

Gymnanthemum coloratum (Willd.) H. Rob. & B. Kahn

Identifiants : 15435/gymcol

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 : Astéridées ;
- Clade : Campanulidées ;
- Ordre : Asterales ;
- Famille : Asteraceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Asterales ;
- Famille : Asteraceae ;
- Genre : Gymnanthemum ;

- Synonymes : *Baccharis senegalensis* Pers, *Eupatorium coloratum* Willd, *Vernonia coloarata* (Willd.) Drake, *Vernonia senegalensis* Less, et d'autres ;

- Nom(s) anglais, local(aux) et/ou international(aux) : *Star-flowered tree vernonia*, , *Ari koko*, *Bantara-burure*, *Bantaraburure*, *Benitaha*, *Bitters tree*, *Dafuy*, *Lihlunglungu*, *Lowveld tree vernonia*, *Nabi*, *Nabicosso*, *Nebicosso*, *Pampae-gofe*, *Po-de-sabom*, *Sucudera*, *Tikoun teeti*, *Umpimpia* ;



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

Parties comestibles : feuilles, légumes^{{{{0(+x)}}}} (traduction automatique) | Original : Leaves, Vegetable^{{{{0(+x)}}}} Les feuilles servent à faire une boisson. L'eau est changée plusieurs fois pour réduire l'amertume

Partie testée : feuilles^{{{{0(+x)}}}} (traduction automatique)

Original : Leaves^{{{{0(+x)}}}}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
75.9	0	388	0	0	0	0	0



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" :

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 40 (As *Vernonia colorata*) ; Achigan-Dako, E, et al (Eds), 2009, *Catalogue of Traditional Vegetables in Benin. International Foundation for Science.* (As *Vernonia colorata*) ; Avouhou, H. T., et al, 2012, *Ethnobotanical Factors Influencing the Use and Management of Wild Edible Plants in Agricultural Environments in Benin. Ethnobotany Research & Applications.* Vol. 10:571-592 (As *Vernonia colorata*) ; 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): 64 (As *Vernonia colorata*) ; Bull. Soc. Bot. France 46:230. 1899 (As *Vernonia colorata*) ; Burkill, H. M., 1985, *The useful plants of west tropical Africa, Vol. 1. Kew.* (As *Vernonia colorata*) ; Codjia, J. T. C., et al, 2003, *Diversity and local valorisation of vegetal edible products in Benin. Cahiers Agricultures* 12:1-12 (As *Vernonia colorata*) ; Dalziel, J. M., 1937, *The Useful plants of west tropical Africa. Crown Agents for the Colonies London.* (As *Vernonia colorata*) ; Dansi, A., et al, 2008, *Traditional leafy vegetables and their use in the Benin Republic. Genet Resour Crop Evol* (2008) 55:1239â€"1256 ; Ejoh, R. E., et al, 2007, *Nutritional Components of Some Non-Conventional Leafy Vegetables Consumed in Cameroon. Pakistan Journal of Nutrition* 6(6): 712-717 (As *Vernonia colorata*) ; Fowler, D. G., 2007, *Zambian Plants: Their Vernacular Names and Uses. Kew.* p 13 (As *Vernonia colorata*) ; Grivetti, L. E., 1980, *Agricultural development: present and potential role of edible wild plants. Part 2: Sub-Saharan Africa, Report to the Department of State Agency for International Development.* p 29 (As *Vernonia colorata*) ; Grubben, G. J. H. and Denton, O. A. (eds), 2004, *Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands.* p 544 ; Jardin, C., 1970, *List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.* p 109 ; JSTOR Global Plants edible (As *Vernonia colorata*) ; Long, C., 2005, *Swaziland's Flora - siSwati names and Uses* <http://www.sntc.org.sz/flora/> ; Martin, F.W. & Ruberte, R.M., 1979, *Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico.* p 186 (Also as *Vernonia senegalensis*) ; N'Danikou, S. et al, 2010, *Eliciting Local Values of Wild Edible Plants in Southern BÃ©nin to Identify Priority Species for Conservation. Economic Botany*, 20(10), 2011, pp. 1â€"15. (As *Vernonia colorata*) ; Okigbo, B.N., *Vegetables in Tropical Africa, in Opena, R.T. & Kyomo, M.L., 1990, Vegetable Research and development in SADCC countries. Asian Vegetable Research and development Centre. Taiwan.* p 38 (As *Vernonia colorata*) ; Palgrave, K.C., 1996, *Trees of Southern Africa. Struik Publishers.* p 904 (As *Vernonia colorata*) ; Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, *Edible Wild plants of Sub-saharan Africa. Kew.* p 93 (As *Vernonia colorata*) ; Royal Botanic Gardens, Kew (1999). *Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; <http://www.rbghkew.org.uk/ceb/sepasal/internet> [Accessed 14th April 2011]* (As *Vernonia colorata*) ; Segnon, A. C. and Achigan-Dako, E. G., 2014, *Comparative analysis of diversity and utilization of edible plants in arid and semi-arid areas in Benin. Journal of Ethnobiology and Ethnomedicine.* 10:80 (As *Vernonia colorata*) ; Swaziland's Flora Database <http://www.sntc.org.sz/flora> (As *Vernonia colorata*) ; Terra, G.J.A., 1973, *Tropical Vegetables. Communication 54e Royal Tropical Institute, Amsterdam,* p 80 (As *Vernonia colorata*) (Also as *Vernonia senegalensis*) ; Ucheck Fomum, F., 2004. *Vernonia amygdalina Delile. [Internet] Record from Protabase. Grubben, G.J.H. & Denton, O.A. (Editors). PROTA (Plant Resources of Tropical Africa), Wageningen, Netherlands. < <http://database.prota.org/search.htm>>. Accessed 23 October 2009* (As *Vernonia colorata*) ; Zon, A.P.M. van der, Grubben, G.J.H., 1976, *Les legumes-feuilles spontanés et cultivés du Sud-Dahomey, Communication 65, Royal Tropical Institute, Amsterdam,* p 104 (As *Vernonia colorata*)