

Vigna vexillata (L.) A. Rich., 1845 (Pois poison)

Identifiants : 40661/vigvex

Association du Potager de mes/nos Rêves (<https://lepotager-demesreves.fr>)

Fiche réalisée par Patrick Le Ménahèze

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- Classification phylogénétique :

- Clade : Angiospermes ;
- Clade : Dicotylédones vraies ;
- Clade : Rosidées ;
- Clade : Fabidées ;
- Ordre : Fabales ;
- Famille : Fabaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Fabales ;
- Famille : Fabaceae ;
- Genre : Vigna ;

- Synonymes : *Dolichos cylindricus* Desv, *Dolichos vexillatus* (L.) Kunth, *Phaseolus capensis* sensu Thunb, *Phaseolus glycinaeformis* J. A. Weinm, *Phaseolus humifusus* Savi, *Phaseolus pulniensis* Wight, *Phaseolus quadriflorus* A. Rich, *Phaseolus sepiarius* Dalz, *Phaseolus vexillatus* L., *Plectrotropis angustifolia* Schum. & Thonn, *Plectrotropis hirsuta* Schum. & Thonn, *Strophostyles capensis* E. Meyer, *Vigna angustifolia* (Schum. & Thonn.) Hook.f, *Vigna capensis* (Thunb.) Burt Davy, *Vigna carinalis* Benth, *Vigna crinita* A. Rich, *Vigna davyi* Bolus, *Vigna dinteri* Harms, *Vigna dolichoneura* Harms, *Vigna golungensis* Baker, *Vigna hirta* Hook, *Vigna lobatifolia* Baker, *Vigna phaseoloides* Baker, *Vigna scabra* Sonder, *Vigna senegalensis* A. Chev, *Vigna thonningii* Hook. f, *Vigna tuberosa* A. Rich, *Vigna vexillata* (L.) A. Rich. var. *hirta* (Hook.) Baker f, *Vigna vexillata* (L.) A. Rich. var. *thonningii* (Hook.) Baker ;

- Synonymes français : pois zombi ;

- Nom(s) anglais, local(aux) et/ou international(aux) : zombi pea (zombi-pea), wild mung, aka sasage, wild cowpea, pencil yam, ye jiang dou (cn transcrit), aka-sasage (jp romaji) ;



- Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) :

Les racines sont cuites au Soudan et en Éthiopie^{[[77]]}.

Les racines tubéreuses sont consommées crues ou cuites. Ils peuvent être bouillis ou rôtis. Les graines sont cuites et mangées. Les feuilles peuvent être consommées comme légume et séchées

Partie testée : racine^{[[0(+x)]]} (traduction automatique)

Original : Root^{[[0(+x)]]}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
68.9	287	69	2.3	0	0	10.0	1.7



néant, inconnus ou indéterminés. néant, inconnus ou indéterminés.

- **Autres infos :**

dont infos de "FOOD PLANTS INTERNATIONAL" :

- **Statut :**

Les racines sont populaires auprès des tribus montagnardes en Inde^{{{{0(+x)}}}} (traduction automatique).

Original : The roots are popular with hill tribes in India^{{{{0(+x)}}}}.

- **Distribution :**

C'est une plante tropicale. Il pousse principalement naturellement dans les forêts ouvertes sur des sols gréseux. Il poussera dans des sols secs, acides, riches en aluminium et stériles. Il peut pousser dans des endroits arides. Au Sichuan et au Yunnan^{{{{0(+x)}}}} (traduction automatique).

Original : It is a tropical plant. It mostly grows naturally in open woodland on sandstone soils. It will grow in dry, acid, high aluminium soils that are infertile. It can grow in arid places. In Sichuan and Yunnan^{{{{0(+x)}}}}.

- **Localisation :**

Afrique, Angola, Asie, Australie, Belize, Bhoutan, Botswana, Brésil, Burkina Faso, Burundi, Cambodge, Cameroun, Caraïbes, Afrique centrale, Amérique centrale, Tchad, Chine, Colombie, RD Congo, Costa Rica, Côte d ' Ivoire, Cuba, République dominicaine, Afrique de l'Est, Équateur, El Salvador, Guinée équatoriale, Eswatini, Éthiopie, Guyane française, Gambie, Ghana, Guatemala, Guyanes, Guinée, Guinée, Guinée-Bissau, Guyane, Haïti, Himalaya, Honduras , Inde, Indochine, Indonésie, Côte d'Ivoire, Jamaïque, Japon, Kenya, Corée, Laos, Libéria, Madagascar, Malawi, Malaisie, Mali, Mexique, Mozambique, Myanmar, Niger, Nigéria, Amérique du Nord, Inde du nord-est, Pacifique, Pakistan, Panama, Papouasie-Nouvelle-Guinée, PNG, Pérou, Porto Rico, Rwanda, Asie du Sud-Est, Sénégal, Sierra Leone, Somalie, Afrique du Sud, Afrique australe, Amérique du Sud, Sri Lanka, Soudan, Suriname, Swaziland, Taiwan, Tanzanie, Togo, Ouganda, Venezuela, Vietnam, Afrique de l'Ouest, Antilles, Yémen, Zambie, Zimbabwe^{{{{0(+x)}}}} (traduction automatique).

Original : Africa, Angola, Asia, Australia, Belize, Bhutan, Botswana, Brazil, Burkina Faso, Burundi, Cambodia, Cameroon, Caribbean, Central Africa, Central America, Chad, China, Colombia, Congo DR, Costa Rica, CÃ te d'Ivoire, Cuba, Dominican Republic, East Africa, Ecuador, El Salvador, Equatorial Guinea, Eswatini, Ethiopia, French Guiana, Gambia, Ghana, Guatemala, Guianas, Guinea, GuinÃ e, Guinea-Bissau, Guyana, Haiti, Himalayas, Honduras, India, Indochina, Indonesia, Ivory Coast, Jamaica, Japan, Kenya, Korea, Laos, Liberia, Madagascar, Malawi, Malaysia, Mali, Mexico, Mozambique, Myanmar, Niger, Nigeria, North America, Northeastern India, Pacific, Pakistan, Panama, Papua New Guinea, PNG, Peru, Puerto Rico, Rwanda, SE Asia, Senegal, Sierra Leone, Somalia, South Africa, Southern Africa, South America, Sri Lanka, Sudan, Suriname, Swaziland, Taiwan, Tanzania, Togo, Uganda, Venezuela, Vietnam, West Africa, West Indies, Yemen, Zambia, Zimbabwe^{{{{0(+x)}}}}.

- **Notes :**

Il existe environ 150 espèces de Vigna. Ils sont principalement sous les tropiques. Il a été démontré que les tubercules contiennent 15% de protéines^{{{{0(+x)}}}} (traduction automatique).

Original : There are about 150 Vigna species. They are mostly in the tropics. The tubers have been shown to be 15% protein^{{{{0(+x)}}}}.

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

- **FAO (en anglais) :** <https://www.fao.org/ag/agp/AGPC/doc/gbase/data/pf000091.htm> ;

dont classification :

- **"The Plant List" (en anglais) :** www.theplantlist.org/tpl1.1/record/ild-3615 ;
- **"GRIN" (en anglais) :** <https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomydetail?id=41649> ;

dont livres et bases de données : ⁷⁷Semences de Kokopelli (livre de 2007, page 403, par Dominique Guillet) ;

dont biographie/références de ⁰"FOOD PLANTS INTERNATIONAL" :

Ambasta, S.P. (Ed.), 2000, *The Useful Plants of India*. CSIR India. p 678 ; Bodkin, F., 1991, *Encyclopedia Botanica*. Cornstalk publishing, p 1017 ; Brock, J., 1993, *Native Plants of Northern Australia*, Reed. p 327 ; Burkill, H. M., 1985, *The useful plants of west tropical Africa*, Vol. 3. Kew. ; Cherikoff V. & Isaacs, J., *The Bush Food Handbook*. How to gather, grow, process and cook Australian Wild Foods. Ti Tree Press, Australia p 201 ; Cribb, A.B. & J.W., 1976, *Wild Food in Australia*, Fontana. p 144 ; Dakora, F. D., 2013, *Biogeographic Distribution, Nodulation and Nutritional Attributes of Underutilized Indigenous Agrican Legumes*. *Acta Horticulturae* Number 979 Vol. 1. p 53 ; Dunlop, C.R., Leach, G.J. & Cowie, I.D., 1995, *Flora of India* <http://www.ildis.org/Legume/Web> ; Dutta, U., 2012, *Wild Vegetables collected by the local communities from the Churang reserve of BTd, Assam*. *International Journal of Science and Advanced Technology*. Vol. 2(4) p 124 ; Fox, F. W. & Young, M. E. N., 1982, *Food from the Veld*. Delta Books. p 223 (As *Vigna phaseoloides*) ; IRVINE 1952, 1957, ; Jackes, B.R., 2001, *Plants of the Tropics*. Rainforest to Heath. An Identification Guide. James Cook University. p 55 ; Jardin, C., 1970, *List of Foods Used In Africa*, FAO Nutrition Information Document Series No 2.p 109 (As *Vigna phaseoloides*) ; Kenneally, K.E., Edinger, D. C., and Willing T., 1996, *Broome and Beyond, Plants and People of the Dampier Peninsula, Kimberley, Western Australia*. Department of Conservation and Land Management. p 163 ; Kumar, G.M., & Shiddamallayya, N., 2014, *Documentation of Wild Plant Tubers as Food Resources in Hassan District, Karnataka*, *International Journal of Applied Biology and Pharmaceutical Technoogy*. 5(2) p 92 ; Latham, P & Mbuta, A., 2017, *Useful Plants of Central Province, Democratic Republic of Congo*. Volume 2. Salvation Army p 241 ; Levitt, D., 1981, *Plants and people*. 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T., et al, 2007, *Wild edible plants of Meghalaya, North-east India*. *Natural Product Radiance* Vol. 6(5): p 423 ; Singh, H.B., Arora R.K., 1978, *Wild edible Plants of India*. Indian Council of Agricultural Research, New Delhi. p 83 (As *Vigna capensis*) ; Smith, N and Wightman, G.M., 1990, *Ethnobotanical Notes from Belyuen Northern Territory Australia*. Northern Territory Botanical Bulletin No 10. Parks and Wildlife Commission of the Northern Territory. p 25 ; Sprent, J. I., et al, 2009, *African legumes: a vital but under-utilized resource*. *Journal of Experimental Botany*. ; *Swaziland's Flora Database* <http://www.sntc.org.sz/flora> ; Teklehaymanot, T., and Mirutse Giday, M., 2010, *Ethnobotanical study of wild edible plants of Kara and Kwego semi-pastoralist people in Lower Omo River Valley, Debub Omo Zone, SNNPR, Ethiopia*. *Journal of Ethnobiology and Ethnomedicine* 2010, 6:23 ; Terra, G.J.A., 1973, *Tropical Vegetables*. 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