

Ximenia caffra Sonder

Identifiants : 41152/xiecaf

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

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 17/05/2024

- Classification phylogénétique :

- Clade : Angiospermes ;
- Clade : Dicotylédones vraies ;
- Ordre : Santalales ;
- Famille : Olacaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Santalales ;
- Famille : Olacaceae ;
- Genre : Ximenia ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Large sourplum, Blue sour plum, , Amanumbilo, Amasasa, Amathunduluka, Amatimdolubi, Amatu nduluka, Elamai, Emu apple, Groot-suurpruim, Gui, Hinkiketa, Ingigita, Inginkada, Itsengeni, Lama, Ma-aayangu, Masidi, Matshidi, Mat'zenguei, Mepidge, Mhingi, Mnembwe, Mochidi, Morokolo, Morotologa, Motshidi, Mpheke, Mpigipingi, Mpingi, Mpingipingi, Mtrondwe, Mtundwa, Mtundwi, Mtungwa, Mukalee, Mulebelebe, Mulutulua, Musanza, Musongosongo, Mutanzwa, Mutengeni, Mutengeno, Mutengueni, Mutenguru, Muthanzwa, Mutnegeni, Mutsvanzva, Mutundwa, N'pidji, Natal plum, Nhengeni, Nhundwa, Olemo, Omumbeke, Omuseka, Oshumbyupeke, Pepo, Pingipingi, Seretologakgomo, Tsvanzva, Umkolotshane, Umthunduluka, Umtunduku, Umtunduluka ;



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

Parties comestibles : fruit^{[[[0(+x) (traduction automatique)]]]} | Original : Fruit^{[[[0(+x)]]]} Les fruits sont consommés mûrs soit crus et frais, soit séchés. La saveur est meilleure lorsque les fruits sont trop mûrs. Ils peuvent être utilisés pour la gelée et la marmelade. Ils sont utilisés pour les boissons et dans la bouillie. Les graines sont consommées

Partie testée : fruit^{[[[0(+x) (traduction automatique)]]]}

Original : Fruit^{[[[0(+x)]]]}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
66.4	347	83	2.0	0	0	0	0



néant, inconnus ou indéterminés.

- Liens, sources et/ou références :

dont classification :

dont livres et bases de données : ⁰"Food Plants International" (en anglais) ;

Addis, G., et al, 2013, Dietary values of wild and semi-wild edible plants in Southern Ethiopia. *African Journal of Food, Agriculture, Nutrition and Development*. 13(2) (Recalculated from dmb) ; 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 ; 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 ; Ashagre, M., et al, 2016, Ethnobotanical study of wild edible plants in Burji District, Segan Area Zone of Southern Nations, Nationalities and Peoples Region (SNNPR), Ethiopia. *Journal of Ethnobiology and Ethnomedicine* (2016) 12:32 ; Bigirimana, C., et al, 2016, Utilisation of Indigenous Fruit Tree Species within the Lake Victoria Basin, Rwanda. *Agricultural Science: An International Journal*. (AGRIJ) Vol. 1, No. 1 ; Bruschi, P., et al, 2014, Traditional use of plants in a rural community of Mozambique and possible links with Miombo degradation and harvesting sustainability. *Journal of Ethnobiology and Ethnomedicine*. 2014, 10:59 ; Campbell, B. M., 1987, The Use of Wild Fruits in Zimbabwe. *Economic Botany* 41(3): 375-385 ; Cheikhoussef, A & Embashu, W., 2013, Ethnobotanical knowledge on Indigenous fruits in Ohangwena and Oshana regions in Northern Namibia. *Journal of Ethnobiology and Ethnomedicine* 9:34 ; Cole, D. et al, 2014, Indigenous Plant Products in Namibia. *Venture Publications Windhoek, Namibia*. p 70 ; Dale, I. R. and Greenway, P. J., 1961, *Kenya Trees and Shrubs*. Nairobi. p 345 ; Drummond, R. B., 1981, *Common Trees of the Central Watershed Woodlands of Zimbabwe*, National Herbarium Salisbury. p 30 (As *Ximenia caffra*) ; Exell, A.W. et al, (Ed), 1963, *Flora Zambesiaca Vol 2 Part 1 Crown Agents, London*. p 331 ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants*. Kampong Publications, p 162 (As *Ximenia caffra*) ; Flora Somalia. <http://plants.jstor.org> (As *Ximenia caffra* var. *caffra*) ; Food Composition Tables for use in Africa FAO <http://www.fao.org/infoods/directory> No. 1032 (As *Ximenia caffra*) ; Fowler, D. G., 2007, *Zambian Plants: Their Vernacular Names and Uses*. Kew. p 51 ; Fox, F. W. & Young, M. E. N., 1982, *Food from the Veld*. Delta Books. p 281 ; Goode, P., 1989, *Edible Plants of Uganda*. FAO p 30 ; HELY- HUTCHINSON, (As *Ximenia caffra*) ; Hines, D. A. & Eckman, K., 1993, *Indigenous multipurpose trees of Tanzania: Uses and economic benefits for people*. FAO Forestry Department. p 233 ; INFOODS:FAO/INFOODS Databases ; Jardin, C., 1970, *List of Foods Used In Africa*, FAO Nutrition Information Document Series No 2.p 169 (As *Ximenia caffra*) ; Johns, T., Mthoro, E. B. and Sanaya, P., 1996, *Food Plants and Masticants of the Batemi of Ngorongoro District, Tanzania*. *Economic Botany*, Vol. 50, No. 1, pp. 115-121 ; Katende, A.B., Birnie, A & Tengnas B., 1995, *Useful Trees and Shrubs for Uganda. Identification, Propagation and Management for Agricultural and Pastoral Communities*. Technical handbook No 10. Regional Soil Conservation Unit, Nairobi, Kenya. p 672 ; Kebebew, M. & Leta, G., 2016, *Wild Edible Plant Biodiversity and Utilization System in Nech Sar National Park, Ethiopia*. *International Journal of Bio-resource and Stress Management* 2016, 7(4):885-896 ; Kidane, B., et al, 2014, *Ethnobotany of Wild and Semi-wild Edible Fruit Species used by Maale and Ari Ethnic Communities in South Ethiopia*. *Ethnobotany Research and Applications*. Vol. 12, 1546-3465-12-455 ; Kiple, K.F. & Ornelas, K.C., (eds), 2000, *The Cambridge World History of Food*. CUP p 1854 ; Leger, S., 1997, *A Description of Today's Use of Plants in West Bushmanland (Namibia)*. German Development Service. PO Box 220035, 14061 Berlin, Germany. <http://www.sigridleger.de/book/> ; Le Houerou, H. N., (Ed.), 1980, *Browse in Africa. The current state of knowledge*. International Livestock Centre for Africa, Ethiopia. p 163 ; Long, C., 2005, *Swaziland's Flora - siSwati names and Uses* <http://www.sntc.org.sz/flora/> ; 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 ; Luoga, E. J., et al, 2000, *Differential Utilization and Ethnobotany of Trees in Kitulanghalo Forest Reserve and Surrounding Communal Lands, Eastern Tanzania*. *Economic Botany*, Vol. 54, No. 3, pp. 328-343 (As *Ximenia caffra*) ; Malaisse, F., 1997, *Se nourrir en floret claire africaine. Approche écologique et nutritionnelle*. CTA., p 69 (As *Ximenia caffra*) ; Mannheimer, C. A. & Curtis, B.A. (eds), 2009, *Le Roux and Muller's Field Guide to the Trees and Shrubs of Namibia*. Windhoek: Macmillan Education Namibia. p 36 ; Maroyi, A., 2011, *The Gathering and Consumption of Wild Edible Plants in Nhema Communal Area, Midlands Province, Zimbabwe*. *Ecology of Food and Nutrition* 50:6, 506-525 ; Maundu, P. et al, 1999, *Traditional Food Plants of Kenya*. National Museum of Kenya. 288p ; Mbuya, L.P., Msanga, H.P., Ruffo, C.K., Birnie, A & Tengnas, B., 1994, *Useful Trees and Shrubs for Tanzania*. Regional Soil Conservation Unit. Technical Handbook No 6. p 516 ; Mokganya, M. G. et al, 2018, *An evaluation of additional uses of some wild edible fruit plants of the Vhembe District Municipality in the Limpopo Province, South Africa*. *Indian Journal of Traditional Knowledge*. Vol 17(2) April 2018, pp 276-281 ; Molla, A., *Ethiopian Plant Names*. <http://www.ethiopic.com/aplants.htm> ; Motlhanka, D. M. T., et al, 2008, *Edible Indigenous Fruit Plants of Eastern Botswana*. *International Journal of Poultry Science*. 7(5): 457-460 ; Msola, D. K., 2007, *The role of Wild Foods in Household Income and Food Security in Mufundi District, Tanzania*. Morogoro, Tanzania. p 44 ; Msuya, T. S., et al, 2010, *Availability, Preference and Consumption of Indigenous Foods in the Eastern Arc Mountains, Tanzania*. *Ecology of Food and Nutrition*, 49:3, 208-227 ; Palgrave, K.C., 1996, *Trees of Southern Africa*. Struik Publishers. p 158 ; Palmer, E and Pitman, N., 1972, *Trees of Southern Africa*. Vol. 1. A.A. Balkema, Cape Town p 561 (As *Ximenia caffra*) ; Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, *Edible Wild plants of Sub-saharan Africa*. Kew. p 156 ; Pickering, H., & Roe, E., 2009, *Wild Flowers of the Victoria Falls Area*. Helen Pickering, London. p 86 ; Roodt, V., 1998, *Trees & Shrubs of the Okavango Delta. Medicinal Uses and Nutritional value*. The Shell Field Guide Series: Part 1. Shell Botswana. p 67 ; 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 May 2011] (As *Ximenia caffra*) ; Ruffo, C. K., Birnie, A. & Tengnas, B., 2002, *Edible Wild Plants of Tanzania*. RELMA p 728 ; Schmidt, E., Lotter, M., & McClelland, W., 2007, *Trees and shrubs of Mpumalanga and Kruger National Park*. Jacana Media p 104 ; *Swaziland's Flora Database* <http://www.sntc.org.sz/flora> ; van Wyk, B, van Wyk, P, and van Wyk B., 2000, *Photographic guide to Trees of Southern Africa*. Briza. p 324 (As *Ximenia caffra*) ; van Wyk, Be, & Gericke, N., 2007, *People's plants. A Guide to Useful Plants of Southern Africa*. Briza. p 30, 60 ; van Wyk, B-E., 2011, *The potential of South African*

plants in the development of new food and beverage products. *South African Journal of Botany* 77 (2011) 857–868 ; Venter, F & J., 2009, *Making the most of Indigenous Trees*. Briza. p 296 ; Wehmeyer, A. S, 1986, *Edible Wild Plants of Southern Africa. Data on the Nutrient Contents of over 300 species* ; Williamson, J., 2005, *Useful Plants of Malawi*. 3rd. Edition. Mdadzi Book Trust. p 268 ; www.worldagroforestrycentre.org/treedb/