

Stellaria media (L.) Vill., 1789 (Mouron des oiseaux)

Identifiants : 37792/stemed

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

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 25/04/2024

- Classification phylogénétique :

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

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Caryophyllales ;
- Famille : Caryophyllaceae ;
- Genre : Stellaria ;

- Synonymes : *Alsine media* L., *Stellaria hiemalis* (Beg.) Raunk, *Stellaria vulgaris* Raunk ;

- Synonymes français : stellaire intermédiaire, morgeline, mouron blanc, mouron étoilé ;

- Nom(s) anglais, local(aux) et/ou international(aux) : common chickweed , *Alsine*, *Arapsaci*, *Armale jhar*, *Bodzodzua*, *Bots'va*, *Buchbucha*, *Burumcek*, *Byeolkkot*, *Caa piqui*, *Capiqui*, *Centogghje*, *Chang-kal-rit*, *Dzialua*, *Eerchang*, *Fan lu*, *Galambbegy*, *Giysak*, *Kazayagi*, *Khojua*, *Khokhua*, *Kidendelezi*, *Koku*, *Korpafu*, *Kulumcak*, *Kusemegi*, *Kusotu*, *Makritsa*, *Maralia*, *Marmuri shak*, *Morolia*, *Murmoori*, *Nabiki*, *Nick hakh*, *Ojo de gringo*, *Olalai*, *Pajarera*, *Pamplina*, *Pani*, *Pticija trava*, *Safed pulchee*, *Satinflower*, *Scarwort*, *Starwort*, *Stitchwort*, *Thatheni*, *Tyukhur*, *Urgancik*, *Yerum-keirum* ;



- Note comestibilité : **

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

Feuille (dont tiges), fleur1 (dont bourgeons) et fruit (capsules/graines) comestibles (crus1 ou cuits1).

Détails :

plante entière (feuilles, fleurs, tiges et fruits) crue ou cuite comme légume (ex. : comme potherbe^{(((dp*)(1))}).

Les pousses tendres et les feuilles sont cuites comme légume. Ils sont hachés, bouillis puis frits. Ils sont utilisés dans la soupe. Ils peuvent également être utilisés dans les salades. Ils sont également pressés dans du jus. Les petites graines sont utilisées pour le pain ou pour épaissir les soupes. Les sommets fleuris sont utilisés comme légume ou comme garniture. ATTENTION: en grande quantité, cela peut provoquer une paralysie. Cela est dû aux nitrates toxiques

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)
91.7	98	24	1.2	0	49	0	0



néant, inconnus ou indéterminés. néant, inconnus ou indéterminés.

- **Note médicinale :** ***

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



De gauche à droite :

Par Sturm, J., Sturm, J.W., *Deutschlands flora (1798-1855) Deutschl. Fl. vol. 1 (1796) t. 22* , via plantillustrations

Par Vallentin-Bertrand, E.F., Cotton, E.M., *Illustrations of the flowering plants and ferns of the Falklands Islands (1921) III. Fl. Pl. Falkland Isl. (1921) t. 12*, via plantillustrations

Par Clark, G.H., Fletcher, J., *Farm weeds of Canada Farm Weeds Canada (1906) t. 15*, via plantillustrations

Par Lindman, C.A.M., *Bilder ur Nordens Flora Bilder Nordens Fl. vol. 2 (1922) t. 345*, via plantillustrations

- **Autres infos :**

dont infos de "FOOD PLANTS INTERNATIONAL" :

- **Statut :**

Les pousses sont vendues sur les marchés en Inde. Il est également fourragé et fourni aux restaurants en Suède^{{{{0(+x)}} (traduction automatique)}}.

Original : Shoots are sold in markets in India. It is also foraged and supplied to restaurants in Sweden^{{{{0(+x)}}}}.

- **Distribution :**

Il pousse dans les endroits tempérés. Au Népal, il pousse entre 1800 et 2700 m d'altitude. Il pousse dans les sols riches et humides et les zones boisées. Il pousse dans les zones humides. Il est tolérant au froid. En Argentine, il passe du niveau de la mer à 3000 m au-dessus du niveau de la mer. Il convient à la zone de rusticité 4. Herbar de Tasmanie. Au Yunnan^{{{{0(+x)}} (traduction automatique)}}.

Original : It grows in temperate places. In Nepal it grows between 1800-2700 m altitude. It grows in rich, moist soils and woody areas. It grows in wetlands. It is cold tolerant. In Argentina it grows from sea level to 3,000 m above sea level. It suits hardiness zone 4. Tasmania Herbarium. In Yunnan^{{{{0(+x)}}}}.

- **Localisation :**

Afghanistan, Afrique, Alaska, Argentine, Asie, Australie, Autriche, Balkans, Bangladesh, Biélorussie, Bhoutan, Bolivie, Bosnie, Botswana, Brésil, Grande-Bretagne, Canada, Caucase, Amérique centrale, Chili, Chine, Cuba, République dominicaine, Afrique de l'Est, Eswatini, Europe, Malouines, Géorgie, Allemagne, Haïti, Hawaï, Himalaya, Hongrie, Islande, Inde, Irlande, Italie, Jamaïque, Japon, Corée, Île Macquarie, Méditerranée, Mexique, Mozambique, Myanmar, Népal, Nouvelle-Calédonie, Nouveau Zélande, Île Norfolk, Amérique du Nord, Inde du Nord-Est, Norvège, Pacifique, Pakistan, Roumanie, Russie, Sao Tomé-et-Principe, Scandinavie, Asie du Sud-Est, Sikkim, Slované, Afrique du Sud, Afrique australe, Amérique du Sud, Espagne, Sri Lanka, Swaziland, Tanzanie, Tasmanie, Tibet, Turquie, Uruguay, USA, Antilles, Zimbabwe^{{{{0(+x)}} (traduction automatique)}}.

Original : Afghanistan, Africa, Alaska, Argentina, Asia, Australia, Austria, Balkans, Bangladesh, Belarus, Bhutan, Bolivia, Bosnia, Botswana, Brazil, Britain, Canada, Caucasus, Central America, Chile, China, Cuba, Dominican Republic, East Africa, Eswatini, Europe, Falklands, Georgia, Germany, Haïti, Hawaii, Himalayas, Hungary, Iceland, India, Ireland, Italy, Jamaica, Japan, Korea, Macquarie Island, Mediterranean, Mexico, Mozambique, Myanmar, Nepal, New Caledonia, New Zealand, Norfolk Island, North America, Northeastern India, Norway, Pacific, Pakistan,

Romania, Russia, Sao Tome and Principe, Scandinavia, SE Asia, Sikkim, Slovenia, South Africa, Southern Africa, South America, Spain, Sri Lanka, Swaziland, Tanzania, Tasmania, Tibet, Turkey, Uruguay, USA, West Indies, Zimbabwe^{{{{0(+x)}}}.

◦ Notes :

Il existe environ 130 espèces de *Stellaria*. Ils se trouvent principalement dans les régions tempérées. Il est riche en vitamine E. Parce qu'il contient des saponines, il ne doit pas être consommé en grande quantité^{{{{0(+x)}}} (traduction automatique).

Original : There are about 130 *Stellaria* species. They are mostly in temperate regions. It is high in Vitamin E. Because it contains saponins it should not be eaten in large quantities^{{{{0(+x)}}}.

- Arôme et/ou texture : très doux proche de la laitue en plus aromatique¹ ;

- Liens, sources et/ou références :

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

dont classification :

◦ "The Plant List" (en anglais) : www.theplantlist.org/tpl1.1/record/kew-2481938 ;

dont livres et bases de données : ¹Plantes sauvages comestibles (livre pages 57 et 58, par S.G. Fleischhauer, J. Guthmann et R. Spiegelberger) ;

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

Altschul, S.V.R., 1973, *Drugs and Foods from Little-known Plants*. Notes in Harvard University Herbaria. Harvard Univ. Press. Massachusetts. no. 948 ; Ambasta, S.P. (Ed.), 2000, *The Useful Plants of India*. CSIR India. p 598 ; Ara, R. I. T., 2015, *Leafy Vegetables in Bangladesh*. Photon eBooks. p 41 ; Ari, S., et al, 2015, *Ethnobotanical survey of plants used in Afyonkarahisar-Turkey*. *Journal of Ethnobiology and Ethnomedicine* 11:84 ; 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):19-27 ; Barua, U., et al, 2007, *Wild edible plants of Majuli island and Darrang districts of Assam*. *Indian Journal of Traditional Knowledge* 6(1) pp 191-194 ; Biscotti, N. & Pieroni, A., 2015, *The hidden Mediterranean diet: wild vegetables traditionally gathered and consumed in the Gargano area, Apulia, SE Italy*. *Acta Societatis Botanicorum Poloniae* 84 (3): 327-338 ; Biscotti, N. et al, 2018, *The traditional food use of wild vegetables in Apulia (Italy) in the light of Italian ethnobotanical literature*. *Italian Botanist* 5:1-24 ; Bodkin, F., 1991, *Encyclopedia Botanica*. Cornstalk publishing, p 948 ; Bremness, L., 1994, *Herbs. Collins Eyewitness Handbooks*. Harper Collins. p 271 ; Bvenura, C. and Afolayan, A. J., 2017, *Tackling food and nutrition insecurity using leafy wild vegetables: The nutritional compositions of some selected species*. ; Cerne, M., 1992, *Wild Plants from Slovenia used as Vegetables*. *Acta Horticulturae* 318 ; Chen, B. & Qiu, Z., *Consumer's Attitudes towards Edible Wild Plants, Ishikawa Prefecture, Japan*. p 26 www.hindawi.com/journals/ijfr/aip/872413.pdf ; Christanell, A., et al, 2010, *The Cultural Significance of Wild Gathered Plant Species in Kartitsch (Eastern Tyrol, Austria) and the Influence of Socioeconomic Changes on Local Gathering Practices*. Chapter 3 in *Ethnobotany in the New Europe*. Berghahn Books. ; Cribb, A.B. & J.W., 1976, *Wild Food in Australia*, Fontana. p 130 ; Curtis, W.M., 1956, *The Students Flora of Tasmania Vol 1* p 68 ; Dashorst, G.R.M., and Jessop, J.P., 1998, *Plants of the Adelaide Plains & Hills*. Botanic Gardens of Adelaide and State Herbarium. p 56 ; Deka, N. & Devi, N., 2015, *Wild edible aquatic and marshland angiosperms of Baka district, BTC area, Assam, India*. *Asian J. Plant Sci. Res.* 5(1):32-48 ; Denes, A., et al, 2012, *Wild plants used for food by Hungarian ethnic groups living in the Carpathian Basin*. *Acta Societatis Botanicorum Poloniae* 81 (4): 381-396 ; Devi, O.S., P. Komor & D. Das, 2010, *A checklist of traditional edible bio-resources from Ima markets of Imphal Valley, Manipur, India*. *Journal of Threatened Taxa* 2(11): 1291-1296 ; Diaz-Betancourt, M., et al, 1999, *Weeds as a future source for human consumption*. *Rev. Biol. Trop.* 47(3):329-338 ; Dogan, Y., 2012, *Traditionally used wild edible greens in the Aegean Region of Turkey*. *Acta Societatis Botanicorum Poloniae* 81(4): 329-342 ; Dogan, Y. et al, 2013, *Wild Edible Plants sold in the Local Markets of Izmir, Turkey*. *Pak. J. Bot.* 45(S1): 177-184 ; Duke, J.A., 1992, *Handbook of Edible Weeds*. CRC Press. p 190 ; 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 124 ; Elias, T.S. & Dykeman P.A., 1990, *Edible Wild Plants. A North American Field guide*. Sterling, New York p 85 ; Ertug, F., 2004, *Wild Edible Plants of the Bodrum Area. (Mugla, Turkey)*. *Turk. J. Bot.* 28 (2004): 161-174 ; Ertug, F., *Yenen Bitkiler. Resimli T  rkkiye Floras   - I- Flora of Turkey - Ethnobotany supplement* ; Esperanca, M. J., 1988. *Surviving in the wild. A glance at the wild plants and their uses*. Vol. 1. p 257 ; *Ethnobotanical Study of Tehsil Kabal, Swat District, KPK, Pakistan*, Table 1 ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants*. Kampong Publications, p 75 ; *Flora of Australia Volume 49, Oceanic Islands 1*, Australian Government Publishing Service, Canberra. (1994) p 92 ; *Flora of Pakistan*. www.eFlora.org ; *Food Composition Tables for the Near East*. <http://www/fao.org/docrep> No. 298 ; Hammer, K. & Spahillari, M., 1999, *Crops of European origin. in Report of a networking group on minor crops*. IPGRI p 47 ; Harkonen, M. & Vainio-Mattila, K., 1998, *Some examples of Natural Products in the Eastern Arc Mountains*. *Journal of East African Natural History* 87:265-278 ; Harris, S., Buchanan, A., Connolly, A., 2001, *One Hundred Islands: The Flora of the Outer*

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