

Capsella bursa-pastoris (L.) Medik., 1792 (Capselle bourse-à-pasteur)

Identifiants : 6331/capbur

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 : Rosidées ;
- Clade : Malvidées ;
- Ordre : Brassicales ;
- Famille : Brassicaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Capparales ;
- Famille : Brassicaceae ;
- Genre : Capsella ;

- Synonymes : *Thlaspi bursapastoris* L. for more than 250 synonyms, see Index Kewensis ;

- Synonymes français : bourse à pasteur, molette à berger, capselle, bourse de capucin, bourse de Juda, moutarde de Mithridate, moutarde de Mithriade (nom invalide [erreur = écriture/orthographe incorrecte/fausse/erronée] ou variante orthographique valide ? (qp*)), bourse-à-berger, herbe en coeur ;

- Nom(s) anglais, local(aux) et/ou international(aux) : lady's-purse, Shepherd's purse , Beursje (nl) ;



- Note comestibilité : ***

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

Racine (jeunes et/ou tendres (avant floraison))^{μ1}, fruit (dont graines)^{μ1}, fleur¹ et feuille (tendres (dont pousses) et fraîches ou séchées)¹ comestibles.

Détails :

Feuilles crues ou cuites (ex. : en salades ou comme potherbe)^{{{{(dp*)(1)}}}.

Les jeunes feuilles tendres sont cuites et utilisées comme légume. Ils sont également utilisés dans les plats sautés, les soupes et les ragoûts. Ils peuvent également être consommés crus en salade. Ils doivent être cueillis avant que les fleurs n'apparaissent. Les gousses séchées donnent un goût de poivre. Ils sont utilisés comme épice. Les racines fraîches ou séchées peuvent être utilisées comme substitut du gingembre. Attention: Il n'est pas recommandé pendant la grossesse. Cela peut provoquer des fausses couches

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)
88.2	138	33	4.2	3000	91	4.8	0



néant, inconnus ou indéterminés.cf. consommation

- Note médicinale : **

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



Par Johann Georg Sturm (Peintre : Jacob Sturm, domaine public), via wikimedia

- Autres infos :

dont infos de "FOOD PLANTS INTERNATIONAL" :

- Statut :

C'est un légume cultivé commercialement. Les feuilles sont vendues sur les marchés de légumes en Asie. Les jeunes plantes sont considérées comme un mets délicat en Chine. Il est cultivé à certains endroits. Il est couramment utilisé en Anatolie, en Turquie^{{{{0(+x)}} (traduction automatique)}}.

Original : It is a commercially cultivated vegetable. Leaves are sold in vegetable markets in Asia. Young plants are considered a delicacy in China. It is cultivated in some places. It is commonly used in Anatolia, Turkey^{{{{0(+x)}}}}.

- Distribution :

Il pousse dans les endroits tempérés et subtropicaux. Au Népal, il atteint 4 800 m d'altitude. Il pousse mieux dans les sols humides. Il pousse dans les régions à fortes précipitations. Il résiste au gel et à la sécheresse. Il survit à la neige de l'hiver. Au Zimbabwe, il pousse entre 1 490 et 1 920 m au-dessus du niveau de la mer. Au Yunnan. Au Sichuan^{{{{0(+x)}} (traduction automatique)}}.

Original : It grows in temperate and subtropical places. In Nepal it grows to 4,800 m altitude. It grows best in moist soils. It grows in higher rainfall areas. It is resistant to frost and drought. It survives the winter snow. In Zimbabwe it grows between 1,490-1,920 m above sea level. In Yunnan. In Sichuan^{{{{0(+x)}}}}.

- Localisation :

Afghanistan, Afrique, Angola, Argentine, Arménie, Asie, Australie, Balkans, Bhoutan, Bolivie, Bosnie, Botswana, Brésil, Grande-Bretagne, Burundi, Canada, Caucase, Afrique centrale, Chili, Chine, Congo, Croatie, Chypre, République tchèque, République dominicaine, Afrique de l'Est, Île de Pâques, Égypte, Estonie, Éthiopie, Europe, Malouines, Finlande, Géorgie, Haïti, Hawaï, Himalaya, Hongrie, Inde, Indochine, Irlande, Italie, Jamaïque, Japon, Kazakhstan, Kenya, Corée, Kirghizistan, Lesotho, Lituanie, Macédoine, Madagascar, Maurice, Méditerranée, Moldavie, Mongolie, Maroc, Myanmar, Népal, Nouvelle-Zélande, Île Norfolk, Afrique du Nord, Amérique du Nord, Inde du Nord-Est, Inde du Nord-Ouest, Norvège, Pacifique, Pakistan, Paraguay, Pologne, Russie, Rwanda, Sao Tomé-et-Principe, Scandinavie, Asie du Sud-Est, Sénégal, Sikkim, Slovénie, Afrique australe, Amérique du Sud, Espagne, Suède, Suisse, Tanzanie, Tasmanie, Thaïlande, Tibet, Turquie, Ouganda, Uruguay, USA, Ouzbékistan, Vietnam, Afrique de l'Ouest, Antilles, Zambie, Zimbabwe^{{{{0(+x)}} (traduction automatique)}}.

Original : Afghanistan, Africa, Angola, Argentina, Armenia, Asia, Australia, Balkans, Bhutan, Bolivia, Bosnia, Botswana, Brazil, Britain, Burundi, Canada, Caucasus, Central Africa, Chile, China, Congo, Croatia, Cyprus, Czech Republic, Dominican Republic, East Africa, Easter Island, Egypt, Estonia, Ethiopia, Europe, Falklands, Finland, Georgia, Haiti, Hawaii, Himalayas, Hungary, India, Indochina, Ireland, Italy, Jamaica, Japan, Kazakhstan, Kenya, Korea, Kyrgyzstan, Lesotho, Lithuania, Macedonia, Madagascar, Mauritius, Mediterranean, Moldova, Mongolia, Morocco, Myanmar, Nepal, New Zealand, Norfolk Island, North Africa, North America, Northeastern India, NW India, Norway, Pacific, Pakistan, Paraguay, Poland, Russia, Rwanda, Sao Tome and Principe, Scandinavia, SE Asia,

Senegal, Sikkim, Slovenia, Southern Africa, South America, Spain, Sweden, Switzerland, Tanzania, Tasmania, Thailand, Tibet, Turkey, Uganda, Uruguay, USA, Uzbekistan, Vietnam, West Africa, West Indies, Zambia, Zimbabwe^{{{0(+)}}}.

◦ Notes :

Il existe 5 espèces de *Capsella*. C'est la deuxième mauvaise herbe la plus répandue sur terre. Il produit une baisse temporaire de la pression artérielle. Composition chimique (feuilles?): Protéine = 2,9%. Matières grasses = 0,2%. Glucides = 1,0%; (graines): huile grasse = 35,2%. Acide aminé = 74,8% - riche en arginine, acide aspartique et cystéine. On rapporte que la plante contient des quantités importantes de vitamine C, de chaux et de fer; et des quantités modérées de vitamines A et B1^{{{0(+)}}} (traduction automatique).

Original : There are 5 *Capsella* species. It is the second most common weed on earth. It produces a temporary drop in blood pressure. Chemical composition (leaves ?): Protein = 2.9%. Fat = 0.2%. Carbohydrate = 1.0%; (seeds): Fatty oil = 35.2%. Amino acid = 74.8% - high in Arginine, Aspartic acid, and Cysteine. The plant is reported to contain significant quantities of Vitamin C, lime, and iron; and moderate amounts of Vitamins A, and B1^{{{0(+)}}}.

• Liens, sources et/ou références :

- Tela Botanica : <https://www.tela-botanica.org/bdtfx-nn-75016-synthese> ;
- Wikipedia :
 - [https://fr.wikipedia.org/wiki/Capsella_bursa-pastoris_\(en_français\)](https://fr.wikipedia.org/wiki/Capsella_bursa-pastoris_(en_français)) ;
 - [https://de.wikipedia.org/wiki/Gew%C3%B6hnliches_Hirtent%C3%A4schel_\(source_en_anglais\)](https://de.wikipedia.org/wiki/Gew%C3%B6hnliches_Hirtent%C3%A4schel_(source_en_anglais)) ;
 - [https://en.wikipedia.org/wiki/Ca_\(source_en_anglais\)](https://en.wikipedia.org/wiki/Ca_(source_en_anglais)) ;
- ⁵"Plants For a Future" (en anglais) : <https://www.pfaf.org/user/Plant.aspx?LatinName=Capsella+bursa-pastoris> ;

dont classification :

- "The Plant List" (en anglais) : www.theplantlist.org/tpl1.1/record/kew-2697999 ;

dont livres et bases de données : ¹Plantes sauvages comestibles (livre pages 161 et 162, par S.G. Fleischhauer, J. Guthmann et R. Spiegelberger) ;

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

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