

Basella alba L., 1753 **(Baselle)**

Identifiants : 4233/basalb

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 : Dicotylédones vraies ;**
- **Ordre : Caryophyllales ;**
- **Famille : Basellaceae ;**

- **Classification/taxinomie traditionnelle :**

- **Règne : Plantae ;**
- **Sous-règne : Tracheobionta ;**
- **Division : Magnoliophyta ;**
- **Classe : Magnoliopsida ;**
- **Ordre : Caryophyllales ;**
- **Famille : Basellaceae ;**
- **Genre : Basella ;**

- **Synonymes : x (=) basionym, *Basella cordifolia* Lam. 1785, *Basella rubra* L. 1753 ;**

- **Synonymes français : baselle verte, baselle blanche, épinard de Malabar (ou du Malabar), épinard de Ceylan, baselle rouge, épinard de Malabar à tiges rouges, brède d'Angola, brède gandole, brède de Malabar, épinard de Chine, brède Gandole, baselle à feuilles en cœur, baselle de Chine à très larges feuilles ? (qp*), épinard blanc de Malabar, brède de Chine à larges feuilles, épinard rouge, baselle grimpante ;**

- **Nom(s) anglais, local(aux) et/ou international(aux) : Ceylon-spinach (Ceylon spinach), Indian-spinach (Indian spinach), Malabar-nightshade (Malabar nightshade), Malabar-spinach, vine-spinach (vine spinach), creeping Ceylon spinach, Indian saag, East-Indian spinach, slippery vegetable, Surinam spinach, climbing Ceylon spinach, red Ceylon spinach, red-stemmed Malabar spinach, red vine spinach , luo kui (cn transcrit), chan cai (cn transcrit), chanchoi (cn transcrit), Malabarspinat (de), tsuru-murasaki (jp romaji), bacela (pt), bertalha (pt), bretalha (pt,br), espinaca blanca (es), espinaca de Malabar (es), Mboga buterezi (sw), malabarspenat (sv), mayalu (local), remayong (local), gendola (ms), pasali-kirai (th), poi (hi) ;**

- **Rusticité (résistance face au froid/gel) : zone 10 ;**



- **Note comestibilité : ******

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

Feuille (feuilles^{27(+x)} cuites^(dp*) (bouillies^{27(+x)}) [nourriture/aliment : légume^{(2(+)(dp*),27(+x)}] et fruit (fruits^{27(+x)} [colorant alimentaire]^{(2(+)(dp*),27(+x)}) comestible.

Détails :

Aux Indes et en Amérique, on la cultive dans les jardins et l'on en mange les feuilles cuites (Brèdes)^{(76(+x)}, à la manière des épinards^{((dp*)} assaisonnées de diverses manières, et surtout épiciées et pimentées, ce qu'on appelle alors Calalou-Baselle. Chaque pied peut fournir trois bons plats dans le cours de l'été^{(76(+x)}.

Les jeunes pousses et feuilles sont consommées cuites. Ils sont un peu visqueux. Dans les soupes et les ragoûts, le

mucilage peut être utilisé comme épaississant. La couleur violette des fruits est inoffensive et est utilisée pour colorer les légumes et l'agar-agar. Un peu de jus de citron ajouté au colorant améliore la couleur. Les feuilles peuvent être consommées crues en salade ou cuites comme un légume. Ils sont également séchés et stockés. Lorsqu'ils sont frais, ils peuvent être conservés pendant 4 à 5 jours. Les graines peuvent être écrasées pour être utilisées comme colorant comestible pour les gelées. Les feuilles sont utilisées pour faire du thé

*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) |
|-----------------|--------------|----------------|---------------|----------------------|------------------|----------|-----------|
| 85 | 202 | 48 | 5.0 | 56 | 100 | 4.0 | 0 |



Précautions :

néant, inconnus ou indéterminés.

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

Par Shizhao, via wikipedia

- *Petite histoire-géo :*
- *Nombre de graines au gramme : 40 ;*
- *Liens, sources et/ou références :*

◦ *Wikipedia :*

- [https://fr.wikipedia.org/wiki/Basella_alba_\(en français\)](https://fr.wikipedia.org/wiki/Basella_alba_(en_français)) ;
- [https://en.wikipedia.org/wiki/Basella_alba_\(source en anglais\)](https://en.wikipedia.org/wiki/Basella_alba_(source_en_anglais)) ;

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

dont classification :

- "The Plant List" (en anglais) : www.theplantlist.org/tpl1.1/record/kew-360840 ;
- "GRIN" (en anglais) : <https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomydetail?id=6531> ;
- [MMPND \(en anglais\)](#) ;

dont livres et bases de données : ²⁷Dictionnaire des plantes comestibles (livre, page 47 [Basella alba L. et Basella rubra L.], par Louis Bubenicek), 76Le Potager d'un curieux - histoire, culture et usages de 250 plantes comestibles peu connues ou inconnues (livre, pages 49 à 53, par A. Paillieux et D. Bois) ;

dont biographie/références : Bois, Bojer, Drury, Firminger, Grisvard & Chaudun, Martyn, Mueller, Noisette, Pickering, Pirolle, Robinson, Sturtevant, Uphof, Usher, Virtual Science Centre, Wight :: Bubenicek, Wu Zheng-yi & Raven, Rehm & Espig, Kunkel

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

Indian spinach references ; Abbiw, D.K., 1990, Useful Plants of Ghana. West African uses of wild and cultivated plants. Intermediate Technology Publications and the Royal Botanic Gardens, Kew. p 40 ; Abukutsa-Onyango, M.O., 2004. Basella alba L. [Internet] Record from Protatabase. Grubben, G.J.H. & Denton, O.A. (Editors). PROTA (Plant Resources of Tropical Africa / Ressources végétales de l'Afrique tropicale), Wageningen, Netherlands. . Accessed 14 October 2009. ; Achigan-Dako, E, et al (Eds), 2009, Catalogue of Traditional Vegetables in Benin. International Foundation for Science. ; Ali, A. M. S., 2005, Homegardens in Smallholder Farming Systems: Examples from Bangladesh. Human Ecology, Vol. 33, No. 2 pp. 245-270 ; Altschul, S.V.R., 1973, Drugs and Foods from Little-known Plants. Notes in Harvard University Herbaria. Harvard Univ. Press. Massachusetts. no. 938 ;

Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 68 ; **Anderson, E. F., 1993, Plants and people of the Golden Triangle. Dioscorides Press.** p 203 ; **Ara, R. I. T., 2015, Leafy Vegetables in Bangladesh. Photon eBooks.** p 17 ; **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 ; **Backer & Bakh. f. 1963-1968. Flora of Java. ; Bandyopadhyay, S., et al, 2012, A Census of Wild Edible Plants from Howrah District, West Bengal, India. Proceedings of UGC sponsored National Seminar 2012 ; 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 ; **Bernholz, H. et al, 2009, Plant species richness and diversity in urban and peri-urban gardens of Niamey, Niger. Agroforestry Systems** 77:159-179 (As *rubra*) ; **Bircher, A. 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