

Sauropus androgynus (L.) Merr., 1903 (Katuk)

Identifiants : 3073/sauand

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

- **Classification/taxinomie :**
 - **Famille :** Phyllanthaceae ;
- **Synonymes français :** groseille ou, plus précisément/littéralement, groseille à maquereau étoile (tp* de "star gooseberry"), feuilles douces (tp* de "sweet leaf ou sweet leaf bush") ;
- **Nom(s) anglais et/ou international(aux) :** sweet leaf, sweet leaf bush, star gooseberry ;
- **Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) :** Partie(s) comestible(s)μ{{{0(+x)μ : feuilles, fruit, fleurs, légumeμ{{{0(+x)μ.
Utilisation(s)/usage(s)μ{{{0(+x)μ culinaires :
 - les jeunes pousses, jeunes feuilles, fleurs et petits fruits sont consommés crus ; les feuilles plus âgées sont cuitesμ{{{0(+x)μ (ex. : comme potherbe ? (qp*)) ;
 - les feuilles sont souvent roussies (légèrement brûlées) avant d'être ajoutées aux soupes ;
 - le fruit peut être utilisé pour faire de la confitureμ{{{0(+x)μ.



Précautions à prendre :

néant, inconnus ou indéterminés.

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

dont classification :

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

dont Google (recherche de/pour) "Sauropus androgynus" : [pages](#), [images](#) | "Katuk" : [pages](#) ;

dont livres et bases de données : 0"FOOD PLANTS INTERNATIONAL (en anglais) ;

dont biographie/références de "FOOD PLANTS INTERNATIONAL" :

Ali, R. M., et al, (Eds.), 2010, ASEAN Herbal and Medicinal Plants. Forestry research Institute Malaysia. p 103 ; Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 553 ; Andarwulan, N., et al, 2010, Flavonoid content and antioxidant activity of vegetables from Indonesia. Food Chemistry 121: 1231-1235 ; Anderson, E. F., 1993, Plants and people of the Golden Triangle. Dioscorides Press. p 220 ; Bull. Bur. Forest. Philipp. Islands 1:30. 1903 ; 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 2002 ; Chin, H. F., 1999, Malaysian Vegetables in Colour. Tropical Press. p 12 ; Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 101 ; French, B.R., 2010, Food Plants of Solomon Islands. A Compendium. Food Plants International Inc. p 99 ; Flora of China. [www.eFloras.org](#) ; Foo, J.T.S.(ed), 1996, A Guide to Common Vegetables. Singapore Science Foundation. p 72 ; Food Composition Tables for use in East Asia FAO <http://www.fao.org/infoods/directory> No. 700 ; Ghorbani, A., et al, 2012, A comparison of the wild food plant use knowledge of ethnic minorities in Naban River Watershed Nature Reserve, Yunnan, SW China. Journal of Ethnobiology and Ethnomedicine; 8:17 ; Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 512 ; Jacquat, C., 1990, Plants from the Markets of Thailand. D.K. Book House p 77 ; Japanese International Research Centre for Agricultural Science www.jircas.affrc.go.jp/project/value_addition/Vegetables ; 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 ; Khumgratok, S., Edible Plants in Cultural Forests of Northeastern Thailand. Mahasarakham University Thailand. ;

Kiple, K.F. & Ornelas, K.C., (eds), 2000, *The Cambridge World History of Food*. CUP p 1864 ; *Lembogi Biologi Nasional*, 1980, *Sayur-sayuran*. Balai Pustaka, Jakarta. p 52 ; Lugod, G.C. and de Padua L.S., 1979, *Wild Food Plants in the Philippines*. Vol. 1. Univ. of Philippines Los Banos. p 35 ; Martin, F.W., & Ruberte, R.M., 1979, *Edible Leaves of the Tropics*. Antillian College Press, Mayaguez, Puerto Rico. p 35, 192 ; Martin, M.A., 1971, *Introduction L'Ethnobotanique du Cambodge*. Centre National de la Recherche Scientifique. Paris. ; McMakin, P.D., 2000, *Flowering Plants of Thailand*. A Field Guide. White Lotus. p 106 ; Norrington, L., & Campbell, C., 2001, *Tropical Food Gardens*. Bloomings Books. p 53 ; Ochse, J.J. et al, 1931, *Vegetables of the Dutch East Indies*. Asher reprint. p 290 ; Ogle, B. M., et al, 2003, *Food, Feed or Medicine: The Multiple Functions of Edible Wild Plants in Vietnam*. *Economic Botany* 57(1): 103-117 ; Oomen, H.A.P.C., & Grubben, G.J.H., 1978, *Tropical Leaf Vegetables in Human Nutrition*, *Communication* 69, Department of Agricultural research, RTI Amsterdam, p 36, 56, 66, 97, 114 ; Phon, P., 2000, *Plants used in Cambodia*. © Pauline Dy Phon, Phnom Penh, Cambodia. p 549 ; Recher, P, 2001, *Fruit Spirit Botanical Gardens Plant Index*. www.nrg.com.au/~recher/seedlist.html p 3 ; Rodriguez-Amaya, D. B., 1999, *Carotenoides y Prepracion de Alimentos*. University Estadual de Campinas, Brasil, Ph.D. thesis. p 21 ; Sharma, B.B., 2005, *Growing fruits and vegetables*. Publications Division. Ministry of Information and broadcasting. India. p 195 ; Solomon, C., 2001, *Encyclopedia of Asian Food*. New Holland. p 317 ; Solomon, C., 2001, *Encyclopedia of Asian Food*. New Holland. p 317 (*As Sauropus albicans*) ; Somnasang, P., Moreno, G and Chusil K., 1998, *Indigenous knowledge of wild hunting and gathering in north-east Thailand*. *Food and Nutrition Bulletin* 19(4) p 359f ; Staples, G.W. and Herbst, D.R., 2005, *A tropical Garden Flora*. Bishop Museum Press, Honolulu, Hawaii. p 296 ; Terra, G.J.A., 1973, *Tropical Vegetables*. *Communication* 54e Royal Tropical Institute, Amsterdam, p 71, 72 ; Thitprasert, W., et al, 2007, *Country report on the State of Plant Genetic Resources for Food and Agriculture in Thailand (1997-2004)*. FAO p 95 ; Tindall, H.D., & Williams, J.T., 1977, *Tropical Vegetables and their Genetic Resources*, International Board for Plant Genetic Resources, Rome, p 108 ; 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 Sam, H. et al, 2008, *Uses and Conservation of Plant Species in a National Park*. A case study of Ben En, Vietnam. *Economic Botany* 62:574-593 ; Woodward, P., 2000, *Asian Herbs and Vegetables*. Hyland House. p 120 ; Xu, You-Kai, et al, 2004, *Wild Vegetable Resources and Market Survey in Xishuangbanna, Southwest China*. *Economic Botany*. 58(4): 647-667.