

Momordica foetida Schumach.

Identifiants : 21086/momfoe

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

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 13/05/2024

- 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 : Momordica ;

- Synonymes : Momordica cordata Cogn, Momordica foetida Schumach. var. villosa Cogn, Momordica morkorra A. Rich, Momordica schimperiana Naudin ;

- Nom(s) anglais, local(aux) et/ou international(aux) : , Badha, Boo, Chikaka, Chisere, Dzicanhan-gadza, Inshungu, Karo, Karu, Ki're, Kisalasala, Kwoljok diet, Lushwe, Mandelekesha, Mkuganyanjila, Mnukia muuma, Mokiki, N'tchile, Ngoza, Njombo, Nngu, Oroondi, Tungwi, Umucyuuro, Ushwe, Ye'kurra areg, Yekura-hareg ;



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

Parties comestibles : légumes, feuilles, fruits, racines, tiges, graines (arillele)^{{{{0(+x)}}}} (traduction automatique) | Original : Vegetable, Leaves, Fruit, Root, Stems, Seeds (aril)^{{{{0(+x)}}}} Les jeunes feuilles sont cuites et mangées. Ils sont amers. Ils sont souvent cuisinés avec des feuilles de citrouille. Ils sont également ajoutés à la bouillie de maïs. La pulpe du fruit est consommée. La couche arille ou charnue autour des graines est consommée

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)
	92	22	3.3	0	20.6	3.4	0.4



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" :

Achigan-Dako, E, et al (Eds), 2009, *Catalogue of Traditional Vegetables in Benin*. International Foundation for Science. ; Asfaw, Z., *Conservation and use of traditional vegetables in Ethiopia*. FAO ; Asfaw, Z. and Tadesse, M., 2001, *Prospects for Sustainable Use and Development of Wild Food Plants in Ethiopia*. *Economic Botany*, Vol. 55, No. 1, pp. 47-62 ; Berihun, T. & Molla, E., 2017, *Study on the Diversity and Use of Wild Edible Plants in Bullen District Northwest Ethiopia*. *Hindawi Journal of Botany*. Article ID 8383468 ; Bosch, C.H., 2004. *Momordica foetida* Schumach. [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 19 October 2009. ; Burkill, H. M., 1985, *The useful plants of west tropical Africa*, Vol. 1. Kew. ; Fowler, D. G., 2007, *Zambian Plants: Their Vernacular Names and Uses*. Kew. p 23 ; Fox, F. W. & Young, M. E. N., 1982, *Food from the Veld*. Delta Books. p 177 ; 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 50 ; Grubben, G. J. H. and Denton, O. A. (eds), 2004, *Plant Resources of Tropical Africa 2. Vegetables*. PROTA, Wageningen, Netherlands. p 390 ; Harkonen, M. & Vainio-Mattila, K., 1998, *Some examples of Natural Products in the Eastern Arc Mountains*. *Journal of East African Natural History* 87:265-278 ; Jardin, C., 1970, *List of Foods Used In Africa*, FAO Nutrition Information Document Series No 2.p 90 ; Long, C., 2005, *Swaziland's Flora - siSwati names and Uses* <http://www.sntc.org.sz/flora/> ; Lulekal, E., et al, 2011, *Wild edible plants in Ethiopia: a review on their potential to combat food insecurity*. *Afrika Focus - Vol. 24, No 2*. pp 71-121 ; Molla, A., *Ethiopian Plant Names*. <http://www.ethiopic.com/aplants.htm> ; Msuya, T. S., et al, 2010, *Availability, Preference and Consumption of Indigenous Foods in the Eastern Arc Mountains, Tanzania*, *Ecology of Food and Nutrition*, 49:3, 208-227 ; Njoroge, G. & Newton, L. E. 1994, *Edible and Poisonous Species of Cucurbitaceaea in the Central Highlands of Kenya*. *Journal of East African Natural History*. 83:101-115 ; Ogle & Grivetti, 1985, ; Ojelel, S., et al, 2019, *Wild edible plants used by communities in and around selected forest reserves of Teso-Karamoja region, Uganda*. *Journal of Ethnobiology and Ethnomedicine* (2019) 15:3 ; Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, *Edible Wild plants of Sub-saharan Africa*. Kew. p 102 ; Regassa, T., et al, 2014, *Ethnobotany of Wild and Semi-Wild Edible Plants of Chelia District, West-Central Ethiopia*. *Science, Technology and Arts Research Journal*. 3(4): 122-134 ; Royal Botanic Gardens, Kew (1999). *Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL)* database. Published on the Internet; <http://www.rbgekew.org.uk/ceb/sepasal/internet> [Accessed 16th April 2011] ; Ruffo, C. K., Birnie, A. & Tengnas, B., 2002, *Edible Wild Plants of Tanzania*. RELMA p 474 ; C. F. Schumacher, *Beskr. Guin. pl.* 200, 427. 1827 ; Scudder, 1971, ; Sina, B. & Degu, H. D., 2015, *Knowledge and use of Wild Edible Plants in the Hula District of the Sidama Zone*. *International Journal of Bio-resource and Stress Management* 6(3):352-365 ; *Swaziland's Flora Database* <http://www.sntc.org.sz/flora/> ; Tanno, T., 1981, *Plant Utilization of the Mbuti Pygmies: With Special reference to their Material Culture and Use of Wild Vegetable Foods*. *Kyoto University Research. African Study Monographs* 1:1-53 ; Tebkew, M., et al, 2018, *Uses of wild edible plants in Quara district, northwest Ethiopia: implication for forest management*. *Agriculture and Food Security* (2018) 7:12 ; Terashima, H., & Ichikawa, M., 2003, *A comparative ethnobotany of the Mbuti and Efe hunter-gatherers in the Ituri Forest, Democratic Republic of Congo*. *African Study Monographs*, 24 (1, 2): 1-168, March 2003 ; Termote, C., et al, 2011, *Eating from the wild: Turumbu, Mbole and Bali traditional knowledge of non-cultivated edible plants, District Tshopo, DR Congo*, *Gen Resourc Crop Evol.* 58:585-618 ; van Wyk, Be., & Gericke, N., 2007, *People's plants. A Guide to Useful Plants of Southern Africa*. Briza. p 72 ; von Katja Rembold, 2011, *Conservation status of the vascular plants in East African rain forests*. *Dissertation Universitat Koblenz-Landau* p 173 ; White, F., Dowsett-Lemaire, F. and Chapman, J. D., 2001, *Evergreen Forest Flora of Malawi*. Kew. p 218 ; Williamson, J., 2005, *Useful Plants of Malawi*. 3rd. Edition. Mdadzi Book Trust. p 169