

Colocasia esculenta (L.) Schott, 1832 (Taro)

Identifiants : 8877/colesc

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

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le

• **Classification phylogénétique :**

- Clade : Angiospermes ;
- Clade : Monocotylédones ;
- Ordre : Alismatales ;
- Famille : Araceae ;

• **Classification/taxinomie traditionnelle :**

- Règne : Plantae ;
- Sous-règne : Tracheobionta ;
- Division : Magnoliophyta ;
- Classe : Liliopsida ;
- Ordre : Arales ;
- Famille : Araceae ;
- Genre : Colocasia ;

• **Synonymes :** Arum esculentum L. 1753 (= basionym, Colocasia antiquorum Schott 1832 ;

• **Synonymes français :** gouet comestible, chou-chine (chou de Chine), coboué, madère, chou caraïbe, eddo, cocoyam ;

• **Nom(s) anglais, local(aux) et/ou international(aux) :** taro, cocoyam, dasheen, eddo, elephant's-ear, kouchou (in), kulcas (eg), alcolcalz (midi de l'Espagne), tallus (jv), tallo (Océanie), taro (Océanie), sato imo (local), Zehrwurzel (de), arum (in), toran (ko transcrit), daun keladi (ms), inhame (pt,br), inhame-branco (pt,br), inhame-da-África (pt,br), inhame-da-costa (pt,br), taioba-de-São-Tomé (pt,br), madumbe (za,zu), alcocaz (es), colocasia (es), malanga (es), tayoba (es), taro (sv) ;



• **Note comestibilité :** ****

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

Feuille (feuilles^{0(+x),27(+x)} et tiges^{0(+x)} cuites^(dp¹) {bouillies^{27(+x)}} [nourriture/aliment^{{{(dp¹)}}} : légume^{0(+x)} {ex. : comme potherbe, brède^{{{(dp¹)}}}}] et racine^{0(+x)} (tubercules^{27(+x)} {cormes^{0(+x)}} cuits^(dp¹) {bouillis^{27(+x)}} [nourriture/aliment^{{{(dp¹)}}} : légume^{0(+x)}]) comestibles^{0(+x)}. (1*)

Détails :

Plante très cultivée sous les tropiques^{{{(27(+x))}}}.

Les bulbes, pétioles et feuilles sont tous comestibles après la cuisson. Les feuilles sont également séchées et stockées. Les feuilles sont utilisées pour le sarma en Turquie. Ils sont roulés autour d'une garniture de riz ou de viande hachée. Les fleurs sont également cuites comme légume. ATTENTION Certaines variétés brûlent la gorge à cause des cristaux d'oxalate. Pour les éliminer, faites tremper dans du bicarbonate de soude pendant 2 heures, puis faites bouillir pendant 60 minutes. Les feuilles fraîches peuvent être conservées pendant 4-5 jours. Les feuilles et les tiges peuvent être séchées et stockées

Partie testée : racine^{{{(0(+x))}}} (traduction automatique)

Original : Root^{{{(0(+x))}}}

| Taux d'humidité | Énergie (kj) | Énergie (kcal) | Protéines (g) | Pro- vitamines A (µg) | Vitamines C (mg) | Fer (mg) | Zinc (mg) |
|-----------------|--------------|----------------|---------------|--------------------------|------------------|----------|-----------|
| 59 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |



Précautions :

(1*)**ATTENTION** : toutes les parties de la plante crue, et en particulier la peau des tubercules, contiennent des cristaux d'oxalate de calcium particulièrement irritants ; ces composés sont détruits à la cuisson^{(((27(+x)))}. Plus d'infos, voir fiche toxine^{(((dp*))}.

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

Par Bessler, Basilius, Hortus Eystettensis, vol. 3: Tertius ordo collectarum plantarum autumnalium, t. 348, fig. I (1613), via plantillustrations

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

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

dont classification :

- "The Plant List" (en anglais) : www.theplantlist.org/tpl1.1/record/kew-46275 ;
- "GRIN" (en anglais) : <https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomydetail?id=11177> ;

dont livres et bases de données : ⁰"Food Plants International" (en anglais), 27Dictionnaire des plantes comestibles (livre, pages 94 et 95, par Louis Bubenicek), 76Le Potager d'un curieux - histoire, culture et usages de 250 plantes comestibles peu connues ou inconnues (livre, pages 363 et 364 [Colocasia Antiquorum et Colocasia esculenta], par A. Paillieux et D. Bois) ;

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

Taro references. ; 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 29 ; Achigan-Dako, E, et al (Eds), 2009, Catalogue of Traditional Vegetables in Benin. International Foundation for Science. ; 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 ; Ali, A. M. S., 2005, Homegardens in Smallholder Farming Systems: Examples from Bangladesh. Human Ecology, Vol. 33, No. 2 pp. 245-270 ; Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 137 ; Anderson, E. F., 1993, Plants and people of the Golden Triangle. Dioscorides Press. p 207 ; Bandyopadhyay, S. et al, 2009, Wild edible plants of Koch Bihar district, West Bengal. Natural Products Radiance 8(1) 64-72 ; Barrau, J., 1976, Subsistence Agriculture in Polynesia and Micronesia. Bernice P. Bishop Museum, Bulletin 223 Honolulu Hawaii. Kraus reprint. p 39 ; Bernholt, H. et al, 2009, Plant species richness and diversity in urban and peri-urban gardens of Niamey, Niger. Agroforestry Systems 77:159-179 ; Bianchini, F., Corbetta, F., and Pistoia, M., 1975, Fruits of the Earth. Cassell. p 220 ; Bindon, P., 1996, Useful Bush Plants. Western Australian Museum. p 88. ; Bird, B.K., 1982, Bibliography of taro and other edible aroids. (Supplement:1977-1982). Univ of Hawaii. ; Bodner, C. C. and Gereau, R. E., 1988, A Contribution to Bontoc Ethnobotany. Economic Botany, 43(2): 307-369 ; Borrell, O.W., 1989, An Annotated Checklist of the Flora of Kairiru Island, New Guinea. Marcellin College, Victoria Australia. p 15 ; Brickell, C. (Ed.), 1999, The Royal Horticultural Society A-Z Encyclopedia of Garden Plants. Convent Garden Books. p 288 ; Brouk, B., 1975, Plants Consumed by Man. Academic Press, London. p 140 ; 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 647 ; Chandra, S.(ed.), 1984, Edible Aroids. Clarendon Press, Oxford. ; Cheifetz, A., (ed), 1999, 500 popular vegetables, herbs, fruits and nuts for Australian Gardeners. Random House p 56 ; Chin, H. F., 1999, Malaysian Vegetables in Colour. Tropical Press. p 57 ; Copley, L.S. (rev. Steele, W.M.) 2nd Ed., 1976, An Introduction to the Botany of Tropical Crops. Longmans. p 123 ; Coe, F. G. and Anderson, G. J., 1999, Ethnobotany of the Sumu (Ulwa) of Southeastern Nicaragua and Comparisons with Miskitu Plant Lore. Economic Botany Vol.

53. No. 4. pp. 363-386 ; Cribb, A.B. & J.W., 1976, *Wild Food in Australia*, Fontana. p 147 ; Cundall, P., (ed.), 2004, *Gardening Australia: flora: the gardener's bible*. ABC Books. p 400 ; Dutta, U., 2012, *Wild Vegetables collected by the local communities from the Churang reserve if BTDM Assam*. *International Journal of Science and Advanced Technology*. Vol. 2(4) p 120 ; Ekman Herbarium records Haiti ; Elliot, W.R., & Jones, D.L., 1984, *Encyclopedia of Australian Plants suitable for cultivation*. Vol 3. Lothian. p 59 (Also as *antiquorum*) ; Esperanca, M. J., 1988. *Surviving in the wild. A glance at the wild plants and their uses*. Vol. 1. p 303 ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants*. Kampong Publications, p 23 ; FAO, 1993, *Valor Nutritivo Y Usis en Alimentacion humana de Alginos Autoctonos Subexplotados de Mesoamerica*. FAO, Santiago, Chile. p 78 ; *Flora of Australia Volume 49, Oceanic Islands 1, Australian Government Publishing Service, Canberra. (1994) p 417 ; Flora of the Venezuelan Guayana www.mobot.org ; Flora of Pakistan. www.eFloras.org ; Foo, J.T.S.(ed), 1996, A Guide to Common Vegetables. Singapore Science Foundation. p 14 ; Fowler, D. G., 2007, *Zambian Plants: Their Vernacular Names and Uses*. Kew. p 64 (As *antiquorum*) ; French, B.R., 1986, *Food Plants of Papua New Guinea, A Compendium*. Asia Pacific Science Foundation p 3 ; French, B.R., 2010, *Food Plants of Solomon Islands. A Compendium*. Food Plants International Inc. p 8 ; Grubben, G. J. H. and Denton, O. A. (eds), 2004, *Plant Resources of Tropical Africa 2. Vegetables*. PROTA, Wageningen, Netherlands. p 208 ; Harter, J.(Ed.), 1988, *Plants. 2400 copyright free illustrations*. Dover p 25.4, 27.2, 30.2, 32.4 ; Henderson, C.P. and I.R.Hancock, 1988, *A Guide to the Useful Plants of the Solomon Islands*. Res. Dept. Min of Ag. & Lands. Honiara, Solomon Islands. p 28 ; Hedrick, U.P., 1919, (Ed.), *Sturtevant's edible plants of the world*. p 211 (As *Colocasia antiquorum*) ; Henty, E.E., 1980, *Harmful Plants in Papua New Guinea*. Botany Bulletin No 12. Division Botany, Lae, Papua New Guinea. p 23 ; 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 18 ; Hu, Shiu-ying, 2005, *Food Plants of China*. The Chinese University Press. p 305 ; Jacquat, C., 1990, *Plants from the Markets of Thailand*. D.K. Book House p 111 ; Jain et al, 2011, *Journal of Ethnobiology and Ethnomedicine* 7:29 ; Japanese International Research Centre for Agricultural Science www.jircas.affrc.go.jp/project/value_addition/Vegetables ; Jardin, C., 1970, *List of Foods Used In Africa*, FAO Nutrition Information Document Series No 2, p. 12, 68 ; Johnson, N., 2002, *Environmental Change in northern Thailand: Impact on Wild Edible Plant Availability*. *Ecology of Food and Nutrition*, 41: 5, 373-399 ; Kay, D.E., 1973, *Root Crops, Digest 2, Tropical Products Institute, London*, p 168 ; 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, *Broome and Beyond, Plants and People of the Dampier Peninsula, Kimberley, Western Australia*. Department of Conservation and Land Management. p 201 ; Kuo, W. H. J., (Ed.) *Taiwan's Ethnobotanical Database (1900-2000)*, <https://tk.agron.ntu.edu.tw/ethnobot/DB1.htm> ; Larkcom, J., 1991, *Oriental Vegetables, John Murray, London*, p 122 ; Lazarides, M. & Hince, B., 1993, *Handbook of Economic Plants of Australia*, CSIRO. p 63 ; Leach, G.J., and Osborne, P.L., 1985, *Freshwater Plants of Papua New Guinea*. UPNG Press, p 89 ; Lepofsky, D., 2003, *The Ethnobotany of Cultivated Plants of the Maohi of the Society Islands*. *Economic Botany*, Vol. 57, No. 1, pp. 73-92 ; Lembaga Biologi Nasional, 1977, *Ubi-Ubian, Balai Pustaka, Jakarta*. p 70 ; Lembaga Biologi Nasional, 1980, *Sayur-sayuran*. Balai Pustaka, Jakarta. p 106 ; Long, C., 2005, *Swaziland's Flora - siSwati names and Uses* <https://www.sntc.org.sz/flora/> (As *Colocasia antiquorum*) ; Low, T., 1991, *Wild Food Plants of Australia*. *Australian Nature FieldGuide*, Angus & Robertson. p 55 ; Lyimo, M., et al, 2003, *Identification and nutrient composition of indigenous vegetables of Tanzania*. *Plant Foods for Human Nutrition*. 58: 85-92 ; Maikhuri, R, K, and Gangwar, A. K., 1993, *Ethnobiological Notes on the Khasi and Garo Tribes of Meghalaya, Northeast India*, *Economic Botany*, Vol. 47, No. 4, pp. 345-357 ; Malaisse, F., 1997, *Se nourrir en floret claire africaine. Approche ecologique et nutritionnelle*. CTA., p 59 ; Manandhar, N.P., 2002, *Plants and People of Nepal*. Timber Press. Portland, Oregon. p 166 ; Martin, F.W., & Ruberte, R.M., 1979, *Edible Leaves of the Tropics*. Mayaguez, Puerto Rico p 23, 176 ; Maundu, P. et al, 1999, *Traditional Food Plants of Kenya*. National Museum of Kenya. 288p (Also as *antiquorum*) ; Massal, E and Barrau, J., 1973, *Food Plants of the South Sea Islands*. SPC Technical Paper No 94. Nounea, New Caledonia. p 6-10 ; May, R.J., 1984, *Kaikai Aniani. A Guide to Bush Foods Markets and Culinary Arts of Papua New Guinea*. Robert Brown and Associates. p 46 ; Molla, A., *Ethiopian Plant Names*. <https://www.ethiopic.com/aplants.htm> ; Norrington, L., & Campbell, C., 2001, *Tropical Food Gardens*. Blooming Books. p 37 ; Ochse, J.J. et al, 1931, *Vegetables of the Dutch East Indies*. Asher reprint. p 51 ; 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 95 ; Onwueme, I.C., 1978, *The Tropical Tuber Crops*. Wiley, p 199 ; Oomen, H.A.P.C., & Grubben, G.J.H., 1978, *Tropical Leaf Vegetables in Human Nutrition*, *Communication* 69, Department of Agricultural research, RTI Amsterdam, p 36, 66, 68, 80, 81, 101, 103 ; Owen, S., 1993, *Indonesian Food and Cookery*, INDIRA reprints. p 85 ; Paczkowska, G. & Chapman, A.R., 2000, *The Western Australian Flora. A Descriptive Catalogue*. Western Australian Herbarium. p 36 ; Peekel, P.G., 1984, (Translation E.E.Henty), *Flora of the Bismarck Archipelago for Naturalists*, Division of Botany, Lae, PNG. p 75, 73 ; Patiri, B. & Borah, A., 2007, *Wild Edible Plants of Assam*. Geethaki Publishers. p 157 ; Phon, P., 2000, *Plants used in Cambodia*. © Pauline Dy Phon, Phnom Penh, Cambodia. p (As *antiquorum*) ; *Plants of Haiti Smithsonian Institute* <https://botany.si.edu> ; Plucknett, D. L., et al, 1970, *Taro (Colocasia esculenta)*, *Field Crop Abstracts* 23:413-423 ; Purseglove, J.W., 1972, *Tropical Crops. Monocotyledons*. Longmans p 61 ; Plucknett, D.L., *Edible Aroids, in Simmonds, N.W., (Ed.), 1979, Evolution of Crop Plants*. Longman. p 10 ; PROSEA (Plant Resources of South East Asia) handbook, Volume 9, 1996, *Plants yielding non seed carbohydrates.* ; Raponda-Walker, A & Sillans, R., 1961, *Les Plantes Utiles du Gabon*. Editions Paul Lechevalier, Paris. p 93 ; Rashid, H. E., 1977, *Geography of Bangladesh*. Westview. p 264 (As *Colocasia antiquorum*) ; RIRDC, 2010, *New Root Vegetables to the Native Food Industry*, Australian Government RIRDC Publication 9/161 ; Robins, J., 1996, *Wild Lime. Cooking from the Bush food garden*. Allen & Unwin p 158 ; Romanowski, N., 2007, *Edible Water Gardens*. Hyland House. p 52 ; Safo Kantaka, O., 2004. *Colocasia esculenta (L.) Schott*. [Internet] Record from Protabase. Grubben, G.J.H. & Denton, O.A. (Editors). PROTA (Plant Resources of Tropical Africa), Wageningen, Netherlands. . Accessed 15 October 2009. ; Sarma, H., et al, 2010, *Updated Estimates of Wild Edible and Threatened Plants of Assam: A Meta-analysis*. *International Journal of Botany* 6(4): 414-423 ; Sawian, J. T., et al, 2007, *Wild edible plants of Meghalaya, North-east India*. *Natural Product Radiance* Vol. 6(5): p 415 ; Schneider, E., 2001, *Vegetables from Amaranth to Zucchini: The essential reference*.*

HarperCollins. p 651 ; H. Schott & S. L. Endlicher, *Melet. bot.* 18. 1832 ; Shaw, D.E., et al, 1979, *Virus diseases of taro in Papua New Guinea*. PNG Ag J. 30(4):71-97. ; Singh, H.B., Arora R.K., 1978, *Wild edible Plants of India*. Indian Council of Agricultural Research, New Delhi. p11, 22 ; Smith, K., 1998. *Growing Uncommon Fruits and Vegetables*. New Holland. p 70 ; Solomon, C., 2001, *Encyclopedia of Asian Food*. New Holland. p 375 ; Staples, G.W. and Herbst, D.R., 2005, *A tropical Garden Flora*. Bishop Museum Press, Honolulu, Hawaii. p 603 ; Stephens, K.M., & Dowling, R.M., 2002, *Wetland Plants of Queensland. A field guide*. CSIRO p 7 ; Swapna, M. M. et al, 2011, *A review on the medicinal and edible aspects of aquatic and wetland plants of India*. J. Med. Plants Res. 5 (33) pp. 7163-7176 ; Termote, C., et al, 2011, *Eating from the wild: Turumbu, Mbole and Bali traditional knowledge of non-cultivated edible plants, District Tshopo, DR Congo*. Gen Resourc Crop Evol. 58:585-618 ; Terra, G.J.A., 1973, *Tropical Vegetables. Communication 54e Royal Tropical Institute, Amsterdam*, p 21, 22 ; Thaman, R.R., 1976, *The Tongan Agricultural System*, University of the South Pacific, Suva, Fiji. p 391 ; Tindall, H.D., & Williams, J.T., 1977, *Tropical Vegetables and their Genetic Resources*, International Board for Plant Genetic Resources, Rome, p 102 ; Tindall, H.D., 1983, *Vegetables in the tropics*. Macmillan p. 52 ; Tredgold, M.H., 1986, *Food Plants of Zimbabwe*. Mambo Press. p 42 ; Uprety, Y., et al, 2012, *Diversity of use and local knowledge of wild edible plant resources in Nepal*. Journal of Ethnobotany and Ethnomedicine 8:16 ; USDA, ARS, National Genetic Resources Program. Germplasm Resources Information Network - (GRIN). [Online Database] National Germplasm Resources Laboratory, Beltsville, Maryland. Available: www.ars-grin.gov/cgi-bin/npgs/html/econ.pl (10 April 2000) ; Vainio-Mattila, K., 2000, *Wild vegetables used by the Sambia in the Usumbara Mountains, NE Tanzania*. Ann. Bot. Fennici 37:57-67 ; van Wyk, B., 2005, *Food Plants of the World. An illustrated guide*. Timber press. p 150 ; van Wyk, Be., & Gericke, N., 2007, *People's plants. A Guide to Useful Plants of Southern Africa*. Briza. p 82 ; Vickery, M.L. and Vickery, B., 1979, *Plant Products of Tropical Africa*, Macmillan. p 18 ; Walter, A. & Lebot, V., 2007, *Gardens of Oceania*. ACIAR Monograph No. 122 p. 64 ; Wang, J.K.,(ed), 1983, *Taro: a review of Colocasia esculenta and its potentials*, Univ. of Hawaii Press, Honolulu, Hawaii. p418 ; Wheeler, J.R.(ed.), 1992, *Flora of the Kimberley Region*. CALM, Western Australian Herbarium, p 981 ; Whistler, W. A., 1988, *Ethnobotany of Tokelau: The Plants, Their Tokelau Names, and Their Uses*. Economic Botany 42(2): 155-176 ; Williams, C.N., Chew, W.Y., and Rajaratnam, J.A., 1989, *Tree and Field Crops of the Wetter Regions of the Tropics*. Longman, p 210 ; Williamson, J., 2005, *Useful Plants of Malawi*. 3rd. Edition. Mdadzi Book Trust. p 73 ; Woodward, P., 2000, *Asian Herbs and Vegetables*. Hyland House. p 56 ; www.zimbabweflora.co.zw 2011 ; Yuncker, T.G., 1959, *Plants of Tonga*, Bernice P. Bishop Museum, Hawaii, Bulletin 220. p 75 ; Zuchowski W., 2007, *Tropical Plants of Costa Rica*. A Zona Tropical Publication, Comstock Publishing. p 167