

# Ficus ingens (Miq.) Miq.

Identifiants : 13988/ficing

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

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 17/05/2024

- Classification phylogénétique :

- Clade : Angiospermes ;
- Clade : Dicotylédones vraies ;
- Clade : Rosidées ;
- Clade : Fabidées ;
- Ordre : Rosales ;
- Famille : Moraceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Rosales ;
- Famille : Moraceae ;
- Genre : Ficus ;

- Synonymes : *Ficus lutea* Vahl, *Ficus kawuri* Hutch, *Urostigma ingens* Miq, *Ficus katagumica* Hutch ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Red-leaved rock fig, , Bithu, Idotsi, Inkhokhokho, Inkimane, Inkiwane, Ja-Ja, Kazu, Kunkwiya, Kwece-kwece, Laze, Lugo, Makiwani, Monogani, Mooma, Msombe, mu-Karenju, Mulumba, Mutsamvi, Nkuwa, N'tonbozi, Ndebela, Ndola, Oduru, Qilinxo, Rooiblaavy, Shirinya, Tinaita, Tinayta, Tshikululu, Umkhonswane, Umthombe ;



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

Parties comestibles : feuilles, fruits, légumes<sup>{{{0(+x)}}}</sup> (traduction automatique) | Original : Leaves, Fruit, Vegetable<sup>{{{0(+x)}}}</sup> Les figues sont consommées crues. Les jeunes feuilles sont cuites comme légume

Partie testée : fruit<sup>{{{0(+x)}}}</sup> (traduction automatique)

Original : Fruit<sup>{{{0(+x)}}}</sup>

| Taux d'humidité | Énergie (kj) | Énergie (kcal) | Protéines (g) | Pro-vitamines A (µg) | Vitamines C (mg) | Fer (mg) | Zinc (mg) |
|-----------------|--------------|----------------|---------------|----------------------|------------------|----------|-----------|
| 75.2            | 255          | 61             | 1.6           | 0                    | 7.6              | 2.0      | 0.8       |



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 : <sup>0</sup>"Food Plants International" (en anglais) ;

dont biographie/références de <sup>0</sup>"FOOD PLANTS INTERNATIONAL" :

Abbiw, D.K., 1990, *Useful Plants of Ghana. West African uses of wild and cultivated plants. Intermediate Technology Publications and the Royal Botanic Gardens, Kew.* p 47 (As *Ficus ingens* var. *ingens*) ; 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 ; Ann. Mus. Bot. Lugduno-Batavum 3:288. 1867-1868 ("1867") ; Batawila, K., et al, 2007, *Diversite et gestion des legumes de cueillete au Togo. African Journal of Food, Agriculture, Nutrition and Development* 7( 3& 4): 66 ; Bernholt, H. et al, 2009, *Plant species richness and diversity in urban and peri-urban gardens of Niamey, Niger. Agroforestry Systems* 77:159-179 ; Burkill, H. M., 1985, *The useful plants of west tropical Africa, Vol. 4. Kew.* ; Codjia, J. T. C., et al, 2003, *Diversity and local valorisation of vegetal edible products in Benin. Cahiers Agricultures* 12:1-12 ; Dansi, A., et al, 2008, *Traditional leafy vegetables and their use in the Benin Republic. Genet Resour Crop Evol* (2008) 55:1239â€“1256 ; Drummond, R. B., 1981, *Common Trees of the Central Watershed Woodlands of Zimbabwe, National Herbarium Salisbury.* p 18 ; East African Herbarium records, 1981, ; FAO, 1988, *Traditional Food Plants, FAO Food and Nutrition Paper* 42. FAO Rome p 282 ; Fowler, D. G., 2007, *Zambian Plants: Their Vernacular Names and Uses. Kew.* p 49 ; Fox, F. W. & Young, M. E. N., 1982, *Food from the Veld. Delta Books.* p 269 ; Grubben, G. J. H. and Denton, O. A. (eds), 2004, *Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands.* p 561 ; Harris, F. M. A. and Mohammed, S., 2003, *Relying on Nature: Wild Foods in Northern Nigeria. Ambio Vol. 32 No. 1.* p 25-30 ; INFOODS:FAO/INFOODS Databases ; Jardin, C., 1970, *List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.* p 78, 137 ; Joffe, P., 2007, *Creative Gardening with Indigenous Plants. A South African Guide. Briza.* p 102 ; Kidane, B., et al, 2014, *Ethnobotany of Wild and Semi-wild Edible Fruit Species used by Maale and Ari Ethnic Communities in South Ethiopia. Ethnobotany Research and Applications. Vol. 12,* 1546-3465-12-455 ; Long, C., 2005, *Swaziland's Flora - siSwati names and Uses* <http://www.sntc.org.sz/flora/> (As *Ficus ingens* var. *ingens*) ; Lulekal, E., et al, 2011, *Wild edible plants in Ethiopia: a review on their potential to combat food insecurity. Afrika Focus - Vol. 24, No 2.* pp 71-121 ; Maroyi, A., 2011, *The Gathering and Consumption of Wild Edible Plants in Nhema Communal Area, Midlands Province, Zimbabwe. Ecology of Food and Nutrition* 50:6, 506-525 ; Martin, F.W. & Ruberte, R.M., 1979, *Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico.* p 206 ; Maydell, H. von, 1990, *Trees and shrubs of the Sahel: their characteristics and uses. Margraf.* p 275 ; MORTIMORE, (As *Ficus ingens* var. *ingens*) ; Ocho, D. L., et al, 2012, *Assessing the levels of food shortage using the traffic light metaphor by analyzing the gathering and consumption of wild food plants, crop parts and crop residues in Konso, Ethiopia. Journal of Ethnobiology and Ethnomedicine* 8:30 ; Ogle & Grivetti, 1985, ; Ojelel, S., et al, 2019, *Wild edible plants used by communities in and around selected forest reserves of Teso-Karamoja region, Uganda. Journal of Ethnobiology and Ethnomedicine* (2019) 15:3 ; Oryema, C., et al, 2013, *Edible wild fruit species of Gulu District, Uganda. International Journal of Biology and Biological Sciences Vol 2(4)* pp 068-082 ; Palgrave, K.C., 1996, *Trees of Southern Africa. Struik Publishers.* p 110 ; Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, *Edible Wild plants of Sub-saharan Africa. Kew.* p 150 ; Regassa, T., et al, 2014, *Ethnobotany of Wild and Semi-Wild Edible Plants of Chelia District, West-Central Ethiopia. Science, Technology and Arts Research Journal.* 3(4): 122-134 ; RILEY & BROKENSHA, ; Ruffo, C. K., Birnie, A. & Tengnas, B., 2002, *Edible Wild Plants of Tanzania. RELMA* p 333 ; Schmidt, E., Lotter, M., & McClelland, W., 2007, *Trees and shrubs of Mpumalanga and Kruger National Park. Jacana Media* p 78 ; Shava, S., 2000, *The Use of Indigenous Plants as Food by a Rural Community in the Eastern Cape: an Educational Exploration. Masters Thesis Rhodes University.* p 65 ; Swaziland's Flora Database <http://www.sntc.org.sz/flora/> ; Terra, G.J.A., 1973, *Tropical Vegetables. Communication 54e Royal Tropical Institute, Amsterdam,* p 46 ; van Wyk, B, van Wyk, P, and van Wyk B., 2000, *Photographic guide to Trees of Southern Africa. Briza.* p 152 ; Venter, F & J., 2009, *Making the most of Indigenous Trees. Briza.* p 164 ; Vivien, J., & Faure, J.J., 1996, *Fruitiers Sauvages d'Afrique. Espèces du Cameroun. CTA* p 222 ; Wehmeyer, A. S., 1986, *Edible Wild Plants of Southern Africa. Data on the Nutrient Contents of over 300 species* ; Wilson, A. L. & Downs, C. T., 2012, *Fruit nutritional composition and non-nutritive traits of indigenous South African tree species. South African Journal of Botany.* 78:30-36 ; [www.figweb.org](http://www.figweb.org) ; [www.zimbabweflora.co.zw](http://www.zimbabweflora.co.zw) 2011