

Crassocephalum crepidioides (Benth.) S. Moore

Identifiants : 9712/cracre

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

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 04/05/2024

- 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 : Crassocephalum ;

- Synonymes : *Crassocephalum crepidioides* var. *lutea* Steen, *Crassocephalum crepidioides* f. *luteum* (Steen.) Belcher, *Gynura crepidioides* Benth, *Gynura diversifolia* Sch.Bip. ex Asch, *Gynura microcephala* Vatke, *Gynura polycephala* Benth, *Senecio crepidioides* (Benth.) , ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Thickhead, Okinawan spinach, , Agologolo, A ngung, Bab cherdik, Benibanaborogiku, Chopogon, Doyan-doyan, Ebolo, Ekinami, Fau lele, Gbolo, Gbuluh fuka, Guan dong weu niu, Hogegain, Impingi, Ingiri, Kagiji, Limbiti, Lisahuka, Marakapon, Miao kuo, Nroj rog, Pakcho, Phak kaad chang, Phakkoat chaang, Rau tau bay, Sandeko, Sipinis, Sla ialieh, Spinat, Tamkahru, Thangbang, Udu daya, Voi ngoai, Wondally, Yamen, Yaxiehuo ;



- Note comestibilité : ****

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

Parties comestibles : feuilles, tubercules, racines, légumes, fleurs^{{{0(+x)}}} (traduction automatique) | Original : Leaves, Tubers, Root, Vegetable, Flowers^{{{0(+x)}}} Les jeunes feuilles sont consommées cuites comme légume. Ils ont un goût prononcé mais pas amer. Ils sont souvent consommés en mélange avec d'autres aliments. Les feuilles sont blanchies si elles sont utilisées dans les salades. Les feuilles ont une odeur qui ne disparaît pas avec la cuisson. Les racines sont mangées avec une sauce chili ou cuites au curry de poisson. Ils sont également sautés. Attention: Il contient des alcaloïdes potentiellement toxiques. Il ne devrait pas être mangé par les femmes enceintes

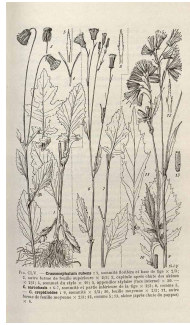
Partie testée : feuilles^{{{0(+x)}}} (traduction automatique)
Original : Leaves^{{{0(+x)}}}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro- vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
93.1	76	18	2.5	0	10	0	0



cf. consommation

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



Par Flore de Madagascar et des Comores (1936-2012) Fl. Madag. vol. 189(3): , via plantillustrations

- Liens, sources et/ou références :

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

dont classification :

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

dont biographie/références de °"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 41 ; Achigan-Dako, E, et al (Eds), 2009, Catalogue of Traditional Vegetables in Benin. International Foundation for Science. ; 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 ; Altschul, S.V.R., 1973, Drugs and Foods from Little-known Plants. Notes in Harvard University Herbaria. Harvard Univ. Press. Massachusetts. no. 5028 ; Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 253 (As *Gynura crepidioides*) ; Borrell, O.W., 1989, An Annotated Checklist of the Flora of Kairiru Island, New Guinea. Marcellin College, Victoria Australia. p 63 ; Burkill, H. M., 1985, The useful plants of west tropical Africa, Vol. 1. Kew. ; Chen, B. & Qiu, Z., Consumer's Attitudes towards Edible Wild Plants, Ishikawa Prefecture, Japan. p 23 www.hindawi.com/journals/ijfr/aip/872413.pdf ; Cooper, W. and Cooper, W., 2004, Fruits of the Australian Tropical Rainforest. Nokomis Editions, Victoria, Australia. p 80 ; Cowie, I, 2006, A Survey of Flora and vegetation of the proposed Jaco-Tutuala-Lore National Park. Timor-Lests (East Timor) www.territorystories.nt/gov.au p 43 ; Dalziel, J. M., 1937, The Useful plants of west tropical Africa. Crown Agents for the Colonies London. ; Delang, C. O., 2007, Ecological Succession of Usable Plants in an Eleven-Year Fallow Cycle in North Lao P.D.R., Ethnobotany Research and Applications. Vol. 5:331-350 ; Denton, O.A., 2004. *Crassocephalum crepidioides* (Benth.) S.Moore. [Internet] Record from Protabase. Grubben, G.J.H. & Denton, O.A. (Editors). PROTA (Plant Resources of Tropical Africa), Wageningen, Netherlands. < <http://database.prota.org/search.htm>>. Accessed 15 October 2009. ; Eiadthong, W., et al, 2010, Management of the Emerald Triangle Protected Forests Complex. Botanical Consultant Technical Report. p 47 ; Epenhuijsen C.W. van., 1974, Growing Native vegetables in Nigeria. FAO Rome, p 60 ; Ethnobotany of Karen in Khun Tuen Noi Chiang Mai. <http://khuntuennoi.myspecies> ; Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 37 ; Flora of Australia Volume 49, Oceanic Islands 1, Australian Government Publishing Service, Canberra. (1994) p 397 ; Fowler, D. G., 2007, *Zambian Plants: Their Vernacular Names and Uses*. Kew. p 76 ; Franklin, J., Keppel, G., & Whistler, W., 2008, The vegetation and flora of Lakeba, Nayau and Aiwa Islands, Central Lau Group, Fiji. *Micronesica* 40(1/2): 169-225, 2008 ; French, B.R., 1986, Food Plants of Papua New Guinea, A Compendium. Asia Pacific Science Foundation p 337 ; Fu, Yongneng, et al, 2003, Relocating Plants from Swidden Fallows to Gardens in Southwestern China. *Economic Botany*, 57(3): 389-402 ; Ghorbani, A., et al, 2012, A comparison of the wild food plant use knowledge of ethnic minorities in Naban River Watershed Nature Reserve, Yunnan, SW China. *Journal of Ethnobiology and Ethnomedicine*; 8:17 ; Godfrey, J. et al, 2013, Harvesting, preparation and preservation of commonly consumed wild and semi-wild food plants in Bunyoro-Kitara Kingdom, Uganda. *Int. J. Med. Arom. Plants*. Vol.3 No.2 pp 262-282 ; Goode, P., 1989, *Edible Plants of Uganda*. FAO p 39 ; 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 42 ; Grubben, G. J. H. and Denton, O. A. (eds), 2004, *Plant Resources of Tropical Africa 2. Vegetables*. PROTA, Wageningen, Netherlands. p 226 ; Henty, E.E., & Pritchard, G.S., 1973, *Weeds of New Guinea and their control*. Botany Bulletin No 7, Division of Botany, Lae, PNG. p 70 ; Hoare, A., 2003, Food use of the Lundayeh SW Sabah. Borneo Research Council. ; Hu, Shiu-ying, 2005, *Food Plants of China*. The Chinese University Press. p 726 ; Jackes, B.R., 2001, *Plants of the Tropics. Rainforest to Heath. An Identification Guide*. James Cook University. p 43 ; Jacquat, C., 1990, *Plants from the Markets of Thailand*. D.K. Book House p 90 ; Jardin, C., 1970, *List of Foods Used In Africa*, FAO Nutrition Information Document Series No 2.p 70 ; J. Bot. 50:211. 1912 ; 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 ; Kuo, W. H. J., (Ed.) *Taiwan's Ethnobotanical Database (1900-2000)*, <http://tk.agron.ntu.edu.tw/ethnobot/DB1.htm> ; Latham, P., 2004, *Useful Plants of Bas-Congo province*. Salvation Army & DFID p 257 ; Lazarides, M. & Hince, B., 1993, *Handbook of Economic Plants of*

Australia, CSIRO. p 66 ; Liu, Yi-tao, & Long, Chun-Lin, 2002, *Studies on Edible Flowers Consumed by Ethnic Groups in Yunnan*. Acta Botanica Yunnanica. 24(1):41-56 ; Long, C., 2005, *Swaziland's Flora - siSwati names and Uses* <http://www.sntc.org.sz/flora/> ; Low, T., 1991, *Wild Herbs of Australia and New Zealand*. Angus & Robertson. p 94 (Drawing) ; Low, T., 1992, *Bush Tucker. Australia's Wild Food Harvest*. Angus & Robertson. p 155 ; Lungphi, P., Wangpan, T. & Tangjang, S., 2018, *Wild edible plants and their additional uses by the Tangsa community living in the Changlang district of Arunachal Pradesh, India*. Pleione 12(2): 151 - 164. 2018. ; Manvell, A., 2011, *Use of Non-Timber Forest Products around Sapo National Park, Liberia (Report B)* p 19 ; Martin, F.W. & Ruberte, R.M., 1979, *Edible Leaves of the Tropics*. Antillian College Press, Mayaguez, Puerto Rico. p 184 ; Medhi, P. & Borthakur, S. 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