

# ***Myristica insipida R. Br.***

**Identifiants : 21596/myrins**

**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 : Magnoliidées ;*
- *Ordre : Magnoliales ;*
- *Famille : Myristicaceae ;*

- **Classification/taxinomie traditionnelle :**

- *Règne : Plantae ;*
- *Division : Magnoliophyta ;*
- *Classe : Magnoliopsida ;*
- *Ordre : Magnoliales ;*
- *Famille : Myristicaceae ;*
- *Genre : Myristica ;*

- **Synonymes : *Myristica cimicifera R. Br.*, et d'autres ;**

- **Nom(s) anglais, local(aux) et/ou international(aux) : *Queensland Nutmeg, Native nutmeg*, ;**



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

**Parties comestibles : arille, graines<sup>{}{{(0(+x)) (traduction automatique)}}</sup> | Original : Aril, Seeds<sup>{}{{(0(+x))}}</sup> Les graines peuvent être utilisées comme substitut de la noix de muscade**

**Partie testée : noyau<sup>{}{{(0(+x)) (traduction automatique)}}</sup>  
Original : Kernel<sup>{}{{(0(+x))}}</sup>**

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
48.5	1250	299	4.3	0	100	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 :<sup>0</sup>"Food Plants International" (en anglais) ;*

*dont biographie/références de<sup>0</sup>"FOOD PLANTS INTERNATIONAL" :*

*Barwick, M., 2004, Tropical and Subtropical Trees. A Worldwide Encyclopedic Guide. Thames and Hudson p 291 ; Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 715 ; Brock, J., 1993, Native Plants of Northern Australia, Reed. p 262 ; Cherikoff V. & Isaacs, J., The Bush Food Handbook. How to gather, grow, process and cook Australian Wild Foods. Ti Tree Press, Australia p 200 ; Cooper W & Cooper W T, 1994, Fruits of the Rain Forest. RD Press p 198 ; Cooper, W. and Cooper, W., 2004, Fruits of the Australian Tropical Rainforest. Nokomis Editions, Victoria, Australia. p 332 ; Cribb, A.B. & J.W., 1976, Wild Food in Australia, Fontana. p 91 ; Cronin, L., 1989, The Concise Australian Flora. Reed. p 152 ; Elliot, W.R., & Jones, D.L., 1993, Encyclopedia of Australian Plants suitable for cultivation. Vol 6. Lothian. p 477 ; Foreman, D.B., in Womersley, J.S., (ed), 1978, Handbooks of the Flora of Papua New Guinea. Melbourne University Press, Victoria. Vol 1, p 200 ; French, B.R., 2010, Food Plants of Solomon Islands. A Compendium. Food Plants International Inc. p 348 ; Hearne, D.A., & Rance, S.J., 1975, Trees for Darwin and Northern Australia. AGPS, Canberra p 89, PI 25 ; Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 200 ; Hiddins, L., 1999, Explore Wild Australia with the Bush Tucker Man. Penguin Books/ABC Books. p 156 ; Jackes, B.R., 2001, Plants of the Tropics. Rainforest to Heath. An Identification Guide. James Cook University. p 67 ; Jones D, L, 1986, Ornamental Rainforest Plants in Australia, Reed Books, p 229 ; Lazarides, M. & Hince, B., 1993, Handbook of Economic Plants of Australia, CSIRO. p 168 ; Morley, B.D., & Toelken, H.R., (Eds), 1983, Flowering Plants in Australia. Rigby. p 35, 36 ; Paczkowska, G . & Chapman, A.R., 2000, The Western Australian Flora. A Descriptive Catalogue. Western Australian Herbarium. p 344 ; Recher, P, 2001, Fruit Spirit Botanical Gardens Plant Index. [www.nrg.com.au/~recher/seedlist.html](http://www.nrg.com.au/~recher/seedlist.html) p 3 ; Scarth-Johnson, V., 2000, National Treasures. Flowering Plants of Cooktown and Northern Australia. Vera Scarth-Johnson Gallery Association. Cooktown, Australia. p 119 ; Townsend, K., 1994, Across the Top. Gardening with Australian Plants in the tropics. Society for Growing Australian Plants, Townsville Branch Inc. p 301 ; Wheeler, J.R.(ed.), 1992, Flora of the Kimberley Region. CALM, Western Australian Herbarium, p 59 ; Wightman, G. & Andrews, M., 1991, Bush Tucker Identikit. Common Native Food Plants of Australia's top end. Conservation Commission Northern Territory. p 14 ; Wightman, G. M. & Andrews, M.R., 1989, Plants of Northern Territory Monsoon Vine Forests (Vol 1). Conservation Commission of Northern Territory. p 13, 68*