

Oxalis corniculata L., 1753 (Oxalide corniculée)

Identifiants : 22642/oxacor

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 : Oxalidales ;
- Famille : Oxalidaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Geraniales ;
- Famille : Oxalidaceae ;
- Genre : Oxalis ;

- Synonymes : *Xanthoxalis rufa* Small ;

- Synonymes français : oxalis corniculée, oxalis à fleurs jaunes ;

- Nom(s) anglais, local(aux) et/ou international(aux) : yellow wood-sorrel , Aamrul, Agritos, Almori, Amainor, Amarul, Ambiliti saga, Amboti sag, Ambushi, Ambuti, Amelda, Amili, Amlika, Amrul-sag, Anjati, Awoaduo, Azedinha, Bab'alat, Bhilmori, Bhinsarpati, Bodila-ba-thaba, Bolila ba litsoene, Calincing gunung, Chalmado, Chan-amilo, Changeritenga, Chari amilo, Chicha fuerte, Chua me, Chuka tripati, Coastal Oxalis, Creeping oxalis, Creeping woodsorrel, Culle, Daun asem, Detembo, Embul-embiliya, Embulpala, Emugereng, Gala,bsoska, Gansing, Gwaengibap, Hulichikkai, Hmo-chin, Kadiku, Kanyunywa mbuzi, Keuchu keuchu, Khatta-mitha, Khattamitha, Khatti bhaji, Khatti-buti, Khiakhna, Khungbai-an, Kidadaishi, Kiss punji, Kungi, Lewanai booti, Lunglubo, Macach,n de chanchos, Malori, Maqui ch, Me chua aut, Me dat, Melgissa, Moogwani, Muk-chyor, Mu ye, Paliakiri, Pe-de-pombo, Peeli, Phagiyup, Piri jojo, Pisa tengesi mekhai, Pooliaray, Procumbent yellow sorrel, Pulguita, Pulichappadi, Pulicharai, Pulichera, Pulichinta, Puli keera, Puliyotheerakeerai, Puliyarai, Puliyarel, Pulirarila, Pullachinta, Pullam purachi, Pulung sukhu, Pusinganju husuki, Remp, Sang hobo, Semanggen, Semanggi gunung, Sengeri tenga, Siakthur, Singri, Sigri gakhwi, Songxiangga, Soru tengeshi, Suring, Tandi chatomarak, Tarookay, Tengeshi-tenga, Therwashka, Tipani, Tipatia, Tres-coracaes, Trevo, Tripati, Uppinasoppu, Vinagrillo, Vothung mekbpo, Vothung mekbob, Wild sorrel, Xian suan zai, Xocoyole,, Yensil, Zolaomil ;



- Note comestibilité : **

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

Feuille (fraîches (crues¹ ou cuites¹) ou séchées (aromatisantes¹), fleur¹ (décoratives¹), racine (dont pétioles, aromatisantes¹) et fruit (aromatisants¹) comestibles.(1*)

Détails :

feuilles crues/cuites (ex. : comme potherbe) et/ou aromatisantes^{(((dp*))}(1).

Les jeunes feuilles sont mâchées lorsqu'elles sont fraîches. Ils sont également marinés ou utilisés dans les chutney. Les feuilles sont aigres et peuvent être ajoutées aux salades. Ils peuvent être cuisinés comme potasse. Les feuilles peuvent être trempées dans de l'eau chaude pendant 10 minutes pour faire une boisson. Les fruits mûrs sont consommés frais.

ATTENTION: Comme la plante contient des oxalates, sa consommation prolongée peut réduire la capacité du corps à absorber le calcium. Il est préférable de le manger avec une source de calcium facilement disponible comme le lait de coco ou la crème

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)
85.5	188	45	5.1	60	98	5.2	0



(1*) la plante contient de l'acide oxalique qui est toxique : selon les proportions consommées et la personne, celui-ci peut endommager les reins si il est ingéré régulièrement pendant plusieurs mois.

Cependant, certains légumes, comme l'épinard ou la blette, en contiennent dans des proportions équivalentes ou supérieures sans que ceux-ci ne soient considérés comme dangereux ; de plus l'acide en question est soluble dans l'eau et peut donc être éliminé en changeant simplement l'eau de cuisson.

Il sera tout de même conseillé de ne pas en abuser. Néanmoins, inconnus ou indéterminés.

- Note médicinale : **

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



De gauche à droite :

Par Kops, J., Flora Batava (1800-1934) Fl. Bat. vol. 18 (1889) t. 1377, via plantillustrations

Par Botanische wandplaten, via plantillustrations

- Autres infos :

dont infos de "FOOD PLANTS INTERNATIONAL" :

- Statut :

Les feuilles sont surtout consommées par les enfants. Ils ne sont consommés qu'en petites quantités. Il est vendu sur les marchés locaux en Chine^{{{{0(+x)}}}} (traduction automatique).

Original : The leaves are eaten especially by children. They are only eaten in small amounts. It is sold in local markets in China^{{{{0(+x)}}}}.

- Distribution :

Il peut pousser des endroits tropicaux aux endroits tempérés chauds. Au Népal, il pousse jusqu'à environ 2900 m d'altitude. Dans l'Himalaya indien, il pousse entre 1 300 et 2 200 m d'altitude. Il pousse dans les zones humides. Au Zimbabwe, il pousse entre 490 et 2 270 m d'altitude. Il pousse dans les zones humides. Il peut pousser dans des endroits chauds et arides. Il peut pousser dans des endroits arides. Herbar de Tasmanie. Au Yunnan. Au Sichuan^{{{{0(+x)}}}} (traduction automatique).

Original : It can grow from tropical to warm temperate places. In Nepal it grows up to about 2900 m altitude. In the Indian Himalayas it grows between 1,300-2,200 m above sea level. It grows in wetlands. In Zimbabwe it grows between 490-2,270 m above sea level. It grows in wetlands. It can grow in hot arid places. It can grow in arid places. Tasmania Herbarium. In Yunnan. In Sichuan^{{{{0(+x)}}}}.

◦ Localisation :

Afghanistan, Afrique, Samoa américaines, Angola, Argentine, Asie, Australie, Autriche, Açores, Bahamas, Bangladesh, Belgique, Bermudes, Bhoutan, Bolivie, Botswana, Brésil, Grande-Bretagne, Bulgarie, Burkina Faso, Burundi, Cameroun, Canada, Îles Canaries, Cap-Vert, Afrique centrale, Amérique centrale, Chili, Chine, Colombie, Comores, République démocratique du Congo, Costa Rica, Côte d'Ivoire, Cuba, République tchèque, République dominicaine, Afrique de l'Est, Île de Pâques, Équateur, Égypte, Équatorial Guinée, Eswatini, Ethiopie, Europe, Fidji, Finlande, France, Géorgie, Allemagne, Ghana, Grèce, Guadeloupe, Guam, Guatemala, Guyane, Guyanes, Guyane, Haïti, Hawaï, Himalaya, Hongrie, Inde, Indochine, Indonésie, Iran, Irak, Irlande, Israël, Italie, Côte d'Ivoire, Jamaïque, Japon, Kenya, Kiribati, Corée, Laos, Liban, Lesotho, Libye, Madagascar, Malawi, Malaisie, Marquises, Maurice, Méditerranée, Mexique, Micronésie, Moldavie, Maroc, Mozambique, Myanmar, Namibie, Nauru, Népal, Pays-Bas, Nouvelle-Calédonie, Nouvelle-Zélande, Nigéria, Niue, Île Norfolk, Afrique du Nord, Amérique du Nord, Inde du nord-est, Norvège, Inde du Nord-Ouest, Oman, Pacifique, Pakistan, Palau, Palestine, Panama, Papouasie-Nouvelle-Guinée, PNG, Paraguay, Pérou, Philippines, Pologne, Portugal, Porto Rico, Qatar, Réunion, Roumanie, Russie, Rwanda, Samoa, Sao Tomé-et-Principe, Arabie saoudite, Scandinavie, Asie du Sud-Est, Seychelles, Sierra Leone, Sikkim, Slovaquie, Socotra, Îles Salomon, Somalie, Afrique du Sud, Afrique australe, Amérique du Sud, Espagne, Sri Lanka, Soudan, Suriname, Swaziland, Suède, Suisse, Syrie, Taïwan, Tanzanie, Tasmanie, Thaïlande, Tonga, Trinité-et-Tobago, Turquie, Ouganda, Ukraine, Uruguay, USA, Vanuatu, Venezuela, Vietnam, Afrique de l'Ouest, Antilles, Yémen, Yougoslavie, Zambie, Zimbabwe^{{{0(+x)}}} (traduction automatique).

Original : Afghanistan, Africa, American Samoa, Angola, Argentina, Asia, Australia, Austria, Azores, Bahamas, Bangladesh, Belgium, Bermuda, Bhutan, Bolivia, Botswana, Brazil, Britain, Bulgaria, Burkina Faso, Burundi, Cameroon, Canada, Canary Islands, Cape Verde, Central Africa, Central America, Chile, China, Colombia, Comoros, Congo DR, Costa Rica, C te d'Ivoire, Cuba, Czech Republic, Dominican Republic, East Africa, Easter Island, Ecuador, Egypt, Equatorial Guinea, Eswatini, Ethiopia, Europe, Fiji, Finland, France, Georgia, Germany, Ghana, Greece, Guadeloupe, Guam, Guatemala, Guiana, Guianas, Guyana, Haiti, Hawaii, Himalayas, Hungary, India, Indochina, Indonesia, Iran, Iraq, Ireland, Israel, Italy, Ivory Coast, Jamaica, Japan, Kenya, Kiribati, Korea, Laos, Lebanon, Lesotho, Libya, Madagascar, Malawi, Malaysia, Marquesas, Mauritius, Mediterranean, Mexico, Micronesia, Moldova, Morocco, Mozambique, Myanmar, Namibia, Nauru, Nepal, Netherlands, New Caledonia, New Zealand, Nigeria, Niue, Norfolk Island, North Africa, North America, Northeastern India, Norway, NW India, Oman, Pacific, Pakistan, Palau, Palestine, Panama, Papua New Guinea, PNG, Paraguay, Peru, Philippines, Poland, Portugal, Puerto Rico, Qatar, Reunion, Romania, Russia, Rwanda, Samoa, Sao Tome and Principe, Saudi Arabia, Scandinavia, SE Asia, Seychelles, Sierra Leone, Sikkim, Slovakia, Socotra, Solomon Islands, Somalia, South Africa, Southern Africa, South America, Spain, Sri Lanka, Sudan, Suriname, Swaziland, Sweden, Switzerland, Syria, Taiwan, Tanzania, Tasmania, Thailand, Tonga, Trinidad & Tobago, Turkey, Uganda, Ukraine, Uruguay, USA, Vanuatu, Venezuela, Vietnam, West Africa, West Indies, Yemen, Yugoslavia, Zambia, Zimbabwe^{{{0(+x)}}}.

◦ Notes :

Il existe environ 500 esp ces d'Oxalis. Il est riche en proVitamine A^{{{0(+x)}}} (traduction automatique).

Original : There are about 500 Oxalis species. It is high in proVitamin A^{{{0(+x)}}}.

- Ar me et/ou texture : citron, acide et rafraichissant1 ;

- Liens, sources et/ou r f rences :

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

dont classification :

◦ "The Plant List" (en anglais) : www.theplantlist.org/tpl1.1/record/kew-2394644 ;

dont livres et bases de donn es : ¹Plantes sauvages comestibles (livre pages 38 et 39, par S.G. Fleischhauer, J. Guthmann et R. Spiegelberger) ;

dont biographie/r f rences de ⁰"FOOD PLANTS INTERNATIONAL" :

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