

Cleome gynandra L.

Identifiants : 8460/clegyn

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 : Cleomaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Capparales ;
- Famille : Capparaceae ;
- Genre : Cleome ;

- Synonymes : *Cleome acuta* Schumach. & Thonn, *Cleome alliaceae* Blanco, *Cleome alliadora* Blanco, *Cleome blumeana* D. Dietr, *Cleome blumeana* Schult.f, *Cleome bungei* Steud, *Cleome candelabrum* Sims, *Cleome denticulata* Schult. & Schult.f, *Cleome eckloniana* Schrad, *Cleome flexuosa* F. Dietr. ex Schult & Schult.f, *Cleome heterotricha* Burch, *Cleome lupinifolia* Bartram, *Cleome muricata* (Schrad.) Schult & Schult.f, *Cleome oleracea* Welw, *Cleome pentaphylla* L, *Cleome triphylla* L, *Gynandropsis gynandra* (L.) Merr, *Gynandropsis heterotricha* (Burch.) DC, *Gynandropsis pentaphylla* (L.) DC, et d'autres ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Spider flower, Cat's-whiskers, , Adikyakharan, African spider-flower, Akaya, Akeyo, Akiya, Alot dek, Amazonde, Ansarisha, Apoy-apoyan, Arkapushpika, Arvouessamboe, Bagra, Balaya, Bangara, Bastard-mustard, Bhuhhuwan, Booti, Caravalla, Chamani, Churota, Ditchefouwounti, Ejjobyo, Ekaboi, Ekeyo, Ekiau, Enceng-enceng, Eshoje, Eyoby, Foubeyi, Gandhuli, Gangala, Garcia, Gasaya, Ghandhatu, Hingala, Hulul, Hurhura, Irraiso, Isaga, Jirri, Junge phool, Kadughoo, Kanphodi, Karavela, Kathal, Kattkadugu, Ketota, Kiyepieti, Knasi, Kornia, Langsana, Lerote, Lerotho, Lothue, Lubanga, Lude, Luni, Mamang, Manabo, Mangmang trang, Marang charmani, Mgagani, Mgange, Momienh, Motitlavan, Mumpala, Mutaka, Narum byale soppu, Neivaylla, Nsila, Nyevehe, Nyovhi, Pak-sian, Paksienedit, Pandharitilavan, Pandri-tilwan, Pandru sirio, Parhar, Phak sian, Rothwe, Rudhe, Runi, Sabo, Sada hurhuria, Satitalvani, Seta kata arak, Shemeda, Sienz, Sishungwa, Shungwa, Sowounboyi, Spiderwisp, Suntha, Surjavarta, Taivela, Taiwela, Taw-hingala, Tegeri, Thaivalaikeerai, Tim-LÃ©guÃ©, Titchefouwounti, Tsisaka, Tsuna, Ulube, Ulude, Umzonde, Vainta, Valay keeray, Vaminta, Velai, Velakura ;



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

Parties comestibles : feuilles, fleurs, gousses, graines, légumes, attention^{{{{0(+x)}}}} (traduction automatique) | Original : Leaves, Flowers, Pods, Seeds, Vegetable, Caution^{{{{0(+x)}}}} Les feuilles sont mangées. S'ils sont cuits, le goût amer est réduit. Ils sont également utilisés dans les sauces aromatisantes. Les feuilles sont également blanchies, séchées et stockées. Les fleurs peuvent être mangées. Les jeunes gousses sont également consommées. L'huile des graines est comestible sans avoir besoin d'être raffinée. Les feuilles peuvent être confites au vinaigre ou à l'eau salée, puis consommées avec du poisson. Les graines sont utilisées comme épice dans les currys. Attention: Les plantes fraîches peuvent contenir de l'acide cyanhydrique et doivent être cuites

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)
86.6	142	34	4.8	0	26	6.0	0



cf. consommation

- 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" :

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 (As *Gynandropsis gynandra*) ; Achigan-Dako, E, et al (Eds), 2009, *Catalogue of Traditional Vegetables in Benin. International Foundation for Science.* ; Acipa, A. et al, 2013, *Nutritional Profile of some Selected Food Plants of Otwal and Ngai Counties, Oyam District, Northern Uganda. African Journal of Food, Agriculture, Nutrition and Development.* 13(2) ; Addis, G., et al, 2005, *Ethnobotanical Study of Edible Wild Plants in Some Selected Districts of Ethiopia. Human Ecology, Vol. 33, No. 1,* pp. 83-118 ; 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 ; Agea, J. G., et al 2011, *Wild and Semi-wild Food Plants of Bunyoro-Kitara Kingdom of Uganda: etc. Environmental Research Journal* 5(2) 74-86 ; Ajain, M., Ali, T., & Siddiqui, M.F., 2015, *A Survey of Ethnobotanically Important Herbaceous Plants of Tehsil Jatoti, District Muzaffar Garh, Punjab, Pakistan. Int. J. Biol. Res.,* 3(2): 87-92, 2015. ; Ambasta, S.P. (Ed.), 2000, *The Useful Plants of India. CSIR India.* p 253 (As *Gynandropsis gynandra*) ; Anderson, E. F., 1993, *Plants and people of the Golden Triangle. Dioscorides Press.* p 207 ; Andabati, B., & Muyonga, J., 2014, *Phenolic content and antioxidant activity of selected Ugandan traditional medicinal foods. African Journal of Food Science.* 8(8), pp 427-434 ; Arinathan, V., et al, 2007, *Wild edibles used by Palliyars of the western Ghats, Tamil Nadu. 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Promoting the conservation and use of underutilized and neglected crops.* 11. Institute of Plant Genetics and Crop Plant Research, Gatersleben/International Plant Genetic Resources Institute, Rome, Italy. ; Codjia, J. T. C., et al, 2003, *Diversity and local valorisation of vegetal edible products in Benin. Cahiers Agricultures* 12:1-12 (As *Gynandropsis gynandra*) ; CRÃ%AC'H, (As *Gynandropsis pentaphylla*) ; Dalziel, J. M., 1937, *The Useful plants of west tropical Africa. Crown Agents for the Colonies London.* ; Dansi, A., et al, 2008, *Traditional leafy vegetables and their use in the Benin Republic. Genet Resour Crop Evol* (2008) 55:1239â€"1256 ; Dansi, A., et al, 2012, *Diversity of the Neglected and Underutilized Crop Species of Importance in Benin. The Scientific World Journal. Volume 2012, Article ID 932947, 19 pages* ; Dobriyal, M. J. R. & Dobriyal, R., 2014, *Non Wood Forest Produce an Option for Ethnic Food and Nutritional Security in India. Int. J. of Usuf. Mngt.* 15(1):17-37 ; Etkin, N.L. (Ed.), 1994, *Eating on the Wild Side, Univ. of Arizona.* p 50 (As *Gynandropsis gynandra*) ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants. Kampong Publications,* p 78 (As *Gynandropsis gynandra*) ; Flora of China. www.efloras.org (As *Gynandropsis gynandra*) ; FAO, 1988, *Traditional Food Plants, FAO Food and Nutrition Paper* 42. FAO Rome p 203 ; Flora of Australia, Volume 8, *Lecythidales to Batales, Australian Government Publishing Service, Canberra* (1982) p 226 ; Fowler, D. G., 2007, *Zambian Plants: Their Vernacular Names and Uses. Kew.* p 16 ; Flyman, M. V. & Afolayan, A. J., 2006, *A Survey of plants used as wild vegetables in four districts of Botswana. 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1989, *Edible Plants of Uganda*. FAO p 36 ; Goode, P., 1989, *Edible Plants of Uganda*. FAO p 39 ; Grubben, G. J. H. and Denton, O. A. (eds), 2004, *Plant Resources of Tropical Africa 2. Vegetables*. PROTA, Wageningen, Netherlands. p 191 ; Harkonen, M. & Vainio-Mattila, K., 1998, Some examples of Natural Products in the Eastern Arc Mountains. *Journal of East African Natural History* 87:265-278 (As *Gynandropsis gynandra*) ; Hedrick, U.P., 1919, (Ed.), *Sturtevant's edible plants of the world*. p 336 (As *Gynandropsis pentaphylla*) ; Henty, E.E., & Pritchard, G.S., 1973, *Weeds of New Guinea and their control*. Botany Bulletin No 7, Division of Botany, Lae, PNG. p 63 ; High, C. & Shackleton, C. M., 2000, The comparative value of wild and domestic plants in home gardens of a South African rural village. *Agroforestry Systems* 48: 141-156, 2000 ; 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*. 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