

Ensete superbum (Roxb.) Cheesman

Identifiants : 12736/enssup

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

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 07/05/2024

- Classification phylogénétique :

- Clade : Angiospermes ;
- Clade : Monocotylédones ;
- Clade : Commelinidées ;
- Ordre : Zingiberales ;
- Famille : Musaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Liliopsida ;
- Ordre : Zingiberales ;
- Famille : Musaceae ;
- Genre : Ensete ;

- Synonymes : Musa superba Roxb ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Cliff banana, , Bankel, Chavan, Chaveli-keli, Chowani, Colon, Janglikela, Jangali keli, Kardai, Kaudar, Kawdari, Kopak, Lobong keng tong, Malai vazhai, Namninyah, Napkhoi, Pisang ensete besar, Rai keli, Rankel, Rankela, Rankele, Sai suo mot, Sai-su, Saisuang, Saisuong, Thaliphang yasong ;



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

Parties comestibles : fruits, fleurs, racine, rhizome, tige de fleur, gaines, tige, graine^{{{(0(+x))}}} (traduction automatique) | Original : Fruit, Flowers, Root, Rhizome, Flower stalk, Leaf-sheaths, Stem, Seed^{{{(0(+x))}}} Les bourgeons germés sont utilisés comme légume. Les jeunes fruits sont marinés. Ils sont également cuits comme légume. La tige florifère se consomme comme légume. La racine, la tige de la fleur sans feuilles et la gaine enroulée se mangent. Les racines sont séchées et réduites en poudre pour faire de la farine puis utilisées pour le pain



néant, inconnus ou indéterminés.

- Illustration(s) (photographie(s) et/ou dessin(s)):

- Liens, sources et/ou références :

dont classification :

dont livres et bases de données : ⁰"Food Plants International" (en anglais) ;

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

Ambasta, S.P. (Ed.), 2000, *The Useful Plants of India*. CSIR India. p 196 ; Angami, A., et al, 2006, Status and potential of wild edible plants of Arunachal Pradesh. *Indian Journal of Traditional Knowledge* 5(4) October 2006, pp 541-550 ; Arinathan, V., et al, 2007, Wild edibles used by Palliyars of the western Ghats, Tamil Nadu. *Indian Journal of Traditional Knowledge*. 6(1) pp 163-168 ; GAMMIE, (As *Musa superba*) ; Gangte, H. E., et al, 2013, Wild Edible Plants used by the Zou Tribe in Manipur, India. *International Journal of Scientific and Research Publications*, Volume 3, Issue 5 (As *Musa superba*) ; Guite, C., 2016, A study of wild edible plants associated with the Paite tribe of Manipur, India, *International Journal of Current Research*. Vol. 8, Issue, 11, pp. 40927-40932 (As *Musa superba*) ; Jadhav, R., et al, 2015, Forest Foods of Northern Western Ghats: Mode of Consumption, Nutrition and Availability. *Asian Agri-History* Vol. 19, No. 4: 293-317 ; Kar, A., & Borthakur, S. K., 2008, Wild vegetables of Karbi - Anglong district, Assam, *Natural Product Radiance*, Vol. 7(5), pp 448-460 ; Kar, A., et al, 2013, Wild Edible Plant Resources used by the Mizos of Mizoram, India. *Kathmandu University Journal of Science, Engineering and Technology*. Vol. 9, No. 1, July, 2013, 106-126 ; Kew Bull. 2:101. 1948 ; Khayde, M. S., et al, 2009, Wild Edible Plants Used by the tribes of Akole Tahasil of Ahmednagar District (MS), India. *Ethnobotanical Leaflets* 13:1328-36 ; Kuvar, S. D. & Shinde, R. D., 2019, Wild Edible Plants used by Kokni Tribe of Nasik District, Maharashtra. *Journal of Global Biosciences*. Volume 8, Number 2, 2019, pp. 5936-5945 ; Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 41 ; Mahadkar, S., Valvi, S. & Rathod, V., 2012, Nutritional assessment of some selected wild edible plants as a good source of mineral. *Asian Journal of Plant Science and Research* 2(4):468-472 ; Medhi, P. & Borthakur, S. K., 2012, Phytoresources from North Cachur Hills of Assam -3: Edible plants sold at Hflong market. *Indian Journal of Natural Products and Resources*. 3(1) pp 84-109 ; Nilegaonkar, S., et al, 1985, Nutritional Evaluation of some wild food plants from the Pune and Neighbouring districts, Maharashtra state: Part 1. *J. Econ. Tax. Bot.* Vol. 6 No. 3 pp 629-635 ; Prachi, K., et al, 2012, Underutilized wild fruits of North Maharashtra. *Journal of Research in Plant Sciences*. (2012) 1:071-076 ; Prashanth Kumar, G.M. and Shiddamallayya, N., 2015, Ethnobotanical Study of Less Known Wild Edible Plants of Hakki Pikki Tribes of Angadihalli, Hassan District, Karnataka. *Journal of Medicinal Plants Studies* 3(5):80-85 ; Sethiya, N. K., et al, 2017, Antiurolithiatic activity of *Ensete superbum* (Roxb.) Cheesman (wild banana) pseudostem on ethylene lycol induced urolithiasis in rats. *Indian Journal of Traditional Knowledge*. 16(2), pp 303-309 ; Sharma, B.D., & Lakshminarasimhan, P., 1986, Ethnobotanical Studies on the Tribals of Nasik District (Maharashtra). *J. Econ. Tax. Bot.* Vol. 8 No. 2 pp 439-446 ; Singh, H.B., Arora R.K., 1978, Wild edible Plants of India. *Indian Council of Agricultural Research*, New Delhi. p 76 ; Sukarya, D. G., (Ed.) 2013, 3,500 Plant Species of the Botanic Gardens of Indonesia. LIPI p 1105 ; Teron, R. & Borthakur, S. K., 2016, Edible Medicines: An Exploration of Medicinal Plants in Dietary Practices of Karbi Tribal Population of Assam, Northeast India. In Mondal, N. & Sen, J.(Ed.) *Nutrition and Health among tribal populations of India*. p 153 ; Ravikrishna, S., 2011, Ethno-medico-botanical survey on Wild Edible fruits of Udipi Taluq, Udipi p 70 ; WATT, (As *Musa superba*)