

Ceratopteris thalictroides (L.) Brongniart

Identifiants : 7350/certha

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

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 17/07/2024

- **Classification/taxinomie traditionnelle :**

- Règne : *Plantae* ;
- Division : *Pteridophyta* ;
- Classe : *Filicopsida* ;
- Ordre : *Polypodiales* ;
- Famille : *Pteridaceae* ;
- Genre : *Ceratopteris* ;

- **Synonymes :** *Acrostichum thalictroides* L, *Ceratoperis cornuta* (P. Beauv.) Lepr, *Ceratopteris siliquosa* (L.) Copeland, et d'autres ;

- **Nom(s) anglais, local(aux) et/ou international(aux) :** *Swamp fern, Water sprite, Floating stag's horn, Hihawaii, Oriental water fern, Pakis air, Pakis rawa, Pakis tespong, Paku chai, Paku roman, Paku tespong, Pani dhaniya, Pani shak, Sachi, Sayur kodok, Sumatra fern, Water fern* ;



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

Parties comestibles : feuilles, frondes, légumes^{{{(0+X)}} (traduction automatique)} | **Original :** Leaves, Fronds, Vegetable^{{{(0+X)}}} La plante est comestible. Il peut être utilisé cru ou cuit. Les jeunes frondes se mangent en sautés. Les jeunes frondes non enroulées peuvent être consommées crues

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)
92.6	0	252 dw	21.2 dw	0	0	0	0



néant, inconnus ou indéterminés.

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

- **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" :

Ambasta S.P. (Ed.), 2000, *The Useful Plants of India*. CSIR India. p 117 (*As Ceratopteris siliquosa*) ; Andrews, S.B., 1990, *Ferns of Queensland. A handbook to the ferns and fern allies*. Queensland DPI p 90 ; Bodkin, F., 1991, *Encyclopedia Botanica*. Cornstalk publishing, p 239 ; Bandyopadhyay, S., et al, 2012, *A Census of Wild Edible Plants from Howrah District, West Bengal, India*. Proceedings of UGC sponsored National Seminar 2012 ; Bull. Sci. Soc. Philom. Paris ser. 3, 8:186. 1822 ("1821") ; Burkill, H. M., 1985, *The useful plants of west tropical Africa*, Vol. 5. Kew. ; Burkill, I.H., 1966, *A Dictionary of the Economic Products of the Malay Peninsula*. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 1 (A-H) p 519 ; Chaffey, C.H., 1999, *Australian Ferns. Growing them successfully*. Kangaroo Press. p 11, 117 ; Cribb, A.B. & J.W., 1976, *Wild Food in Australia*, Fontana. p 134 ; Dangol, D. R. et al, 2017, *Wild Edible Plants in Nepal*. Proceedings of 2nd National Workshop on CUAOGR, 2017. ; Elliot, W.R., & Jones, D.L., 1984, *Encyclopedia of Australian Plants suitable for cultivation*. Vol 3. Lothian. p 11 ; French, B.R., 1986, *Food Plants of Papua New Guinea, A Compendium*. Asia Pacific Science Foundation p 329 ; Gallagher, D. E., 2010, *Farming beyond the escarpment: Society, Environment, and Mobility in Precolonial Southeastern Burkina Faso*. PhD University of Michigan. ; Goudey, C.J., 1988, *A Handbook of Ferns for Australia and New Zealand*. Lothian. p 74 ; Grubben, G. J. H. and Denton, O. A. (eds), 2004, *Plant Resources of Tropical Africa 2. Vegetables*. PROTA, Wageningen, Netherlands. p 173 ; Hu, Shiu-ying, 2005, *Food Plants of China*. The Chinese University Press. p 272 ; Hussey, B.M.J., Keighery, G.J., Cousens, R.D., Dodd, J., Lloyd, S.G., 1997, *Western Weeds. A guide to the weeds of Western Australia*. Plant Protection Society of Western Australia, p 12 ; Islam, M., 1983, *Utilisation of Certain Ferns and Fern Allies in the North-Eastern Region, India*. J. Econ. Tax. Bot. Vol.4. No.3 pp 861- ; Jacquat, C., 1990, *Plants from the Markets of Thailand*. D.K. Book House p 32 ; Johns, R.J. & Bellamy, A., 1979, *The Ferns and Fern Allies of Papua New Guinea*. Forestry College, Bulolo Papua New Guinea. p 11.1 ; Kays, S. J., and Dias, J. C. S., 1995, *Common Names of Commercially Cultivated Vegetables of the World in 15 languages*. Economic Botany, Vol. 49, No. 2, pp. 115-152 ; Kenneally, K.E., Edinger, D. C., and Willing T., 1996, *Broomes and Beyond, Plants and People of the Dampier Peninsula, Kimberley, Western Australia*. Department of Conservation and Land Management. p 49 ; Leach, G.J., Osborne, P.L., 1985, *Freshwater Plants of Papua New Guinea*. UPNG Press, p 54 ; Liu, Y., et al, 2012, *Food uses of ferns in China: a review*. Acta Societatis Botanicorum Poloniae 84(4): 263-270 (; Long, C., 2005, *Swaziland's Flora - siSwati names and Uses* <http://www.sntc.org.sz/flora/> ; Macmillan, H.F. (Revised Barlow, H.S., et al), 1991, *Tropical Planting and Gardening*. Sixth edition. Malayan Nature Society. Kuala Lumpur. p 356 ; Maroyi, A., 2014, *Not just minor wild edible forest products: consumption of pteridophytes in sub-Saharan Africa*. Journal of Ethnobiology and Ethnomedicine. 10:78 ; Monsalud, M.R., Tongacan, A.L., Lopez, F.R., & Lagrimas, M.Q., 1966, *Edible Wild Plants in Philippine Forests*. Philippine Journal of Science. p 513 (*As Ceratopteris siliquosa*) ; Ng, X. N., et al, 2012, *Nutritional profile and antioxidative properties of selected tropical vegetables*. International Food Research Journal 19(4): 1487-1496 ; Ogle, B. M., et al, 2003, *Food, Feed or Medicine: The Multiple Functions of Edible Wild Plants in Vietnam*. Economic Botany 57(1): 103-117 ; Omawale, 1973, *Guyana's edible plants*. Guyana University, Georgetown p 111 ; Paczkowska, G. & Chapman, A.R., 2000, *The Western Australian Flora. A Descriptive Catalogue*. Western Australian Herbarium. p 21 ; Patiri, B. & Borah, A., 2007, *Wild Edible Plants of Assam*. Geethaki Publishers. p 162 ; Pham-Hoang Ho, 1999, *An Illustrated Flora of Vietnam*. Nha Xuat Ban Tre. p 49 (*As Ceratopteris siliquosa*) ; Peekel, P.G., 1984, (Translation E.E.Henty), *Flora of the Bismarck Archipelago for Naturalists*, Division of Botany, Lae, PNG. p 27, 26 ; Romanowski, N., 2007, *Edible Water Gardens*. Hyland House. p 40 ; Sainty, G.R. & Jacobs, S.W.L., 1981, *Waterplants of New South Wales*. Water Resources Commission. NSW p 339 ; Sarker, S. K., & Enayet Hossain, A. B. M., 2009, *Pteridophytes of Greater Mymensingh District of Bangladesh used as Vegetables and Medicines*. Bangladesh J. Plant Taxon. 16(1) 47-56. p 51 ; Singh, K.K., & Maheshwari, J.K., 1984, *Studies of the Flora of Dudwa National Park*. Kheri District, U.P. (Part 1) J. Econ. Tax. Bot. Vol 5 No. 2 pp 379- ; Slocum, P.D. & Robinson, P., 1999, *Water Gardening*. Water Lilies and Lotusess. Timber Press. p 64 ; Staples, G.W. and Herbst, D.R., 2005, *A tropical Garden Flora*. Bishop Museum Press, Honolulu, Hawaii. p 42 ; Stephens, K.M., & Dowling, R.M., 2002, *Wetland Plants of Queensland. A field guide*. CSIRO p 62 ; Sukarya, D. G., (Ed.) 2013, *3,500 Plant Species of the Botanic Gardens of Indonesia*. LIPI p 858, 1148 ; *Swaziland's Flora Database* <http://www.sntc.org.sz/flora/> ; Wheeler, J.R.(ed.), 1992, *Flora of the Kimberley Region*. CALM, Western Australian Herbarium, p 34 ; www.eFloras.org *Flora of China* ; Zhang, Y., et al, 2014, *Diversity of wetland plants used traditionally in China: a literature review*. Journal of Ethnobiology and Ethnomedicine. 10:72