

Cleome monophylla L.

Identifiants : 8469/clemon

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

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 08/05/2024

- **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 cordata* Burch. ex DC, *Cleome massae* Chiov, *Cleome subcordata* Steud. ex Oliv, *Sieruela viscosa* Raf ;

- **Nom(s) anglais, local(aux) et/ou international(aux) :** Single-leaved cleome, , African cabbage, Doran, Hurhuria sag, Isiwisa esiluhlaza, Kanzota, Kayuniyuni, Kazuamwalonde, Lerokwa, Lesanye, Lovedu, Lutegeri, Mhuu, Mmusa-pelo monyenya, Mthoathoa, Musemwasemwa, Mushangishangi, muTsemwaysemwa, Mwanjerenedza, Njeren jedza, Nsonyo, Nyiragasogereza, Rimin samara, Sekalerothane, Shimbangana, Shinburbucha, Sosa, Spindlepod, Thokothokgo, Thotha sirio, Tota sirio, Vellai ;



- **Note comestibilité : ****

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

Parties comestibles : feuilles, fleurs, fruits, graines - huile, graines - arôme, légumes^{(((0+x) (traduction automatique))} | Original : Leaves, Flowers, Fruit, Seeds - oil, Seeds - flavouring, Vegetable^{(((0+x))} Les feuilles sont utilisées comme légume. Il a une odeur désagréable et un goût acré. Parfois, il est cuit un jour avant d'être consommé pour supprimer ces aspects. Les graines sont utilisées comme la moutarde

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)
76.5	297	71	21.9	0	0	0	0



néant, inconnus ou indéterminés.

- **Note médicinale : ***

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

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

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

dont classification :

dont livres et bases de données :⁰"Food Plants International" (en anglais) ;

dont biographie/références de⁰"FOOD PLANTS INTERNATIONAL" :

Burkhill, H. M., 1985, The useful plants of west tropical Africa, Vol. 1. Kew. ; Dey, A. & Mukhererjee, A., 2015, Living and Survival Amidst Hunger: Wild Edible Botanicals as a Prime Forest Productivity in the Rural Purulia District, West Bengal, India from Colonial to Present. Research Journal of Forestry 9(3): 71-86 ; Food Composition Tables for use in Africa FAO <http://www.fao.org/infooods/directory> No. 719 ; Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 147 ; 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: 141â€“156, 2000 ; Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 68 ; Flyman, M. V. & Afolayan, A. J., 2006, A Survey of plants used as wild vegetables in four districts of Botswana. Ecology of Food and Nutrition, 45:405-415 ; Goode, P., 1989, Edible Plants of Uganda. FAO p 30 ; Grivetti, L. E., 1980, Agricultural development: present and potential role of edible wild plants. Part 2: Sub-Saharan Africa, Report to the Department of State Agency for International Development. p 41, 70 ; Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 196 ; Kidane, B., et al, 2014, Wild and semi-wild leafy vegetables used by the Maale and Ari ethnic communities in southern Ethiopia. Genetic Resour Crop Evol. Springer. p 8 ; Long, C., 2005, Swaziland's Flora - siSwati names and Uses <http://www.sntc.org.sz/flora/> ; Lulekal, E., et al, 2011, Wild edible plants in Ethiopia: a review on their potential to combat food insecurity. Afrika Focus - Vol. 24, No 2. pp 71-121 ; Malaisse, F., 1997, Se nourrir en floret claire africaine. Approche écologique et nutritionnelle. CTA., p 59 ; Malaisse, F., 2010, How to live and survive in Zambezian open forest (Miombo Ecoregion). Les Presses Agronomiques de Gembloux. ; Marandi, R. R. & Britto, S. J., 2015, Medicinal Properties of Edible Weeds of Crop Fields and Wild plants Eaten by Oraon Tribals of Latehar District, Jharkhand. International Journal of Life Science and Pharma Research. Vo. 5. (2) April 2015 ; Maroyi, A., 2011, The Gathering and Consumption of Wild Edible Plants in Nhema Communal Area, Midlands Province, Zimbabwe. Ecology of Food and Nutrition 50:6, 506-525 ; Maroyi, A., 2013, Use of weeds as traditional vegetables in Shurugwi District, Zimbabwe. Journal of Ethnobiology and Ethnomedicine 9:60 ; Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 181 ; Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 77 ; Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. <http://www.scs.leeds.ac.uk/pfaf/> ; Plowes, N. J. & Taylor, F. W., 1997, The Processing of Indigenous Fruits and other Wildfoods of Southern Africa. in Smartt, L. & Haq. (Eds) Domestication, Production and Utilization of New Crops. ICUC p 188 ; Ramachandran, V. S., 2007, Wild edible plants of the Anamalais, Coimbatore district, western Ghats, Tamil Nadu. Indian Journal of Traditional Knowledge. 6(1) pp 173-176 ; Reis, S. V. and Lipp, F. L., 1982, New Plant Sources for Drugs and Foods from the New York Botanical Garden herbarium. Harvard. p 91 ; Rajkalkshmi, P. et al, 2001, Total carotenoid and beta-carotene contents of forest green leafy vegetables consumed by tribals of south India. Plant Foods for Human Nutrition 56:225-238 ; Ramachandran, V.S., 1987, Further Notes on the Ethnobotany of Cannanore District, Kerala. J. Econ. Tax. Bot. Vol. 11 No. 1 pp 47- ; Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; <http://www.rbge.org.uk/ceb/sepasal/internet> [Accessed 7th April 2011] ; Ruffo, C. K., Birnie, A. & Tengnas, B., 2002, Edible Wild Plants of Tanzania. RELMA p 206 ; Seidemann J., 2005, World Spice Plants. Economic Usage, Botany, Taxonomy. Springer. p 112 ; Shackleton, S. E., et al, 1998, Use and Trading of Wild Edible Herbs in the Central Lowveld Savanna Region, South Africa. Economic Botany, Vol. 52, No. 3, pp. 251-259 ; Shava, S., et al, 2009, Traditional food crops as a source of community resilience in Zimbabwe. International Journal of the African Renaissance 4(1) ; Scudder, 1971, ; Smith, F. I. and Eyzaquирre, P., 2007, African leafy vegetables: Their role in the World Health Organization's global Fruit and Vegetables Initiative. AJFAND, Vol. 7 No. 3 ; Swaziland's Flora Database <http://www.sntc.org.sz/flora> ; Tredgold, M.H., 1986, Food Plants of Zimbabwe. Mambo Press. p 41 ; van Wyk, Be., & Gericke, N., 2007, People's plants. A Guide to Useful Plants of Southern Africa. Briza. p 68 ; Vernon, R., 1983, Field Guide to Important Arable Weeds of Zambia. Dept of Agriculture, Chilanga, Zambia. p 36 ; Williamson, J., 2005, Useful Plants of Malawi. 3rd. Edition. Mdadzi Book Trust. p 68