

Trianthema portulacastrum L.

Identifiants : 39373/tripor

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 ;
- Ordre : Caryophyllales ;
- Famille : Aizoaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Caryophyllales ;
- Famille : Aizoaceae ;
- Genre : Trianthema ;

- Synonymes : Trianthema monogyna L, Trianthema obcordata Roxb ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Horse purslane, Giant pigweed, , Adachitkana, Ambalimadu, Ambati-madu, Barsin, Bawra, Bishkapra, Charanai, Chungkueng prehs, Comida de vaca, Co tamkhai, Desert horse purslane, Eitai, Gadabani, Gadapurina, Galjeru, Ghelijebghroo, Ghetuli, Hato, Hin sarana, Itsit, Jai hai ma chi, Khapra sag, Koppi geloodi, Kulfasag, Lal-sabuni, Lalsabuni, Lana, Muchchugoni, Ngubay gueleme, Omi guileme, Pa-yan-na-wa, Pasalaesoppu, Pasalikeera, Pathorchatta, Pollito yuyo, Pundharighentuli, Rogon yara, Safed, Santhi, Santo, Sata, Seto punarnava, Shaaranaj, Shanti, Sharunnai, Sharunnay, Shavalai, Svet-sa-buni, Topotiro, Toston, Totson, Ullisman, Upothaki, Vaca micuna, Vasu, Vattachanathi keera, Verdolaga blanca, Verdolaga de caballo, Verdolaga rastrera ;



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

Feuilles cuites (bouillies)^{{{0(+x)}}}.

Les branches et les jeunes feuilles sont cuites et consommées comme légume. Ils sont utilisés comme potasse. Les feuilles sont bouillies dans de l'eau puis mélangées avec du sel et du piment. ATTENTION: Il ne devrait probablement pas être consommé en grande quantité. Les feuilles plus âgées ont provoqué la paralysie. ATTENTION: Il peut être toxique s'il n'est pas correctement cuit

Partie testée : feuilles bouillies^{{{0(+x)}}} (traduction automatique)

Original : Leaves boiled^{{{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	0



néant, inconnus ou indéterminés.

- Autres infos :

dont infos de "FOOD PLANTS INTERNATIONAL" :

◦ Statut :

Il est utilisé en période de pénurie alimentaire. Il est cultivé à certains endroits^{{{0(+x)}} (traduction automatique)}.

Original : It is used in times of food shortage. It is cultivated in some places^{{{0(+x)}}}.

◦ Distribution :

Une plante tropicale. Il pousse sur les côtes de la mer tropicale. Il se produit couramment sous forme de mauvaise herbe aux Philippines, où la terre a été récemment défrichée ou creusée. Il pousse dans les sables secs ouverts et ensoleillés; généralement près de la mer ou sous forme de mauvaises herbes dans les champs. C'est une plante tropicale. Les graines germent entre 20 ° C et 45 ° C. Au Népal, il pousse jusqu'à 300 m d'altitude. Il pousse dans les zones humides inutilisées. Il pousse bien dans les sols humifères. Rajasthan^{{{0(+x)}} (traduction automatique)}.

Original : A tropical plant. It grows in tropical sea coasts. It commonly occurs as a weed in the Philippines where land has recently been cleared or dug. It grows in open sunny dry sands; usually near sea or as weeds in fields. It is a tropical plant. Seeds germinate between 20Â°C to 45Â°C. In Nepal it grows up to 300 m altitude. It grows in moist unused areas. It grows well in soils with humus. Rajasthan^{{{0(+x)}}}.

◦ Localisation :

Afrique, Argentine, Asie, Australie, Bénin, Bolivie, Burkina Faso, Cambodge, Cameroun, Afrique centrale, Chine, Côte d'Ivoire, Cuba, République dominicaine, Afrique de l'Est, Gambie, Ghana, Guyane, Guinée, Guinée, Guinée-Bissau, Guyane, Haïti, Hawaï, Himalaya, Inde, Indochine, Côte d'Ivoire, Mali, Mozambique, Népal, Nigéria, Pacifique, Pakistan, Papouasie-Nouvelle-Guinée, PNG, Paraguay, Pérou, Philippines, Asie du Sud-Est, Sénégal, Salomon Îles, Amérique du Sud, Sri Lanka, Taïwan, Tanzanie, Thaïlande, Venezuela, Vietnam, Afrique de l'Ouest, Antilles^{✖{{0(+x)}} (traduction automatique)}.

Original : Africa, Argentina, Asia, Australia, Benin, Bolivia, Burkina Faso, Cambodia, Cameroon, Central Africa, China, CÃte d'Ivoire, Cuba, Dominican Republic, East Africa, Gambia, Ghana, Guiana, Guinea, GuinÃe, Guinea-Bissau, Guyana, Haiti, Hawaii, Himalayas, India, Indochina, Ivory Coast, Mali, Mozambique, Nepal, Nigeria, Pacific, Pakistan, Papua New Guinea, PNG, Paraguay, Peru, Philippines, SE Asia, Senegal, Solomon Islands, South America, Sri Lanka, Taiwan, Tanzania, Thailand, Venezuela, Vietnam, West Africa, West Indies^{✖{{0(+x)}}}.

◦ Notes :

Il est également mis dans la famille des Molluginacées. Il peut devenir une mauvaise herbe gênante^{{{0(+x)}} (traduction automatique)}.

Original : It is also put in the family Molluginaceae. It can become a troublesome weed^{{{0(+x)}}}.

• 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" :

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Dansi, A., et al, 2008, Traditional leafy vegetables and their use in the Benin Republic. *Genet Resour Crop Evol* (2008) 55:1239-1256 ; Diouf, M., et al, Leafy Vegetables in Senegal. Bioversity website ; 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 ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants*. Kampong Publications, p 4 ; *Flora of Australia*, Volume 4, *Phytolaccaceae to Chenopodiaceae*, Australian Government Publishing Service, Canberra (1984) p 58 ; *Flora of Solomon Islands* ; *Food Composition Tables for use in Africa* FAO <http://www.fao.org/infoods/directory> No. 664 ; GAMMIE, (As *Trianthema monogyna*) ; Garcia, G. S. C., 2006, The mother-child nexus. Knowledge and valuation of wild food plants in Wayanad, Western Ghats, India. *Journal of Ethnobiology and Ethnomedicine*, 2:39 ; Grubben, G. J. H. and Denton, O. A. 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