

Luffa cylindrica (L.) M. Roemer

Identifiants : 19112/lufcyl

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 : Cucurbitales ;
- Famille : Cucurbitaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Violales ;
- Famille : Cucurbitaceae ;
- Genre : Luffa ;

- Synonymes : *Luffa aegyptiaca* Miller, *Luffa aegyptiaca* Miller var. *peramara* Bailey, *Luffa fricatoria* Donde, *Luffa insularum* Donde, *Luffa leucosperma* M. Roem, *Luffa pentandra* Roxb, *Luffa racemosa* Roxb, *Luffa sylvestris* Miq, *Luffa leiocarpa* (Naudin) F. Muell, *Momordica cylindrica* L, *Momordica luffa* L ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Smooth loofah, Vegetable sponge, , Belustru, Bhol, Blustru, Boap hom, Boco, Chinkupule, Chisambo, Dadar, Dhundal, Dhundol pata, Dhundul, Dirgha patolika, Dishcloth gourd, Djarar, Djadra, Dudhul, Ekyangwe, Emes, Empenche, Esfregao, Esponja vegetal, Essancadaco, Estropajo, Fuaski, Futi, Ghia-torai, Ghiu toria, Ghiya tori, Ghosali, Ghuraunla, Guthibira, Hechima, Hey, Kabatiti, Kattupeechal, Ketola manis, Kisukulio, Kyangwe, Landjirco, Lidadochi, Lipa, Lotorco, M'boa, Makwasaokwasa, Mantwatwa, Meethi-torai, Metolak, Metowo, Mozhuku pirkankai, Muop huong, Muop, Musaka saka, Nanua, Niyan-wetakolu, Nonong prakaer, Nsanu, Ntembere, Nterater, Nsanu, Olok, Patola, Petola buntal, Petola manis, Petulo panjang, Pichuknu, Pipino-di-lobo, Pipino-di-mato, Pir rorogo, Poente, Pronthai, Rajakoshataki, Si gua, Sponge gourd, Sze kwa, Tangmui, Tha-but-chaw, Thabut-kha, Tha-but-nwe, Thenpon, Thoraa, Toorai, Tuppahirekai, Turia, Umpawng, Vatakolu, Xifenhu ;



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

Parties comestibles : fruits, feuilles, fleurs, graines, huile de graines, légumes^{{{0(+x)}} (traduction automatique)} | Original : Fruit, Leaves, Flowers, Seeds, Seeds-oil, Vegetable^{{{0(+x)}}} Les jeunes fruits sont cuits et consommés comme légume. Ils sont écorchés et ont le centre enlevé. Ils peuvent également être tranchés et séchés pour une utilisation ultérieure. Ils peuvent être marinés ou utilisés dans les soupes, les ragoûts et les currys. Les graines donnent une huile comestible après extraction. Les graines sont rôties avec du sel et mangées comme collation. Les jeunes feuilles et fleurs sont comestibles. Ils sont blanchis en les recouvrant pour les rendre blancs. ATTENTION Les fruits plus âgés sont amers et fibreux et contiennent des substances toxiques

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

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

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



cf. consommation

- *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" :

Achigan-Dako, E, et al (Eds), 2009, Catalogue of Traditional Vegetables in Benin. International Foundation for Science. (As *Luffa aegyptiaca*) ; Ali, A. M. S., 2005, Homegardens in Smallholder Farming Systems: Examples from Bangladesh. *Human Ecology*, Vol. 33, No. 2 pp. 245-270 ; Altschul, S.V.R., 1973, Drugs and Foods from Little-known Plants. Notes in Harvard University Herbaria. Harvard Univ. Press. Massachusetts. no. 4369 ; Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 339 ; Ara, R. I. T., 2015, Leafy Vegetables in Bangladesh. Photon eBooks. p 149 ; Arora, R. K., 2014, Diversity in Underutilized Plant Species - An Asia-Pacific Perspective. *Bioversity International*. p 48 ; Asfaw, Z., Conservation and use of traditional vegetables in Ethiopia. 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