

Limnocharis flava (L.) Buchenau

Identifiants : 18730/limfla

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

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 27/04/2024

- Classification phylogénétique :

- Clade : Angiospermes ;
- Clade : Monocotylédones ;
- Ordre : Alismatales ;
- Famille : Alismataceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Liliopsida ;
- Ordre : Alismatales ;
- Famille : Alismataceae ;
- Genre : Limnocharis ;

- Synonymes : *Alisma flavum* L., *Damasonium flavum* (L.) Maxim, *Limnocharis emarginata* Bonpl, *Limnocharis flava* var. *indica* Buchenau, *Limnocharis plumieri* Rich ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Yellow velvetleaf, , Bak kanjong, Bangeng, Bengok, Berek, Bon cheen, Bon-chin, Camalote, Eceng, Emparuk, Etjeng, Genjur, Jinjir, Kaanz choong, Kan jong, Keo neo, Nangkwak, Ne thao, Nga-tet-pya, Pak kranjong, Pakpire, Phak kanjong, Phak pai, Sawah-flower rush, Sawah-lettuce, Talapat rusee, Talapatrusi, Tet-pya, Trakiet paong, Velvetleaf, Yellow burhead, Yellow sawah lettuce ;



- Note comestibilité : ****

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

Parties comestibles : feuilles, fleurs, tiges de feuilles, légumes^{{{0(+x)}} (traduction automatique)} | Original : Leaves, Flowers, Leaf stalks, Vegetable^{{{0(+x)}}} Les jeunes feuilles et fleurs sont cuites et consommées comme légume. Ils sont également marinés. Les tiges des feuilles et des fleurs sont blanchies et cuites à la vapeur

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)
90	140	33	1.7	0	55	2.1	0



néant, inconnus ou indéterminés.

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



De gauche à droite :

Par Descourtilz, M.E., *Flore [pittoresque et] médicale des Antilles (1821-1829) Fl. Méd. Antilles vol. 8 (1829) [tt. 533-600] t. 600, via plantillustrations*

Par Mutis, J.C., *Drawings of the Royal Botanical Expedition to the new Kingdom of Granada (1783-1816) Draw. Roy. Bot. Exped. Granada (1783) t. 234, via plantillustrations*

- Liens, sources et/ou références :

° ⁵"Plants For a Future" (en anglais) : https://pfaf.org/user/Plant.aspx?LatinName=Limnocharis_flava ;

dont classification :

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

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

Arora, R. K., 2014, *Diversity in Underutilized Plant Species - An Asia-Pacific Perspective*. Bioersivity International. p 42 ; AVRDC files, ; Bortolotto, I. M. et al, 2018, *Lista preliminar das plantas alimenticias nativas de Mato Grosso do Sul, Brasil*. Iheringia, Serie Botanica, Porto Alegre, 73 (supl.):101-116 ; Brickell, C. (Ed.), 1999, *The Royal Horticultural Society A-Z Encyclopedia of Garden Plants*. Convent Garden Books. p 618 ; Burkill, I.H., 1966, *A Dictionary of the Economic Products of the Malay Peninsula*. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 2 (I-Z) p 1369 ; 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 ; Eiadthong, W., et al, 2010, *Management of the Emerald Triangle Protected Forests Complex*. Botanical Consultant Technical Report. p ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants*. Kampong Publications, p 145 ; Food Composition Tables for use in East Asia FAO <http://www.fao.org/infoods/directory> No. 784 ; Heywood, V.H., Brummitt, R.K., Culham, A., and Seberg, O., 2007, *Flowering Plant Families of the World*. Royal Botanical Gardens, Kew. p 378 ; Index crit. Butom. Alism. Juncag. 13. 1868 (Abh. Naturwiss. Vereine Bremen 2:2. 1869) ; Jacquat, C., 1990, *Plants from the Markets of Thailand*. D.K. Book House p 100 ; Japanese International Research Centre for Agricultural Science www.jircas.affrc.go.jp/project/value_addition/Vegetables ; Kays, S. J., and Dias, J. C. S., 1995, *Common Names of Commercially Cultivated Vegetables of the World in 15 languages*. Economic Botany, Vol. 49, No. 2, pp. 115-152 ; Khumgratok, S., *Edible Plants in Cultural Forests of Northeastern Thailand*. Mahasarakham University Thailand. ; Lembogi Biologi Nasional, 1980m Sayur-sayuran. Balai Pustaka, Jakarta. p 28 ; Maisuthisakul, P., 2012, *Phenolic Constituents and Antioxidant Properties of some Thai Plants*. Chp. 9 in *Book Phytochemicals - A Global Perspective of Their Role in Nutrition and Health* ; Martin, F.W. & Ruberte, R.M., 1979, *Edible Leaves of the Tropics*. Antillian College Press, Mayaguez, Puerto Rico. p 180 ; McMakin, P.D., 2000, *Flowering Plants of Thailand. A Field Guide*. White Lotus. p 82 ; Murakami, A. et al, 2014, *Screening for the In Vitro Anti-tumor-promoting Activities of Edible Plants from Malaysia*. Bioscience, Biotechnology, and Biochemistry, 64:1, 9-16. ; Nakahara, K. et al, 2002, *Antimutagenicity of Some Edible Thai Plants, and a Biocative Carbazole Alkaloid, Mahanine, Isolated from Micromelum minutum*. Journal of Agricultural and Food Chemistry. 50: 4796-4892 ; Ochse, J.J. et al, 1931, *Vegetables of the Dutch East Indies*. Asher reprint. p 89 ; Ogle, B. M., et al, 2003, *Food, Feed or Medicine: The Multiple Functions of Edible Wild Plants in Vietnam*. Economic Botany 57(1): 103-117 ; Oomen, H.A.P.C., & Grubben, G.J.H., 1978, *Tropical Leaf Vegetables in Human Nutrition*, Communication 69, Department of Agricultural research, RTI Amsterdam, p 36, 54, 84, 90 ; Phon, P., 2000, *Plants used in Cambodia*. Â© Pauline Dy Phon, Phnom Penh, Cambodia. p 401 ; Romanowski, N., 2007, *Edible Water Gardens*. Hyland

House. p 108 ; Siemonsma, J. S. and Piluek, K. (Eds), 1994, *Plant Resources of South-East Asia No. 8 Vegetables*. Prosea Foundation, Bogor, Indonesia, p 190 ; Sleumer, H., 1954, *Flacourtiaceae in Flora Malesiana, Ser 1 Vol 5(1)* p 120 ; Smith, N., Mori, S.A., et al, 2004, *Flowering Plants of the Neotropics*. Princeton. p 457 ; Somnasang, P., et al, 1998, *Indigenous knowledge of wild food hunting and gathering in north-east Thailand*. *Food and Nutrition Bulletin* vol. 19 No. 4 pp 359ff ; Srichaiwong, P., et al, 2014, *A Study of the Biodiversity of Natural Food Production to Support Community Upstream of Chi Basin, Thailand*. *Asian Social Science* 10 (2): ; Srichaiwong, P., et al, 2014, *A Study of the Biodiversity of Natural Food Production to Support Community Upstream of Chi Basin, Thailand*. *Asian Social Science* 10 (2): ; Staples, G.W. and Herbst, D.R., 2005, *A tropical Garden Flora*. Bishop Museum Press, Honolulu, Hawaii. p 696 ; Sukarya, D. G., (Ed.) 2013, *3,500 Plant Species of the Botanic Gardens of Indonesia*. LIPI p 1151 ; Sukenti, K., et al, 2016, *Ethnobotanical study on local cuisine of the Sasak tribe in Lombok Island, Indonesia*. *Journal of Ethnic Foods*. 3 (2016) 189-200 p 198 ; Tanaka, Y. & Van Ke, N., 2007, *Edible Wild Plants of Vietnam: The bountiful garden*. Orchid books. p 60 ; Terra, G.J.A., 1973, *Tropical Vegetables*. Communication 54e Royal Tropical Institute, Amsterdam, p 56 ; USDA, ARS, *National Genetic Resources Program. Germplasm Resources Information Network - (GRIN)*. [Online Database] National Germplasm Resources Laboratory, Beltsville, Maryland. Available: www.ars-grin.gov/cgi-bin/npgs/html/econ.pl (10 April 2000) ; Xu, You-Kai, et al, 2004, *Wild Vegetable Resources and Market Survey in Xishuangbanna, Southwest China*. *Economic Botany*. 58(4): 647-667.