

Garcinia cowa Roxb. ex DC.

Identifiants : 14463/garcow

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 : Malpighiales ;
- Famille : Clusiaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Theales ;
- Famille : Clusiaceae ;
- Genre : Garcinia ;

- Synonymes : *Cambogia crassifolia* Blanco, *Garcinia cornea* Roxb. ex Sm, *Garcinia roxburghii* Wight, *Garcinia wallichii* Choisy, *Oxycarpus gangetica* Buchanan-Hamilton, *Stalagmitis cowa* G. Don, *Stalagmitis kydiana* G. Don ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Cowa, , Bak moong, Cha muang, Chamuang, Chengkek, Cowa-Mangosteen, Dengadote, Gava, Gehahao, Guyei, Kagyi, Kaphal, Kau thekera, Kau, Kauba, Kauthekera, Kaw, Kemenjing, Kouthekera, Kujitherekera, Pala-kye, Phak moong, Phelamesong, Pohon manggis kemenjing, Pradang, Rengran, Sommong, Tai chua, Taika, Taung-thale, Ye-kabyin, Yun shu ;



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

Parties comestibles : fruits, feuilles, épices, graines^{{{{0(+x)}}}} (traduction automatique) | Original : Fruit, Leaves, Spice, Seeds^{{{{0(+x)}}}} Le fruit mûr est mangé. Ils sont consommés crus. Ils sont collants. Ils sont également utilisés pour les confitures et les conserves. Le fruit peut être tranché, séché et conservé. Ils sont également utilisés pour les cornichons. Ils sont également utilisés dans les soupes. Les jeunes feuilles sont cuites et utilisées comme légume. Ils sont utilisés dans le curry de porc et aussi avec le poisson. Les graines du fruit mûr sont consommées



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" :

Aiguo, C. & Zhiling, D., 2001, *Managing Agricultural Resources for Biodiversity Conservation. Case Study Yunnan, Southwest China*. Environment Liaison Center International. p 15 ; Ambasta, S.P. (Ed.), 2000, *The Useful Plants of India*. CSIR India. p 229 ; Anderson, E. F., 1993, *Plants and people of the Golden Triangle*. Dioscorides Press. p 212 ; Brahma, S., et al, 2013, *Wild edible fruits of Kokrajhar district of Assam, North-East India*, Asian Journal of Plant Science and Research 3(6):95-100 ; Burkill, I.H., 1966, *A Dictionary of the Economic Products of the Malay Peninsula*. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 1 (A-H) p 1064, 1066 ; Chaudhury, R.H.N., et al, 1980, *Ethnobotanical Uses of Herbaria - 2*. J. Econ, Tax Bot Vol 1 p 166 ; Cruz-Garcia, G. S., & Price, L. L., 2011, *Ethnobotanical investigation of 'wild' food plants used by rice farmers in Kalasin, Northeast Thailand*. Journal of Ethnobiology and Ethnomedicine 7:33 ; Das, S. and Mohiuddin, M., 2012, *Gender role in Home Garden Management in the Indigenous Community: A case study in Bandarban Hill District, Bangladesh*. International Journal of Social Forestry. 5(1):22-37 ; Dobriyal, M. J. R. & Dobriyal, R., 2014, *Non Wood Forest Produce an Option for Ethnic Food and Nutritional Security in India*. Int. J. of Usuf. Mngt. 15(1):17-37 ; Eiadthong, W., et al, 2010, *Management of the Emerald Triangle Protected Forests Complex*. Botanical Consultant Technical Report. p 49 ; Ethnobotany of Karbis. Chapter 4 in p 104 ; Flora of China. www.eFloras.org ; Flowerdew, B., 2000, *Complete Fruit Book*. Kyle Cathie Ltd., London. p 161 ; Forest Inventory and Planning Institute, 1996, *Vietnam Forest Trees*. Agriculture Publishing House p 96 ; Fowler, D. G., 2007, *Zambian Plants: Their Vernacular Names and Uses*. 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Journal of Horticulture and Forestry Vol. 1(9) pp. 182-192 ; Jin, Chen et al, 1999, *Ethnobotanical studies on Wild Edible Fruits in Southern Yunnan: Folk Names: Nutritional Value and Uses*. Economic Botany 53(1) pp 2-14 ; Kachenchart, B., et al, 2008, *Phenology of Edible Plants at Sakaerat Forest*. In *Proceedings of the FORTROP II: Tropical Forestry Change in a Changing World*. Bangkok, Thailand. ; Khumgratok, S., *Edible Plants in Cultural Forests of Northeastern Thailand*. Mahasarakham University Thailand. ; Lalfakzuala, R., 2007, *Ethnobotanical usages of plants in western Mizoram*. Indian Journal of Traditional Knowledge. Vol 6(3) pp 480-493 ; Li Xi-wen & Li Jie; Peter F. Stevens, Clusiaceae, *Flora of China* Vol. 13 p 45 ; Macmillan, H.F. (Revised Barlow, H.S., et al) 1991, *Tropical Planting and Gardening*. Sixth edition. Malayan Nature Society. Kuala Lumpur. p 301 ; Martin, F.W. & Ruberte, R.M., 1979, *Edible Leaves of the Tropics*. 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Nha Xuat Ban Tre. p 450 ; Pradheep, K., et al, 2016, *Wild edible plants used by Konyak tribe in Mon district of Nagaland: Survey and inventorisation*. Indian Journal of Natural Products and Resources. Vol 7(1) pp 74-81 ; Prodr. 1:561. 1824 (Roxb., Fl. ind. 2:622. 1832) ; PROSEA handbook Volume 13 Spices. p 276 ; PROSEA (Plant Resources of South East Asia) handbook, Volume 2, 1991, *Edible fruits and nut*. p 177 ; Sakunpak, A. & Panichayupakaranant, P., 2012, *Antibacterial activity of Thai edible plants against gastrointestinal pathogenic bacteria and isolation of a new broad spectrum antibacterial polyisoprenylated benzophenone, chamuangone*. Food Chemistry 130 (2012) 826-831 ; Sangma, A. J. T., 2018, *Non-timber forest products (NTFPs) used by Garo tribe of Rongram block in West Garo Hills, Meghalaya*. Indian Journal of Traditional Knowledge Vol 18 (1), pp 151-161 ; Sarma, H., et al, 2010, *Updated Estimates of Wild Edible and Threatened Plants of Assam: A Meta-analysis*. 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al, 2004, *Conservation of Spices Germplasm in India*. *Indian J. Plant Genet. Resour.* 17(3): 163-174 ; 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 ; Wickens, G.E., 1995, *Edible Nuts*. *FAO Non-wood forest products*. *FAO, Rome*. p 131 ; Zawiah, N. & Othaman, H., 2012, *99 Spesies Buah di FRIM*. *Institut Penyelidikan Perhutanan Malaysia*. p 126