

Commelina benghalensis L.

Identifiants : 8969/comben

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

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 13/05/2024

- Classification phylogénétique :

- Clade : Angiospermes ;
- Clade : Monocotylédones ;
- Clade : Commelinidées ;
- Ordre : Commelinales ;
- Famille : Commelinaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Liliopsida ;
- Ordre : Commelinales ;
- Famille : Commelinaceae ;
- Genre : Commelina ;

- Synonymes : *Commelina cavaleriei* H. L. A. veill. A. ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Dayflower, Tropical Spiderweed, , Addo arxa, Alikbangon, Amala, Androko, Bakna, Ban kane, Bat baitta shak, Biasbias, Bokna, Bondium, Brambangan, Buchna, Chhura, Chura, Corogoma, Dzaadza, Ekoropot, Ennadri, Fan bao cao, Geneya, Gewor, Guredural, Hairy wandering Jew, Holagabis, Ikengera, Kafura, Kana ara, Kana keera, Kanangakarai, Kanavazhai, Kanchara, Kanchata, Kanchira, Kandhara, Kane jhar, Kane sag, Kaniseera, Kanjura, Kanna-manna, Kannae, Kanshira, Kansira, Kansiri, Kanteri, Kanuraka, Kanya sag, Kaua-kaini, Kena, Kenar, Kerina, Kermuw, Kolar, Kona simulu, Korogwa, Kurveng, Leng, Lolo, Mpovupovu, Myit-cho, Nnanda ennene, Narray, Nhkongo, Nkongo, Odielo, Ooloooh-oolooohan, Orandi, Pak prap, Petoongan, Petungan, Sabilau, Surung, Tali korang, Tamba-gangala, Telka bhaji, Thenga puttu keera, Vennadevikura, Wangden-khoibi, Wetkyok, Wohaankkur, Yekola wonfankur ;



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

Feuilles brutes/crues^{{{{0(+x)}}}.

Les jeunes feuilles sont consommées cuites comme légume. Ils sont également utilisés comme potasse. Ils sont également frits. Les feuilles bouillies dans l'eau et mangées mélangées avec du sel et des piments. Les graines sont moulues en farine et transformées en pain. Les rhizomes féculents sont cuits et consommés. Les jeunes feuilles peuvent être stockées pendant 4-5 jours

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

Original : Leaves raw^{{{{0(+x)}}}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
86.2	180	43	2.3	0	0	7.1	0.6



néant, inconnus ou indéterminés.

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

- *Autres infos :*

dont infos de "FOOD PLANTS INTERNATIONAL" :

◦ Statut :

Il n'est que rarement consommé. C'est un légume très mineur. Il a une faible appétence. Les racines et les tubercules sont cuits comme un aliment de famine^{{{0(+x)}} (traduction automatique)}.

Original : It is only rarely eaten. It is a very minor vegetable. It has low palatability. The roots and tubers are cooked as a famine food^{{{0(+x)}}.}

◦ Distribution :

Une plante tropicale. Il pousse le plus souvent dans les sols fertiles dans des conditions humides dans tous les tropiques. Il est courant dans les décharges, à proximité des colonies, à basse et moyenne altitude dans toutes les îles des Philippines. Il pousse du niveau de la mer à 2300 m d'altitude, en Chine. Au Népal, il pousse entre 900 et 2000 m d'altitude. Il pousse dans des endroits humides. Il pousse dans les zones humides. Il peut pousser dans des endroits arides. Au Sichuan et au Yunnan^{{{0(+x)}} (traduction automatique)}.

Original : A tropical plant. It grows most commonly in fertile soils under humid conditions throughout the tropics. It is common in waste places, near settlements, at low and medium altitudes throughout the islands of the Philippines. It grows from sea level to 2300 m altitude, in China. In Nepal it grows between 900-2000 m altitude. It grows in moist places. It grows in wetlands. It can grow in arid places. In Sichuan and Yunnan^{{{0(+x)}}.}

◦ Localisation :

Afrique, Samoa américaines, Argentine, Asie, Australie, Bangladesh, Bénin, Botswana, Burkina Faso, Cameroun, Cap-Vert, Afrique centrale, Chine, Congo, Côte d'Ivoire, Afrique de l'Est, Eswatini, Ethiopie, Gambie, Ghana, Guam, Guinée, Guinée, Guinée-Bissau, Hawaï, Himalaya, Inde, Indochine, Indonésie, Côte d'Ivoire, Japon, Kenya, Laos, Madagascar, Malawi, Malaisie, Mozambique, Myanmar, Namibie, Nauru, Népal, Niger, Nigéria, Nord-est de l'Inde, Nord-ouest de l'Inde, Pacifique, Pakistan, Papouasie-Nouvelle-Guinée, PNG, Philippines, Asie du Sud-Est, Sénégal, Sierra Leone, Îles Salomon, Afrique du Sud, Afrique australe, Amérique du Sud, Soudan du Sud, Sri Lanka, Soudan, Swaziland, Taïwan, Tanzanie, Thaïlande, Togo, Tonga, Ouganda, USA, Venezuela, Afrique de l'Ouest, Zambie, Zimbabwe^{{{0(+x)}} (traduction automatique)}.

Original : Africa, American Samoa, Argentina, Asia, Australia, Bangladesh, Benin, Botswana, Burkina Faso, Cameroon, Cape Verde, Central Africa, China, Congo, C te d'Ivoire, East Africa, Eswatini, Ethiopia, Gambia, Ghana, Guam, Guinea, Guinea-Bissau, Hawaii, Himalayas, India, Indochina, Indonesia, Ivory Coast, Japan, Kenya, Laos, Madagascar, Malawi, Malaysia, Mozambique, Myanmar, Namibia, Nauru, Nepal, Niger, Nigeria, Northeastern India, NW India, Pacific, Pakistan, Papua New Guinea, PNG, Philippines, SE Asia, Senegal, Sierra Leone, Solomon Islands, South Africa, Southern Africa, South America, South Sudan, Sri Lanka, Sudan, Swaziland, Taiwan, Tanzania, Thailand, Togo, Tonga, Uganda, USA, Venezuela, West Africa, Zambia, Zimbabwe^{{{0(+x)}}.}

◦ Notes :

Il existe environ 230 esp ces de Commelina. Il devient facilement une mauvaise herbe^{{{0(+x)}} (traduction automatique)}.

Original : There are about 230 Commelina species. It easily becomes established as a weed^{{{0(+x)}}.}

• Liens, sources et/ou r f rences :

dont classification :

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

dont biographie/r f rences de ⁰"FOOD PLANTS INTERNATIONAL" :

Acharya K. P. and Acharya, R., 2010, Eating from the Wild: Indigenous knowledge on wild edible plants in Parroha VDC of Rupandehi District, Central Nepal. International Journal of Social Forestry. 3(1):28-48 ; Achigan-Dako, E, et al (Eds), 2009, Catalogue of Traditional Vegetables in Benin. International Foundation for Science. ; Addis, G., et al, 2013, The Role of Wild and Semi-wild Edible Plants in Household Food Sovereignty in Hamar and Konso Communities, South Ethiopia. Ethnobotany Research & Applications. 11:251-271 ; Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 138 ; Ara, R. I. T., 2015, Leafy Vegetables in Bangladesh. Photon eBooks. p 125 ; Arinathan, V., et al, 2007, Wild edibles used by Palliyars of the western Ghats, Tamil Nadu. Indian Journal of

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P., et al, 2018, Diversity and use of wild and non-cultivated edible plants in the Western Himalaya. *Journal of Ethnobiology and Ethnomedicine* (2018) 14:10 ; Asfaw, Z., Conservation and use of traditional vegetables in Ethiopia. *FAO* ; Asfaw, Z. and Tadesse, M., 2001, Prospects for Sustainable Use and Development of Wild Food Plants in Ethiopia. *Economic Botany*, Vol. 55, No. 1, pp. 47-62 ; Batawila, K., et al, 2007, Diversite et gestion des legumes de cueillete au Togo. *African Journal of Food, Agriculture, Nutrition and Development* 7(3& 4): 65 ; Bandyopadhyay, S., et al, 2012, A Census of Wild Edible Plants from Howrah District, West Bengal, India. *Proceedings of UGC sponsored National Seminar 2012* ; Banerjee, A., et al, 2013, Ethnobotanical Documentation of Some Wild Edible Plants in Bankura District, West Bengal, India. *The Journal of Ethnobiology and Traditional Medicine*. *Photon* 120 (2013) 585-590 ; Baro, D., Baruah, S. and Borthukar, S. 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