

Polygonum plebeium R. Br.

Identifiants : 25163/polple

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

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 09/05/2024

- Classification phylogénétique :

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

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Polygonales ;
- Famille : Polygonaceae ;
- Genre : Polygonum ;

- Synonymes : *Polygonum aviculare* L, *Polygonum cliffortioides* Meissner, *Polygonum dryandri* Sprengel, *Polygonum elegans* Aiton, *Polygonum herniarioides* Delile, *Polygonum roxburghii* Meiss, et d'autres ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Small knotweed, , Baluni sag, Banjaluk, Bethe, Chakai madranga sag, Chemiti sag, Chemti sag, Chimtee sag, Chintti sag, Choti machhaichhie, Chotimachhachhie, Dubia sag, Gavati-paral, Jaloo, Kethu, Macheti, Machichi, Mechheia sag, Mereee arak, Merie arak, Mooze-ara, Munia a, Muthi saga, Nga-yo-pin, Nghe thongthuong, Okthum, Pani jaluk, Pa-zun-chi-gyi, Pimpari, Pipra, Pok arkha, Pok arxa, Raniphul, Siranige soppu, Sukul jhar, Zinako okhard ;



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

Parties comestibles : graines, feuilles, légumes^{[[[0(+x) (traduction automatique)]]]} | Original : Seeds, Leaves, Vegetable^{[[[0(+x)]]]} Les parties molles et tendres sont cuites comme légume. (Les feuilles sont amères lorsqu'elles sont cultivées dans des endroits secs.) Les feuilles fraîchement récoltées peuvent être conservées pendant 4 à 5 jours. Les graines sont écrasées et cuites comme amortisseur

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)
0	0	0	17.0	0	0	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 : ⁰"Food Plants International" (en anglais) ;

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

Ambasta, S.P. (Ed.), 2000, *The Useful Plants of India*. CSIR India. p 481 ; Arora, R. K., 2014, *Diversity in Underutilized Plant Species - An Asia-Pacific Perspective*. Bioversity International. p 44 ; Bandyopadhyay, S. et al, 2009, *Wild edible plants of Koch Bihar district, West Bengal*. *Natural Products Radiance* 8(1) 64-72 ; 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):19-2 ; Behera K. K., et al, 2008, *Wild Edible Plants of Mayurbhanj District, Orissa, India*. *J. Econ. Taxon. Bot. Vol. 32 (Suppl.)* pp 305-314 ; Burkill, H. M., 1985, *The useful plants of west tropical Africa*, Vol. 4. Kew. ; Cherkoff V. & Isaacs, J., *The Bush Food Handbook. How to gather, grow, process and cook Australian Wild Foods*. Ti Tree Press, Australia p 196 ; Curtis, W.M., 1993, *The Student's Flora of Tasmania. Part 3* St David's Park Publishing, Tasmania, p 589 ; Dangol, D. R., 2002, *Economic uses of forest plant resources in western Chitwan, Nepal*. *Banko Janakari*, 12(2): 56-64 ; Dobriyal, M. J. R. & Dobriyal, R., 2014, *Non Wood Forest Produce an Option for Ethnic Food and Nutritional Security in India*. *Int. J. of Usuf. Mngt.* 15(1):17-37 ; Dutta, U., 2012, *Wild Vegetables collected by the local communities from the Churang reserve of BTAD, Assam*. *International Journal of Science and Advanced Technology*. Vol. 2(4) p 123 ; *Flora of Pakistan*. www.eFloras.org ; Fox, F. W. & Young, M. E. N., 1982, *Food from the Veld*. Delta Books. p 305 ; 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 71 ; Grubben, G. J. H. and Denton, O. A. (eds), 2004, *Plant Resources of Tropical Africa 2. Vegetables*. PROTA, Wageningen, Netherlands. p 425 ; HOOPER, ; IRVINE, ; Jain et al, 2011, *Dietary Use and Conservation Concern of Edible Wetland Plants at Indo-Burma Hotspot: A Case Study from Northeast India*. *Journal of Ethnobiology and Ethnomedicine* 7:29 p 7 ; Jardin, C., 1970, *List of Foods Used In Africa*, FAO Nutrition Information Document Series No 2.p 96 ; Joshi, N., et al, 2007, *Traditional neglected vegetables of Nepal: Their sustainable utilization for meeting human needs*. Tropentag 2007. Conference on International Agricultural Research for Development. ; Lazarides, M. & Hince, B., 1993, *Handbook of Economic Plants of Australia*, CSIRO. p 195 ; Manandhar, N.P., 2002, *Plants and People of Nepal*. Timber Press. Portland, Oregon. p 374 ; Marandi, R. R. & Britto, S. J., 2015, *Medicinal Properties of Edible Weeds of Crop Fields and Wild plants Eaten by Oraon Tribals of Latehar District, Jharkhand*. *International Journal of Life Science and Pharma Research*. Vo. 5. (2) April 2015 ; Martin, F.W. & Ruberte, R.M., 1979, *Edible Leaves of the Tropics*. Antillian College Press, Mayaguez, Puerto Rico. p 214 ; Paczkowska, G. & Chapman, A.R., 2000, *The Western Australian Flora. A Descriptive Catalogue*. Western Australian Herbarium. p 461 ; Patiri, B. & Borah, A., 2007, *Wild Edible Plants of Assam*. Geethaki Publishers. p 117 ; Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, *Edible Wild plants of Sub-saharan Africa*. Kew. p 162 ; Pegu, R., et al, 2013, *Ethnobotanical study of Wild Edible Plants in Poba Reserved Forest, Assam, India*. *Research Journal of Agriculture and Forestry Sciences* 1(3):1-10 ; Pham-Hoang Ho, 1999, *An Illustrated Flora of Vietnam*. Nha Xuat Ban Tre. p 746 ; 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 4th June 2011] ; Sakar, A. & Das, A. P., 2018, *The traditional knowledge on edible wild leafy vegetables of Rabha Tribe in Duars of North Bengal: a potential reinforcement to food security*. *Pleione* 12(2): 275 - 281. 2018. ; Sarma, H., et al, 2010, *Updated Estimates of Wild Edible and Threatened Plants of Assam: A Meta-analysis*. *International Journal of Botany* 6(4): 414-423 ; Scudder, 1971, ; Singh, H.B., Arora R.K., 1978, *Wild edible Plants of India*. Indian Council of Agricultural Research, New Delhi. p 33 ; Sinha, R. & Lakra, V., 2007, *Edible weeds of tribals in Jharkhand, Orissa and West Bengal*. *Indian Journal of Traditional Knowledge* 6(1) January 2007 pp 217-222 ; Sundriyal, M., et al, 2004, *Dietary Use of Wild Plant Resources in the Sikkim Himalaya, India*. *Economic Botany* 58(4) pp 626-638 ; Swapna, M. M. et al, 2011, *A review on the medicinal and edible aspects of aquatic and wetland plants of India*. *J. Med. Plants Res.* 5 (33) pp. 7163-7176 ; *Swaziland's Flora Database* <http://www.sntc.org.sz/flora> ; Terra, G.J.A., 1973, *Tropical Vegetables*. Communication 54e Royal Tropical Institute, Amsterdam, p 68 ; Thiselton-Dwyer, W.T., (Ed.), 1913, *Flora of Tropical Africa*. Vol VI-section 1. Reeve, p 105 ; Vartak, V.D. and Kulkarni, D.K., 1987, *Monsoon wild leafy vegetables from hilly regions of Pune and neighbouring districts, Maharashtra state*. *J. Econ. Tax. Bot. Vol. 11 No. 2* pp 331-335 ; Williamson, J., 2005, *Useful Plants of Malawi*. 3rd. Edition. Mdadzi Book Trust. p 205