

Portulaca quadrifida L., 1767

Identifiants : 5295/porqua

Fiche réalisée par Patrick Le Ménahèze ([Le Potager de mes/nos Rêves](#))

Dernière modification le 30/09/2020

- Classification/taxinomie :

- Famille : Portulacaceae ;

- Nom(s) anglais et/ou international(aux) : small-leaved purslane ;



- Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) : Partie(s) comestible(s) : feuilles, légume.
Utilisation(s)/usage(s) culinaire(s) :
-les feuilles sont bouillies et utilisées dans la préparation du pain de mil ou comme potherbe ;
-la plante entière est également bouillie et utilisée comme un légume.



Précautions à prendre :

(1*)ATTENTION : cette plante est revendiquée ne pas devoir être consommée en grandes quantités ; elle accumule probablement les nitrates et contient probablement des oxalates.

- Liens, sources et/ou références :

dont classification :

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

dont Google (recherche de/pour) "Portulaca quadrifida" : [pages](#), [images](#) ;

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

dont biographie/références de "FOOD PLANTS INTERNATIONAL" :

Addis, G., et al, 2013, Dietary values of wild and semi-wild edible plants in Southern Ethiopia. African Journal of Food, Agriculture, Nutrition and Development. 13(2) (Recalculated from dmb) ; Addis, G., Asfaw, Z & Woldu, Z., 2013, Ethnobotany of Wild and Semi-wild Edible Plants of Konso Ethnic Community, South Ethiopia. Ethnobotany Research and Applications. 11:121-141 ; Altschul, S.V.R., 1973, Drugs and Foods from Little-known Plants. Notes in Harvard University Herbaria. Harvard Univ. Press. Massachusetts. no. 937 ; Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 486 ; 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 ; Balemie, K., & Kebebew, F., 2006, Ethnobotanical study of wild edible plants in Derashe and Kucha Districts, South Ethiopia. Journal of Ethnobiology and Ethnomedicine. p 4 ; Borrell, O.W., 1989, An Annotated Checklist of the Flora of Kairiru Island, New Guinea. Marcellin College, Victoria Australia. p 211 ; Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 2 (I-Z) p 1833 ; FAO, 1988, Traditional Food Plants, FAO Food and Nutrition Paper 42. FAO Rome p 414 ; Flora of Pakistan. www.eFloras.org ; Food Composition Tables for use in Africa FAO <http://www.fao.org/infoods/directory> No. 763 ; Fowler, D. G., 2007, Zambian Plants: Their Vernacular Names and Uses. Kew. p 53 ; GAMMIE, ; Goode, P., 1989, Edible Plants of Uganda. FAO p 26 ; Grivetti, L. E., 1980, Agricultural development: present and potential role of edible wild plants. Part 2: Sub-Saharan Africa, Report to the Department of State Agency for International Development. p 41 ; Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 429 ; GUPTA & KANODIA, ; Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 513 ; Jadhav, V. D., Mahadkar, S. D. & Valvi. S. R., 2011, Documentation and ethnobotanical survey of wild edible plants from Kolhapur district. Recent Research in Science and

Technology 3(12): 58-63 ; Jardin, C., 1970, *List of Foods Used In Africa*, FAO Nutrition Information Document Series No 2. p 96 ; Long, C., 2005, *Swaziland's Flora - siSwati names and Uses* <http://www.sntc.org.sz/flora/> ; Lu De-Quan, *Portulacaceae, Flora of China.* ; Macmillan, H.F. (Revised Barlow, H.S., et al), 1991, *Tropical Planting and Gardening*. Sixth edition. Malayan Nature Society. Kuala Lumpur. p 357 ; Martin, F.W. & Ruberte, R.M., 1979, *Edible Leaves of the Tropics*. Antillian College Press, Mayaguez, Puerto Rico. p 215 ; Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, *Edible Wild plants of Sub-saharan Africa*. Kew. p 163 ; Pham-Hoang Ho, 1999, *An Illustrated Flora of Vietnam*. Nha Xuat Ban Tre. p 734 ; *Plants of Haiti Smithsonian Institute* [http://botany.si.edu/antilles/West Indies](http://botany.si.edu/antilles/West%20Indies) ; Royal Botanic Gardens, Kew (1999). *Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database*. Published on the Internet; <http://www.rbgekew.org.uk/ceb/sepasal/internet> [Accessed 6th June 2011] ; Ruffo, C. K., Birnie, A. & Tengnas, B., 2002, *Edible Wild Plants of Tanzania*. RELMA p 536 ; SAXENA, ; Shah, G.L., 1984, *Some economically important plant of Salsette Island near Bombay*. *J. Econ. Tax. Bot.* Vol. 5 No. 4 pp 753-765 ; SHORTT, ; Singh, H.B., Arora R.K., 1978, *Wild edible Plants of India*. Indian Council of Agricultural Research, New Delhi. p 34 ; Smith, A.C., 1981, *Flora Vitiensis Nova, Lawaii, Kuai, Hawaii*, Volume 2 p 276 ; Smith, F. I. and Eyzaquirre, P., 2007, *African leafy vegetables: Their role in the World Health Organization's global Fruit and Vegetables Initiative*. *AJFAND*, Vol. 7 No. 3 ; Solomon, C., 2001, *Encyclopedia of Asian Food*. New Holland. p 301 ; *Swaziland's Flora Database* <http://www.sntc.org.sz/flora> ; Terra, G.J.A., 1973, *Tropical Vegetables*. Communication 54e Royal Tropical Institute, Amsterdam, p 68 ; 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 ; Yuncker, T.G., 1959, *Plants of Tonga*, Bernice P. Bishop Museum, Hawaii, *Bulletin* 220. p 112