Cichorium intybus L., 1753
(Chicorée intybe)

Identifiants : 7907/cicint

Association du Potager de mes/nos Rêves (https://lepotager-demesreves.fr)
Fiche réalisée par Patrick Le Ménahèze
Dernière modification le 20/04/2024

- ***Classification phylogénétique :***
    - ***Clade : Angiospermes ;***
    - ***Clade : Dicotylédones vraies ;***
    - ***Clade : Astéridées ;***
    - ***Clade : Campanulidées ;***
    - ***Ordre : Asterales ;***
    - ***Famille : Asteraceae ;***
- ***Classification/taxinomie traditionnelle :***
    - ***Règne : Plantae ;***
    - ***Division : Magnoliophyta ;***
    - ***Classe : Magnoliopsida ;***
    - ***Ordre : Asterales ;***
    - ***Famille : Asteraceae ;***
    - ***Genre : Cichorium ;***
- ***Synonymes : Cichorium intybus var. foliosum Hegi, Cichorium intybus var. sativum (Bisch.) Janch ;***
- ***Synonymes français : chicorée amère [subsp. intybus], écoubette [subsp. intybus], cheveux de paysan [subsp. intybus], chicorée sauvage [subsp. intybus et var. foliosum], laiteron [subsp. intybus], barbe de capucin (barbe-de-capucin) [var. foliosum], mignonette [var. foliosum], chicorée barbe de capucin (barbe-de-capucin) [var. foliosum], chicorée à café [var. sativum], chicorée à torréfier [var. sativum], endive [var. foliosum], chicon [var. foliosum], chicorée de Bruxelles [var. foliosum], normal endive [var. foliosum], vraie endive [var. foliosum], endive vraie [var. foliosum], chicorée Witloof [var. foliosum], chicotin [subsp. intybus et var. foliosum], endive de Bruxelles [var. foliosum], chicorée améliorée, chicorée pain de sucre, chicorée, chicorée cultivée, chicorée de Belgique [var. foliosum], chicorée glabre [subsp. glabratum], chicorée pain de sucre [var. sativum], pain de sucre [var. sativum], chicorée sauvage à feuilles rouges (Groupe Rubifolium), radicchio (Groupe Rubifolium), chicorée sauvage rouge de Trévise (Groupe Rubifolium cv. 'Rossa di Treviso'), chicorée Trévise (Groupe Rubifolium cv. 'Rossa di Treviso'), chicorée sauvage rouge de Vérone (Groupe Rubifolium cv. 'Rossa di Verona'), chicorée de Vérone (Groupe Rubifolium cv. 'Rossa di Verona'), chicorée de Trévise (Groupe Rubifolium cv. 'Rossa di Treviso'), Trévise (Cichorium intybus et Groupe Rubifolium cv. 'Rossa di Treviso'), Vérone (Cichorium intybus et Groupe Rubifolium cv. 'Rossa di Verona'), chicorée de Vérone (Groupe Rubifolium cv. 'Rossa di Verona'), chicorée sauvage [var. foliosum], chicorée sauvage des jardins [var. foliosum], chicorée sauvage d'Italie [var. foliosum], chicorée amère [var. foliosum], chicorée à racines [var. sativum], chicorée à sucre [var. sativum], chicorée à feuille [var. foliosum], chicorée à larges feuilles [var. foliosum], chicorée à feuilles rouges (Groupe Rubifolium), chicorée à feuilles panachées (Groupe Variegatum), chicorée à feuilles vertes [var. foliosum], chicorée rouge (Groupe Rubifolium), chicorée panachée (Groupe Variegatum) ;***
- ***Nom(s) anglais, local(aux) et/ou international(aux) : chickory, chicory, common chicory, blue daisy, blue dandelion, blue sailors, blue weed, bunk, coffeeweed, cornflower, hendibeh, horseweed, ragged sailors, succory, wild bachelor's buttons, wild endive (Rubifolium group), red Italian chicory, radicchio (Rubifolium group) , ju ju (cn transcrit), Chicorée (de), Fleischkraut (de), Kaffeezichorie (de), Salatzichorie (de), Wegwarte (de), Wurzelzichorie (de), cicoria (it), radicchio (it), achicoria de Bruselas (es), achicoria de café (es), achicoria de raíz (es), cikoria (sv) ;***

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

  Feuille (de préférence jeunes et/ou tendres, ou saisies : crues[32] ou cuites[32] : dont tiges cuites[1]), racine (cuites [légume[1]],

torréfées [café[1,32]]) et fleur (décoratives [crues (salades, tartines), confites][1] comestibles.

Détails :

Jeunes feuilles/tiges brutes/crues[{{{0(+x)} ; feuilles cuites comme potherbe[{{{(dp)}.*

Les feuilles et la plante sont consommées crues ou cuites. Ils sont amers. Les jeunes feuilles sont moins amères. Ils sont utilisés dans les soupes. Les racines de certains types sont séchées, torréfiées et réduites en poudre puis ajoutées au café. Les fleurs peuvent être utilisées dans les salades. Les grosses têtes blanchies sont cuites à la vapeur ou servies crues. Un chewing-gum est produit à partir de la sève

Partie testée : tige / jeunes feuilles de witloof crues[{{{0(+x) (traduction automatique)}
Original : Stem/young witloof Leaves raw[{{{0(+x)}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
96.2	71	17	0.8	3	4	0.3	0.2

néant, inconnus ou indéterminés.néant, inconnus ou indéterminés.

- *Note médicinale : ****

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

De gauche à droite :

Par Oeder G.C. (Flora Danica, Hft 16, t. 907), via plantillustrations
Par Blackwell E. (A curious herbal, vol. 1: t. 177), via plantillustrations

- *Autres infos :*

dont infos de "FOOD PLANTS INTERNATIONAL" :

  - *Statut :*

    C'est un légume cultivé commercialement. Principalement dans les jardins des expatriés en Papouasie-Nouvelle-Guinée. Il est également récolté dans la nature et fourni aux restaurants[{{{0(+x) (traduction automatique)}.

    Original : It is a commercially cultivated vegetable. Mainly in the gardens of expatriates within Papua New Guinea. It is also foraged from the wild and supplied to restaurants[{{{0(+x)}.

  - *Distribution :*

    Une plante méditerranéenne. Il pousse dans les hautes terres sous les tropiques. À Java, il pousse au-dessus de 1 000 m d'altitude. Il peut pousser dans des endroits arides. Il convient aux zones de rusticité 9-11. Herbier de Tasmanie. Au Yunnan[{{{0(+x) (traduction automatique)}.

    Original : A Mediterranean plant. It grows in the highlands in the tropics. In Java it grows above 1,000 m altitude. It can grow in arid places. It suits hardiness zones 9-11. Tasmania Herbarium. In Yunnan[{{{0(+x)}.

  - *Localisation :*

Afghanistan, Afrique, Albanie, Algérie, Argentine, Arménie, Asie, Australie, Autriche, Açores, Balkans, Biélorussie, Belgique, Bermudes, Bolivie, Bosnie, Brésil, Grande-Bretagne, Bulgarie, Canada, Iles Canaries, Asie centrale, Chili, Chine, Crète, Croatie, Cuba, Chypre, République tchèque, Danemark, Afrique de l'Est, Île de Pâques, Égypte, Estonie, Eswatini, Éthiopie, Europe, Malouines, Finlande, France, Allemagne, Ghana, Grèce, Guatemala, Hawaï, Himalaya, Hollande, Hongrie , Inde, Indochine, Indonésie, Iran, Irak, Irlande, Italie, Jordanie, Kazakhstan, Kirghizistan, Lettonie, Liban, Macédoine, Malaisie, Méditerranée, Mexique, Moldavie, Mongolie, Monténégro, Maroc, Myanmar, Pays-Bas, Nouvelle-Zélande, Afrique du Nord Amérique du Nord, Norvège, Pacifique, Pakistan, Papouasie-Nouvelle-Guinée, PNG, Philippines, Pologne, Portugal, Roumanie, Arabie saoudite, Scandinavie, Asie du Sud-Est, Serbie, Slovaquie, Slovénie,Afrique du Sud, Afrique australe, Amérique du Sud, Espagne, Swaziland, Suisse, Syrie, Taiwan, Tasmanie, Thaïlande, Tunisie, Turquie, Ukraine, Uruguay, USA, Afrique de l'Ouest, Yougoslavie, Zimbabwe{{{0(+x) (traduction automatique)}.

Original : Afghanistan, Africa, Albania, Algeria, Argentina, Armenia, Asia, Australia, Austria, Azores, Balkans, Belarus, Belgium, Bermuda, Bolivia, Bosnia, Brazil, Britain, Bulgaria, Canada, Canary Islands, Central Asia, Chile, China, Crete, Croatia, Cuba, Cyprus, Czech Republic, Denmark, East Africa, Easter Island, Egypt, Estonia, Eswatini, Ethiopia, Europe, Falklands, Finland, France, Germany, Ghana, Greece, Guatemala, Hawaii, Himalayas, Holland, Hungary, India, Indochina, Indonesia, Iran, Iraq, Ireland, Italy, Jordan, Kazakhstan, Kyrgyzstan, Latvia, Lebanon, Macedonia, Malaysia, Mediterranean, Mexico, Moldova, Mongolia, Montenegro, Morocco, Myanmar, Netherlands, New Zealand, North Africa, North America, Norway, Pacific, Pakistan, Papua New Guinea, PNG, Philippines, Poland, Portugal, Romania, Saudi Arabia, Scandinavia, SE Asia, Serbia, Slovakia, Slovenia, South Africa, Southern Africa, South America, Spain, Swaziland, Switzerland, Syria, Taiwan, Tasmania, Thailand, Tunisia, Turkey, Ukraine, Uruguay, USA, West Africa, Yugoslavia, Zimbabwe{{{0(+x)}.

- ***Notes :***

  Il existe environ 9 espèces de Cichorium. Les tubercules sont riches en inuline et en sucre{{{0(+x) (traduction automatique)}.

  Original : There are about 9 Cichorium species. Tubers are rich in inulin and sugar{{{0(+x)}.

- ***Nombre de graines au gramme : 600/800 ;***

- ***Liens, sources et/ou références :***

  - ***Tela Botanica :*** https://www.tela-botanica.org/bdtfx-nn-17314 ***;***
  - ***Jardin! L'Encyclopédie :*** https://nature.jardin.free.fr/vivace/mc_cichorium_intybus.htm ***;***
  - ***supertoinette : naissance et culture de l'endive ou chicon :*** https://www.supertoinette.com/fiche-cuisine/251/naissance-et-culture-de-l-endive-ou-chicon.html ***;***
  - ***750g.com : recettes de chicorée :*** https://www.750g.com/recettes_chicoree.htm ***;***
  - ***Wikipedia :***
    - https://fr.wikipedia.org/wiki/Cichorium_intybus (en français) ***;***
    - https://en.wikipedia.org/wiki/Chicory (source en anglais) ***;***

  dont classification :

  - ***"The Plant List" (en anglais) :*** www.theplantlist.org/tpl1.1/record/gcc-37233 ***;***
  - ***"GRIN" (en anglais) :*** https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomydetail?id=10543 ***;***

  dont livres et bases de données : [1]Plantes sauvages comestibles (livre pages 150 et 151, par S.G. Fleischhauer, J. Guthmann et R. Spiegelberger), 32Herbier gourmand (livre par Marc Veyrat et François Couplan) ;

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

  Abbasi, A. M., Khan, M & Zafar, M., 2013, Ethno-medicinal assessment of some selected wild edible fruits and vegetables of Lesser-Himalayas, Pakistan. Pak. J. Bot. 45 (SI):215-222 ; Abbet, C., et al, 2014, Ethnobotanical survey on wild alpine food plants in Lower and Central Valais (Switzerland). Journal of Ethnopharmacology 151 (2014) 624â€“634 ; Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 124 ; Arora, R. K., 2014, Diversity in Underutilized Plant Species - An Asia-Pacific Perspective. Bioversity International. p 101 ; Balut, G., 2016, Medicinal and wild food plants of Marmara Island (Balikesir - Turkey). Acta Societatis Botanicorum Poloniae 85 (2): 3501 ; Batal, M. & Hunter, E., 2007, Traditional Lebanese recipes based on wild plants: An answer to diet simplification? Food and Nutrition Bulletin, vol. 28, no. 2 (supplement) Â© 2007, The United Nations University. ; Ben Ismail, H., 2013, Edible Wild Vegetables Used in North West of Tunisia. PARIPEX - Indian Journal of Reearch 2(9) :219-221 ; Bianchini, F., Corbetta, F., and Pistoia, M., 1975, Fruits of the Earth. Cassell. p 42 ; Biscotti, N. & Pieroni, A., 2015, The hidden Mediterranean diet: wild vegetables traditionally gathered and consumed in the Gargano area, Apulia, SE Italy. Acta Societatis Botanicorum Poloniae 84 (3): 327-338 ; Biscotti, N. et al, 2018, The traditional food use of wild vegetables in Apulia (Italy) in the light of Italian ethnobotanical literature. Italian Botanist 5:1-24 ; Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 459 ; Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 257 ; Bremness, L., 1994, Herbs. Collins

Eyewitness Handbooks. Harper Collins. p 241 ; Brickell, C. (Ed.), 1999, The Royal Horticultural Society A-Z Encyclopedia of Garden Plants. Convent Garden Books. p 268 ; Brouk, B., 1975, Plants Consumed by Man. Academic Press, London. p 102, 347 ; Brown, D., 2002, The Royal Horticultural Society encyclopedia of Herbs and their uses. DK Books. p 168 ; 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 544 ; Burnie, G & Fenton-Smith, J., 1999, A Grower's Guide to Herbs. Murdoch Books. p 23 ; Cakir, E. A., 2017, Traditional knowledge of wild edible plants of Igì†dÄ±r Province (East Anatolia, Turkey). Acta Soc Bot Pol. 2017;86(4):3568. ; Cerne, M., 1992, Wild Plants from Slovenia used as Vegetables. Acta Horticulturae 318 ; Cheifetz, A., (ed), 1999, 500 popular vegetables, herbs, fruits and nuts for Australian Gardeners. 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[Online Database] National Germplasm Resources Laboratory, Beltsville, Maryland. Available: www.ars-grin.gov/cgi-bin/npgs/html/econ.pl (10 April 2000) ; van Wyk, B., 2005, Food Plants of the World. An illustrated guide. Timber press. p 134 ; van Wyk, Be., & Gericke, N., 2007, People's plants. A Guide to Useful Plants of Southern Africa. Briza. p 102 ; Wild Edible Plants in Lebanon. Promoting dietary diversity in poor communities in Lebanon. http://www.wildedibleplants.org/ ; www.chileflora.com ; www.ediblewildfood.com ; Zizka, G., 1991, Flowering Plants of Easter Island. Palmarum Hortus Francofurtensis