

Asystasia gangetica (L.) T. Anderson

Identifiants : 3726/asygan

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 : Astéridées ;
- Clade : Lamiidées ;
- Ordre : Lamiales ;
- Famille : Acanthaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Lamiales ;
- Famille : Acanthaceae ;
- Genre : Asystasia ;

- Synonymes : *Asystasia coromandelina* Wight ex Nees, *Asystasia podostachys* Klotzsch, *Asystasia violacea* Dalz. non C.B.Clarke, *Justicia gangetica* L ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Chinese violet, , Anamala, Atolleta, Avokombiby, Candindjaon, Coromandel, Enkosida, Futsure, Futswe, Ganges primrose, Ganges-violet, Hedul, Huyet bo, Isihobo, Kianjoro, Lanjokobi, Lavana-valli, Medday keerai, Mella, Midchy keeray, Mungera tappeta, Namu, Nasubgwi, Odipa ikong, Oak oumsrab, Omigalin, Owuru, Redampa, Tala-kushe, Temba, Tikini, Tropical primrose, Tropical violet, Umegarín, Upputhali ;



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

Parties comestibles : feuilles^{{{0(+x)}} (traduction automatique)} | Original : Leaves^{{{0(+x)}}} Les feuilles sont utilisées comme herbe en pot ou sautées. Ils sont ajoutés aux ragoûts de poisson et de viande. Les feuilles sont également séchées et stockées

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)
82.6	234	56	3.7	0	42	4.7	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" :

Acevedo-Rodriguez, P., 2005, Vine and Climbing Plants of Puerto Rico and the Virgin islands. Contributions to the United States National Herbarium. Volume 51:1-483 p 25 ; Achigan-Dako, E, et al (Eds), 2009, Catalogue of Traditional Vegetables in Benin. International Foundation for Science. ; 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., Asfaw, Z & Woldu, Z., 2013, Ethnobotany of Wild and Semi-wild Edible Plants of Konso Ethnic Community, South Ethiopia. Ethnobotany Research and Applications. 11:121-141. ; Addis, G., et al, 2013, The Role of Wild and Semi-wild Edible Plants in Household Food Sovereignty in Hamar and Konso Communities, South Ethiopia. Ethnobotany Research & Applications. 11:251-271 ; Adetula, O.A., 2004. *Asystasia gangetica* (L.) T.Anderson. [Internet] Record from Protabase. Grubben, G.J.H. & Denton, O.A. (Editors). PROTA (Plant Resources of Tropical Africa / Ressources végétales de l'Afrique tropicale), Wageningen, Netherlands. < <http://database.prota.org/search.htm>>. Accessed 13 October 2009. ; 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 61 ; AVRDC files ; Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 47 ; Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 1. Kew. ; Codjia, J. T. C., et al, 2003, Diversity and local valorisation of vegetal edible products in Benin. Cahiers Agricultures 12:1-12 ; Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 204 ; Dansi, A., et al, 2008, Traditional leafy vegetables and their use in the Benin Republic. 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Journal of East African Natural History 87:265-278 ; Jackes, B.R., 2001, Plants of the Tropics. Rainforest to Heath. An Identification Guide. James Cook University. p 38 ; Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 57 ; Joffe, P., 2007, Creative Gardening with Indigenous Plants. A South African Guide. Briza. p 286 ; Llamas, K.A., 2003, Tropical Flowering Plants. Timber Press. p 29 ; Long, C., 2005, Swaziland's Flora - siSwati names and Uses <http://www.sntc.org.sz/floral/> ; Lugod, G.C. and de Padua L.S., 1979, Wild Food Plants in the Philippines. Vol. 1. Univ. of Philippines Los Banos. p 8 ; Lulekal, E., et al, 2011, Wild edible plants in Ethiopia: a review on their potential to combat food insecurity. Afrika Focus - Vol. 24, No 2. pp 71-121 ; Malaisse, F., 1997, Se nourrir en floret claire africaine. Approche écologique et nutritionnelle. CTA., p 91. ; Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. 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