

Alternanthera sessilis (L.) DC., 1813 (Alternante sessile)

Identifiants : 1916/altses

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

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 28/04/2024

- Classification phylogénétique :

- Clade : Angiospermes ;
- Clade : Dicotylédones vraies ;
- Ordre : Caryophyllales ;
- Famille : Amaranthaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Caryophyllales ;
- Famille : Amaranthaceae ;
- Genre : Alternanthera ;

- Synonymes : x (=) basionym, *Alternanthera amoena* (Lem.) Voss 1895 (synonyme selon DPC), *Alternanthera lanuginosa* (Nutt.) Moq. 1849 (synonyme selon DPC), *Alternanthera philoxeroides* (Mart.) Griseb. 1879 (synonyme selon DPC ; espèce différente/distincte, selon TPL) ;

- Nom(s) anglais, local(aux) et/ou international(aux) : rabbit-meat, sessile joyweed, lotus-seed Herb, joyweed , lian zi cao (cn transcrit), racaba (local) ;

- Rusticité (résistance face au froid/gel) : Zone 10 ;



- Note comestibilité : ***

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

Feuille (feuilles cuites^{[[[27(+x)]]} [nourriture/aliment^{[[[dp*)]]} : légume^{2(dp*),27(+x)} {ex. : comme potherbe^{[[[dp*)]]}}) comestible. Les feuilles et les pointes tendres sont cuites et mangées. Ils sont utilisés dans les soupes. Ils sont bouillis ou cuits au four ou frits. Il est également utilisé pour préparer une boisson fraîche. Les feuilles récoltées ne peuvent être conservées que 2-3 jours

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

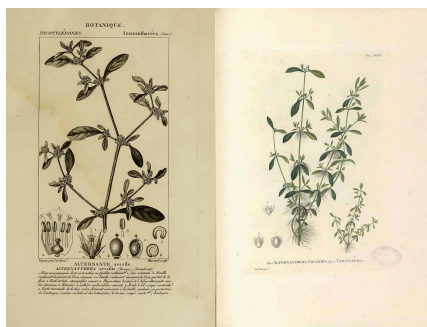
Original : Leaves^{[[[0(+x)]]}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
89.3	109	26	4.5	57	77	0	0



néant, inconnus ou indéterminés.néant, inconnus ou indéterminés.

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



De gauche à droite :

Par Turpin, P.J.F., Dictionnaire des sciences naturelles, Planches Botanique (1816-1830) Dict. Sci. Nat., Pl. Bot. vol. 5 (1816-1829), via plantillustrations

Par Palisot de Beauvois, A.M.F.J., Flore d'Oware et de Benin en Afrique (1804-1807) Fl. Oware vol. 2 , via plantillustrations

- **Autres infos :**

dont infos de "FOOD PLANTS INTERNATIONAL" :

- **Statut :**

C'est un légume cultivé commercialement. Les plantes sont consommées en Inde, en Indonésie et au Vietnam. Les plantes sont vendues sur les marchés. Il est consommé toute l'année et vendu sur les marchés. C'est une plante potagère populaire^{{{{0(+x)}}}} (traduction automatique).

Original : It is a commercially cultivated vegetable. Plants are eaten in India, Indonesia and Vietnam. Plants are sold in markets. It is eaten year round and sold in markets. It is a popular potherb^{{{{0(+x)}}}}.

- **Distribution :**

Une plante tropicale. Il pousse dans les basses terres et les hautes terres. Il se produit dans la plupart des endroits tropicaux. C'est mieux dans les endroits humides. Il est courant dans les terrains vagues à basse et moyenne altitude aux Philippines. Il pousse dans les endroits humides ouverts du niveau de la mer à 2000 m en Papouasie-Nouvelle-Guinée. Aux Fidji, il passe du niveau de la mer à 500 m. Au Népal, il atteint 2400 m d'altitude. Il peut pousser dans des endroits arides. Il est préférable dans un sol alcalin. Il peut pousser dans les sols saisonniers et près des rivières et des fossés. Il pousse dans les zones humides. Au Yunnan^{{{{0(+x)}}}} (traduction automatique).

Original : A tropical plant. It grows in the lowlands and the highlands. It occurs in most tropical places. It is best in humid places. It is common in waste land at low and medium altitudes in the Philippines. It grows in open moist places from sea level to 2,000 m in Papua New Guinea. In Fiji it grows from sea level to 500 m. In Nepal it grows to 2400 m altitude. It can grow in arid places. It is best in alkaline soil. It can grow in seasonally water logged soils and near rivers and ditches. It grows in wetlands. In Yunnan^{{{{0(+x)}}}}.

- **Localisation :**

Afrique, Algérie, Amérique, Samoa américaines, Asie, Australie, Bangladesh, Bénin, Bhoutan, Botswana, Burkina Faso, Burundi, Cambodge, Cameroun, Afrique centrale, Amérique centrale, Tchad, Chine, RD Congo, Côte d'Ivoire, République dominicaine, Afrique de l'Est, Timor oriental, Égypte, Eswatini, Éthiopie, Fidji, Gabon, Gambie, Ghana, Guyane, Guyanes, Guinée, Guinée, Guinée-Bissau, Guyane, Hawaï, Himalaya, Honduras, Inde, Indochine, Indonésie, Iran, Israël, Côte d'Ivoire, Jordanie, Kenya, Laos, Liban, Libéria, Madagascar, Malaisie, Malawi, Mali, Marquises, Mozambique, Myanmar, Namibie, Népal, Nigéria, Île Norfolk, Afrique du Nord, Inde du nord-est, Pacifique, Pakistan, Palestine, Papouasie-Nouvelle-Guinée, PNG, Philippines, Rwanda, Sao Tomé-et-Principe,

Asie du Sud-Est, Sénégal, Sierra Leone, Sikkim, Afrique du Sud, Afrique australe, Amérique du Sud, Sri Lanka, Soudan, Suriname, Swaziland, Syrie, Taiwan, Tanzanie, Thaïlande, Timor-Leste, Tonga, Tunisie, Tuvalu, Ouganda, USA, Vietnam, Afrique de l'Ouest, Antilles, Yémen, Zambie, Zimbabwe^{{{0(+x)}}} (traduction automatique).

Original : Africa, Algeria, America, American Samoa, Asia, Australia, Bangladesh, Benin, Bhutan, Botswana, Burkina Faso, Burundi, Cambodia, Cameroon, Central Africa, Central America, Chad, China, Congo DR, Côte d'Ivoire, Dominican Republic, East Africa, East Timor, Egypt, Eswatini, Ethiopia, Fiji, Gabon, Gambia, Ghana, Guiana, Guianas, Guinea, Guinée, Guinea-Bissau, Guyana, Hawaii, Himalayas, Honduras, India, Indochina, Indonesia, Iran, Israel, Ivory Coast, Jordan, Kenya, Laos, Lebanon, Liberia, Madagascar, Malaysia, Malawi, Mali, Marquesas, Mozambique, Myanmar, Namibia, Nepal, Nigeria, Norfolk Island, North Africa, Northeastern India, Pacific, Pakistan, Palestine, Papua New Guinea, PNG, Philippines, Rwanda, Sao Tome and Principe, SE Asia, Senegal, Sierra Leone, Sikkim, South Africa, Southern Africa, South America, Sri Lanka, Sudan, Suriname, Swaziland, Syria, Taiwan, Tanzania, Thailand, Timor-Leste, Tonga, Tunisia, Tuvalu, Uganda, USA, Vietnam, West Africa, West Indies, Yemen, Zambia, Zimbabwe^{{{0(+x)}}}.

◦ Notes :

Il existe 200 espèces d'*Alternanthera*. Composition chimique (après Hooper): Eau = 70,40% (fraîche). Matières grasses = 3,65% (sec). Albuménoïdes = 16,35% (sec). Glucides = 47,99% (sec). Fibre = 11,47% (sèche). Cendres = 20,54% (sèches). Azote = 2,60% (sec). Acide phosphorique = 0,52% (sec). Silicates = 6,16% (sec). Il améliore le flux de lait chez les mères. Il est riche en proVitamine A^{{{0(+x)}}} (traduction automatique).

Original : There are 200 *Alternanthera* species. Chemical composition (after Hooper): Water = 70.40% (fresh). Fat = 3.65% (dry). Albumenoids = 16.35% (dry). Carbohydrates = 47.99% (dry). Fibre = 11.47% (dry). Ash = 20.54% (dry). Nitrogen = 2.60% (dry). Phosphoric acid = .52% (dry). Silicates = 6.16% (dry). It enhances milk flow in mothers. It is high in proVitamin A^{{{0(+x)}}}.

• Liens, sources et/ou références :

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

dont classification :

◦ "The Plant List" (en anglais) : www.theplantlist.org/tpl1.1/record/kew-2631425 ;

◦ "GRIN" (en anglais) : ²<https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomydetail?id=2713> ;

dont livres et bases de données : ²⁷Dictionnaire des plantes comestibles (livre, page 20, par Louis Bubenicek) ;

dont biographie/références de ⁰"FOOD PLANTS INTERNATIONAL" :

Altschul, S.V.R., 1973, *Drugs and Foods from Little-known Plants*. Notes in Harvard University Herbaria. Harvard Univ. Press. Massachusetts. no. 903 ; Achigan-Dako, E, et al (Eds), 2009, *Catalogue of Traditional Vegetables in Benin*. International Foundation for Science. ; Ajain, M., Ali, T., & Siddiqui, M.F., 2015, A Survey of Ethnobotanically Important Herbaceous Plants of Tehsil Jatoti, District Muzaffar Garh, Punjab, Pakistan. *Int. J. Biol. Res.*, 3(2): 87-92, 2015. ; Ambasta S.P. (Ed.), 2000, *The Useful Plants of India*. CSIR India. p 32 ; Ara, R. I. T., 2015, *Leafy Vegetables in Bangladesh*. Photon eBooks. p 19 ; Arora, R. K., 2014, *Diversity in Underutilized Plant Species - An Asia-Pacific Perspective*. Bioversity International. p 35 ; Bandyopadhyay, S. et al, 2009, Wild edible plants of Koch Bihar district, West Bengal. *Natural Products Radiance* 8(1) 64-72 ; Bandyopadhyay, S., et al, 2012, A Census of Wild Edible Plants from Howrah District, West Bengal, India. *Proceedings of UGC sponsored National Seminar 2012* ; Banerjee, A., et al, 2013, *Ethnobotanical Documentation of Some Wild Edible Plants in Bankura District, West Bengal, India*. *The Journal of Ethnobiology and Traditional Medicine*. Photon 120 (2013) 585-590 ; Bao Bojian; Steve Clemants, Thomas Borsch, *Amaranthaceae [Draft]*, *Flora of China* ; Baro, D., Baruah, S. and Borthukar, S. K. 2015, *Documentation on wild vegetables of Baksa district, BTAD (Assam)*. Scholars Research Library. *Archives of Applied Science Research*, 2015, 7 (9):19-27 ; Barua, U., et al, 2007, Wild edible plants of Majuli island and Darrang districts of Assam. *Indian Journal of Traditional Knowledge* 6(1) pp 191-194 ; Bircher, A. G. & Bircher, W. H., 2000, *Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics*. AUC Press. p 21 ; Biswas, K. & Das, A. P., 2011, *Documentation of wild leafy vegetables from the tribal dominated parts of Malda District of Paschim Banga, India*. *Recent Studies in Biodiversity and Traditional Knowledge in India* 301 - 306. 2011. ; Borrell, O.W., 1989, *An Annotated Checklist of the Flora of Kairiru Island, New Guinea*. Marcellin College, Victoria Australia. p 47 ; Bhaskarachary, K., et al, 1995, Carotene content of some common and less familiar foods of plant origin. *Food Chemistry* 54: 189-193 ; Boedecker, J., et al, 2014, Dietary contribution of Wild Edible Plants to women's diets in the buffer zone around the Lama forest, Benin - an underutilized potential. *Food Sec.* 6:833-849 ; 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 117 (As *Alternanthera triandra*) ; Cat. pl. horti monsp. 77. 1813 ; Chandrakumar, P., et al, 2015, *Ethnobotanical studies of wild edible plants of Gond, Halba and Kavar tribes of Salekasa Taluka, Gondia District, Maharashtra State, India*. *International Research Journal of Pharmacy* 6(8) ; Chowdhury, M. & Mukherjee, R., 2012, *Wild Edible Plants Consumed by Local Communities of Maldah of West Bengal, India*. *Indian J.Sci.Res.*3(2) : 163-170 ; Chowdhury, A. & Das, A. P., 2014, *Conservation through sustainable utilization of wetland leafy vegetables of Terai and Duars, West Bengal, India*. *International*

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