

Phoenix reclinata Jacq.

Identifiants : 23998/phorec

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 : Monocotylédones ;
- Clade : Commelinidées ;
- Ordre : Arecales ;
- Famille : Arecaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Liliopsida ;
- Ordre : Arecales ;
- Famille : Arecaceae ;
- Genre : Phoenix ;

- Synonymes : Phoenix leonensis, Phoenix pumila Regel, Phoenix senegalensis Van Houtte ex Salomon, Phoenix spinosa Schum. & Thonn ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Senegal date palm, , Barn-o, Bedjaca, Belin, Buadia, Chinzu, Co-rosso, Coffee palm, Corossedjambo, Deye, Dikindu, Dinsongo, Ekingol, Feather palm, Idama, Intsanti, Isundu, Kandjedza, Kanjedza, Kindu, Lilala, Lisundvu, Lukindu, Lusundvu, M'jacai, Makindu, Mandjaca, Mchindu, Medjaca, Meexii, Millan, Mkindu, Moxinxamokulane, Msundu, Muchindu, Muchindwe, Muchingwi, Mukpetida, Mutshema, Mutshevho, Ntshindo, Olpiroo, Omukindo, Omuvare, Otit, Palem korma afrika, Quindo, Saraba, Senel, Serque, Sundu, Tchinzoo, Thikerva, Umukiindo, Wild date palm, Wola, Zamba, Zembaba ;



- Note comestibilité : *

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

Parties comestibles : chou, fruit, sève, graines - café, coeur de palmier, légume, bourgeon^{{{0(+x)}}} (traduction automatique) | Original : Cabbage, Fruit, Sap, Seeds - coffee, Palm heart, Vegetable, Bud^{{{0(+x)}}} La sève de la tige du fruit est exploitée pour faire une boisson alcoolisée. Attention: l'alcool est une cause de cancer. Le fruit peut être consommé à maturité. Les fruits verts sont immergés dans l'eau pendant quelques heures puis ils deviennent rouge vif et leur pulpe devient sucrée et comestible. Le bourgeon terminal est consommé comme légume. Les graines sont utilisées comme succédané du café. L'amande de la graine est utilisée dans les préparations à base de céréales

Partie testée : graine^{{{0(+x)}}} (traduction automatique)
Original : Seed^{{{0(+x)}}}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
42.6	949	227	1.8	0	0	4.7	0



néant, inconnus ou indéterminés.

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

- *Liens, sources et/ou références :*

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

dont classification :

dont livres et bases de données : ° "Food Plants International" (en anglais) ;

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

Abbiw, D.K., 1990, *Useful Plants of Ghana. West African uses of wild and cultivated plants. Intermediate Technology Publications and the Royal Botanic Gardens, Kew.* p 41 ; Acipa, A. et al, 2013, *Nutritional Profile of some Selected Food Plants of Otwal and Ngai Counties, Oyam District, Northern Uganda. African Journal of Food, Agriculture, Nutrition and Development.* 13(2) ; Addis, G., et al, 2005, *Ethnobotanical Study of Edible Wild Plants in Some Selected Districts of Ethiopia. Human Ecology, Vol. 33, No. 1, pp. 83-118* ; Agea, J. G., et al 2011, *Wild and Semi-wild Food Plants of Bunyoro-Kitara Kingdom of Uganda: etc. Environmental Research Journal* 5(2) 74-86 ; Ambasta, S.P. (Ed.), 2000, *The Useful Plants of India. CSIR India.* p 448 ; Amoros, A., et al, 2014, *Physico-chemical and functional characteristics of date fruits from different Phoenix species (Arecaceae). Fruits, Vol. 69, p. 315-323* ; Atato, A., et al, 2010, *Diversity of Edible Wild Fruit Tree Species of Togo. Global Science Books.* ; Balick, M.J. and Beck, H.T., (Ed.), 1990, *Useful palms of the World. A Synoptic Bibliography. Colombia* p 235, 383 (As *Phoenix spinosa*), 435 (As *Phoenix spinosa*) ; Balemie, K., & Kebebew, F., 2006, *Ethnobotanical study of wild edible plants in Derashe and Kucha Districts, South Ethiopia. Journal of Ethnobiology and Ethnomedicine.* ; Bekele-Tesemma A., Birnie, A., & Tengnas, B., 1993, *Useful Trees and Shrubs for Ethiopia. Regional Soil Conservation Unit. Technical Handbook No 5.* p 350 ; 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* ; Blomberry, A. & Rodd, T., 1982, *Palms. An informative practical guide. Angus & Robertson.* p 141 ; Bodkin, F., 1991, *Encyclopedia Botanica. Cornstalk publishing,* p 787 ; Brickell, C. (Ed.), 1999, *The Royal Horticultural Society A-Z Encyclopedia of Garden Plants. 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