Asparagus racemosus Willd., 1799 (Shatavari)

Identifiants : 3499/asprac

Association du Potager de mes/nos Rêves (https://lepotager-demesreves.fr)
Fiche réalisée par Patrick Le Ménahèze
Dernière modification le

- ***Classification phylogénétique :***
    - ***Clade : Angiospermes ;***
    - ***Clade : Monocotylédones ;***
    - ***Ordre : Asparagales ;***
    - ***Famille : Asparagaceae ;***
- ***Classification/taxinomie traditionnelle :***
    - ***Règne : Plantae ;***
    - ***Sous-règne : Tracheobionta ;***
    - ***Division : Magnoliophyta ;***
    - ***Classe : Liliopsida ;***
    - ***Ordre : Liliales ;***
    - ***Famille : Liliaceae ;***
    - ***Sous-famille : Asparagoideae ;***
    - ***Genre : Asparagus ;***
- ***Synonymes : x (=) basionym, Asparagus rigidulus Nakai 1913 (synonyme selon GRIN), Asparagus schoberioides (? (qp*) ; nom accepté et espèce différente/distincte selon TPL), Asparagus tetragonus Bresler 1826, Protasparagus racemosus (Willd.) Oberm. 1983, Racemose asparagus (selon DPC) ;***
- ***Nom(s) anglais, local(aux) et/ou international(aux) : asparagus-fern, climbing asparagus , satavari (hi), shatamuli (in), shatavari (in), satawar (local), satmuli (local), shaqaqule Hindi (local), shatamuli (local), songga langit (local), catavari (local), satavari (local) ;***
- ***Rusticité (résistance face au froid/gel) : zone 9 ? ;***

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

  Fruit (fruits$^{27(+x)}$ [nourriture/aliment$^{\{\{\{(dp*)}$, feuille (jeunes pousses tendres$^{\{\{\{5(+)}$ (turions$^{(dp*)}$) cuites$^{5(+)}$ [nourriture/aliment$^{\{\{\{(dp*)}$: légume$^{5(+)}$ {asperge$^{(dp*)}$}]) et racine (tubercules confits$^{\{\{\{5(+)}$ [nourriture/aliment$^{\{\{\{(dp*)}$: bonbon/sucreries$^{\{\{\{5(+)}$]) comestibles.

  Détails :

  Plante consommée au Soudan$^{\{\{\{27(+x)}$. Les conserves, préparées à partir des pousses blanchies, sont dites être très agréables. Les tubercules confits sont dits avoir simplement la saveur du sucre$^{\{\{\{5(+)}$.

  Les tubercules (rhizome) sont cuits et mangés. La peau extérieure est retirée et coupée en petits morceaux puis pilée. Les jeunes feuilles sont utilisées comme légume vert. Ils sont consommés cuits ou crus. Ils sont souvent mélangés avec d'autres légumes. Ils sont également utilisés pour les cornichons. Les feuilles sont également fermentées et utilisées pour le thé. Le fruit est consommé comme fruit de dessert. Les pousses fleuries sont cuites et consommées comme légume. Les pousses récoltées peuvent être stockées pendant 10 jours

Partie testée : pousses {{{0(+x) (traduction automatique)
Original : Shoots {{{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	0	0	0	0

Précautions :

néant, inconnus ou indéterminés.

- ***Note médicinale : ********

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

Par Curtis, W., Botanical Magazine (1800-1948) Bot. Mag., via plantillustrations

- ***Petite histoire-géo :***

- ***Nombre de graines au gramme : 20 ;***

- ***Liens, sources et/ou références :***

    - [5]***"Plants For a Future" (en anglais) :*** 5https://www.pfaf.org/user/Plant.aspx?LatinName=Asparagus+racemosus ***;***

      dont classification :

    - ***"The Plant List" (en anglais) :*** www.theplantlist.org/tpl1.1/record/kew-275250 ***;***
    - ***"GRIN" (en anglais) :*** https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomydetail?id=5540 ***;***

      dont livres et bases de données : [27]***Dictionnaire des plantes comestibles (livre, page 39, par Louis Bubenicek) ;***

      dont biographie/références de [0]***"FOOD PLANTS INTERNATIONAL" :***

      Acharya K. P. and Acharya, R., 2010, Eating from the Wild: Indigenous knowledge on wild edible plants in Parroha VDC of Rupandehi District, Central Nepal. International Journal of Social Forestry. 3(1):28-48 ; Arinathan, V., et al, 2007, Wild edibles used by Palliyars of the western Ghats, Tamil Nadu. Indian Journal of Traditional Knowledge. 6(1) pp 163-168 ; Arinathan, V., et al, 2009, Nutritional and Anti-nutritional attributes of some under-utilized tubers. Tropical and Subtropical Agroecosystems 10: 273-278 ; Aryal, K. P. et al, 2009, Uncultivated Plants and Livehood Support - A case study from the Cheopang people of Nepal. Ethnobotany Research and Applications. 7:409-422 ; Aryal, K. P., et al, 2018, Diversity and use of wild and non-cultivated edible plants in the Western Himalaya. Journal of Ethnobiology and Ethnomedicine (2018) 14:10 ; 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 ; 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 ; Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 45 ; Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 108 ; Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 3. Kew. ; Cruz-Garcia, G. S., & Price, L. L., 2011, Ethnobotanical investigation of 'wild' food plants used by rice farmers in Kalasin, Northeast Thailand. Journal of Ethnobiology and Ethnomedicine 7:33 ; Dangol, D. R., 2002, Economic uses of forest plant resources in western Chitwan, Nepal. Banko Janakari, 12(2): 56-64 ; Dangol, D. R. et al, 2017, Wild Edible Plants in Nepal. Proceedings of 2nd National Workshop on CUAOGR, 2017. ; Dutta, U., 2012, Wild Vegetables collected by the local communities from the Churang reserve of BTD, Assam. International Journal of Science and Advanced Technology. Vol. 2(4) p 119 ; Fowler, D. G., 2007, Zambian

Plants: Their Vernacular Names and Uses. Kew. p 65 ; Gangte, H. E., et al, 2013, Wild Edible Plants used by the Zou Tribe in Manipur, India. International Journal of Scientific and Research Publications, Volume 3, Issue 5 ; Ghimire, S. K., et al, 2008, Non-Timber Forest Products of Nepal Himalaya. WWF Nepal p 96 ; Guite, C., 2016, A study of wild edible plants associated with the Paite tribe of Manipur, India, International Journal of Current Research. Vol. 8, Issue, 11, pp. 40927-40932 ; Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 80 (As Asparagus acerosus) ; Hossain, U. & Rahman, A., 2018, Study and quantitative analysis of wild vegetable floral diversity available in Barisal district, Bangladesh. Asian J. Med. Biol. Res. 2018, 4 (4), 362-371 ; Jadhav, R., et al, 2015, Forest Foods of Northern Western Ghats: Mode of Consumption, Nutrition and Availability. 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