

Rumex acetosella L., 1753 (Petite oseille)

Identifiants : 2857/rumact

Fiche réalisée par Patrick Le Ménahèze ([Le Potager de mes/nos Rêves](#))
Dernière modification le 28/09/2020

- **Classification/taxinomie :**
 - Famille : Polygonaceae ;
- **Synonymes français :** rumex petite oseille, oseille de Pâques, oseille de brebis, oseillette, petite vinette, surelle, sarcille, oseille ;
- **Nom(s) anglais et/ou international(aux) :** field sorrel, sheep sorrel, sheep sorrel [subsp. acetosella], sorrel, sorre [subsp. acetosella], red Sorrel, xiao suan mo (cn transcrit), kleiner Wiesensauerampfer (de), acetosella (it), romice acetosella (it), azeda-de-ovelha (pt,br), azeda-miúda (pt,br), azedinha-aleluia (pt,br), bergsyra (sv) ;
- **Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) :** Partie(s) comestible(s) : feuilles, graines, légume.
Utilisation(s)/usage(s) culinaires :
 - les graines sont broyées en farine pour faire du pain plat ;
 - les jeunes feuilles peuvent être consommées en salade ; elles sont aigres, mais sont mâchées pour éteindre la soif ; les feuilles peuvent être cuites (comme potherbe).



Précautions à prendre :

(1*)ATTENTION : parce que cette plante contient des oxalates, manger de grandes quantités au fil du temps peut réduire l'absorption du calcium par l'organisme.

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

dont classification :

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

dont Google (recherche de/pour) "Rumex acetosella" : [pages](#), [images](#) | "Petite oseille" : [pages](#) ;

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

dont biographie/références de "FOOD PLANTS INTERNATIONAL" :

Ambasta S.P. (Ed.), 2000, *The Useful Plants of India*. CSIR India. p 534 ; Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." <http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb>. (ACEDB version 4.0 - data version July 1994) ; Cormack, R. G. H., 1967, *Wild Flowers of Alberta*. Commercial Printers Edmonton, Canada. p 75 ; Curtis, W.M., 1993, *The Student's Flora of Tasmania. Part 3 St David's Park Publishing, Tasmania*, p 587 ; DARLINGTON & AMMAL, ; Dashorst, G.R.M., and Jessop, J.P., 1998, *Plants of the Adelaide Plains & Hills. Botanic Gardens of Adelaide and State Herbarium*. p 52 ; Diaz-Betancourt, M., et al, 2001, *Weeds as a future source for human consumption. (On Plants for a Future website)* ; Dogan, Y. et al, 2013, *Wild Edible Plants sold in the Local Markets of Izmir, Turkey. Pak. J. Bot. 45(S1): 177-184* ; Duke, J.A., 1992, *Handbook of Edible Weeds*. CRC Press. p 172 ; Elias, T.S. & Dykeman P.A., 1990, *Edible Wild Plants. A North American Field guide*. Sterling, New York p 121 ; Ertug, F., 2000, *An Ethnobotanical Study in Central Anatolia (Turkey)*. Economic Botany Vol. 54. No. 2. pp. 155-182 ; 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 186 ; FAO, 1988, *Traditional Food Plants, FAO Food and Nutrition Paper 42*. FAO Rome p 429 ; Hibbert, M., 2002, *The Aussie Plant Finder 2002, Florilegium*. p 282 ; Hussey, B.M.J., Keighery, G.J., Cousens, R.D., Dodd, J., Lloyd, S.G.,

1997, *Western Weeds. A guide to the weeds of Western Australia*. Plant Protection Society of Western Australia. p 200 ; Hyde-Wyatt, B.H. & Morris D.I., 1975, *Tasmanian Weed Handbook*. Dept of Ag Tasmania. p 54 ; Jackes, D. A., 2007, *Edible Forest Gardens* ; Kalle, R. & Soukand, R., 2012, *Historical ethnobotanical review of wild edible plants of Estonia (1770s-1960s)* Acta Societatis Botanicorum Poloniae 81(4):271-281 ; Kirkpatrick, J., 1997, *Alpine Tasmania, An Illustrated guide to the flora and vegetation*. Oxford, p ; Ladio, A. H. & Lozada, M., 2000, *Edible Plant Use in a Mapuche Community of North-western Patagonia*, Human Ecology. Vol. 28, No. 1. pp. 53-71 ; Ladio, A. H., 2001, *The Maintenance of Wild Edible Plant Gatherings in a Mapuche Community of Patagonia*. Economic Botany, Vol. 55, No. 2, pp. 243-254 ; Lamp, C & Collet F., 1989, *Field Guide to Weeds in Australia*. Inkata Press. p 244 ; Lazarides, M. & Hince, B., 1993, *Handbook of Economic Plants of Australia*, CSIRO. p 208 ; Low, T., 1991, *Wild Herbs of Australia and New Zealand*. Angus & Robertson. p 41 (Drawing) ; Low, T., 1992, *Bush Tucker. Australia's Wild Food Harvest*. Angus & Robertson. p 153 ; Luczaj, L. et al, 2013, *Wild edible plants of Belarus: from Rostakinski's questionnaire of 1883 to the present*. Journal of Ethnobiology and Ethnomedicine 9:21 ; ?ukasz ?uczaj and Wojciech M Szyma?ski, 2007, *Wild vascular plants gathered for consumption in the Polish countryside: a review*. J Ethnobiol Ethnomedicine. 3: 17 ; MacKinnon, A., et al, 2009, *Edible & Medicinal Plants of Canada*. Lone Pine. p 320 ; Moerman, D. F., 2010, *Native American Ethnobotany*. Timber Press. p 495 ; Pham-Hoang Ho, 1999, *An Illustrated Flora of Vietnam. Nha Xuat Ban Tre*. p 741 ; Pieroni, A., 1999, *Gathered wild food plants in the Upper Valley of the Serchio River (Garfagnana), Central Italy*. Economic Botany 53(3) pp 327-341 ; Pieroni, A. et al, 2013, *One century later: the folk botanical knowledge of the last remaining Albanians of the upper Reka Valley, Mount Korab, Western Macedonia*. Journal of Ethnobiology and Ethnomedicine. 9:22 ; *Plants of Haiti Smithsonian Institute* [http://botany.si.edu/antilles/West Indies](http://botany.si.edu/antilles/West%20Indies) ; Redzic, S. J., 2006, *Wild Edible Plants and their Traditional Use in the Human Nutrition in Bosnia-Herzegovina*. Ecology of Food and Nutrition, 45:189-232 ; SAYCE, ; Schneider, E., 2001, *Vegetables from Amaranth to Zucchini: The essential reference*. HarperCollins. p 574 ; Skinner, G. & Brown, 1981, C., *Simply Living. A gatherer's guide to New Zealand's fields, forests and shores*. Reed. p 21 ; Sp. pl. 1:338. 1753 ; Stern, G., 1986, *Australian Weeds. A Source of Food and Medicine*. Harper & Row. p 182 ; *Tasmanian Herbarium Vascular Plants list* p 45 (As *Acetosella vulgaris*)