
  - CRFG ("California Rare Fruit Growers", en anglais) : <https://www.crfg.org/pubs/ff/avocado.html> ;
  - "Top Tropicals : avocado varieties" (en anglais) : [https://toptropicals.com/html/toptropicals/articles/fruit/varieties\\_avocado.htm#hardy](https://toptropicals.com/html/toptropicals/articles/fruit/varieties_avocado.htm#hardy) ;
  - Jardin! L'Encyclopédie : [https://nature.jardin.free.fr/arbres/ft\\_persea.html](https://nature.jardin.free.fr/arbres/ft_persea.html) ;

dont classification :

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

dont Google (recherche de/pour) "Persea americana" : [pages](#), [images](#) / "Avocatier" : [pages](#) ;

dont livres et bases de données : "FOOD PLANTS INTERNATIONAL" (en anglais) ;

dont biographie/références de "FOOD PLANTS INTERNATIONAL" :

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