

Cyperus bulbosus J. Vahl

Identifiants : 10677/cypbul

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 : Monocotylédones ;
- Clade : Commelinidées ;
- Ordre : Poales ;
- Famille : Cyperaceae ;

- **Classification/taxinomie traditionnelle :**

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Liliopsida ;
- Ordre : Cyperales ;
- Famille : Cyperaceae ;
- Genre : Cyperus ;

- **Synonymes :** *Cyperus blysmoides* C. B. Cl, *Cyperus spicatus* Boeck ;

- **Nom(s) anglais, local(aux) et/ou international(aux) :** Bush onions, Onion grass, Nut grass, , Akademoit, Bid, Gaddi, Gimaru, Gohosa, Gooso, Heqeyata, Hinkicha, Ilkuroti, Morkut, Motha, Mothabasa, Nalgoo, Ngaatu, Niyalbun, Puri, Puridumpa, Rabuon-apuoyo, Shilandi arisi, Theck root, Theg, Tjanmata, Yelka ;



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

Parties comestibles : bulbe, tubercules, racine^{{{0(+x)}} (traduction automatique)} | Original : Bulb, Tubers, Root^{{{0(+x)}}} L'enveloppe est enlevée et le bulbe est mangé cru ou rôti. Les bulbes sont également séchés et moulus et ajoutés à la farine

Partie testée : bulbe^{{{0(+x)}} (traduction automatique)}
Original : Bulb^{{{0(+x)}}}

Taux d'humidité	Énergie (kJ)	Énergie (kcal)	Protéines (g)	Pro- vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
42.8	883	211	3.4	0	32	3.4	0.6



néant, inconnus ou indéterminés.

- **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" :

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 ; 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 157 ; 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 ; Bindon, P., 1996, *Useful Bush Plants*. Western Australian Museum. p 97 ; Burkill, H. M., 1985, *The useful plants of west tropical Africa*, Vol. 1. Kew. ; Cherikoff V. & Isaacs, J., *The Bush Food Handbook*. How to gather, grow, process and cook Australian Wild Foods. Ti Tree Press, Australia p 189 ; Crawford, I. M., 1982, *Traditional Aboriginal Plant Resources in the Kalumburu Area: Aspects in Ethno-economics*. Records of the Western Australian Museum Supplement No. 15 ; Elliot, W.R., & Jones, D.L., 1984, *Encyclopedia of Australian Plants suitable for cultivation*. Vol 3. Lothian. p 156 ; Ethiopia: *Famine Food Field Guide*. <http://www.africa.upenn.edu/faminefood/category1.htm> ; Flora of Pakistan. www.eFloras.org ; GAMMIE, ; GUPTA & KANODIA, ; Hedrick, U.P., 1919, (Ed.), *Sturtevant's edible plants of the world*. p 262 ; IRVINE, ; Isaacs, J., 1987, *Bush Food, Aboriginal Food and Herbal Medicine*. Weldons. p 97 ; Jardin, C., 1970, *List of Foods Used In Africa*, FAO Nutrition Information Document Series No 2.p 74 ; 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 205 ; Lands, M., 1987, *Mayi: Some Bush fruits of Dampierland*. Magabala Books, Broome West Australia. p 29 ; Lang, P. J., et al, 1986, *Anangu Pitjantjatjara Lands Biological Survey*. p 43 ; Latz, P.K., 1996, *Bushfires and Bushucker: Aboriginal plant use in Central Australia*. IAD Press Alice Springs p 158 ; Latz, P & Wightman, G., 1995, *Desert Bush Tucker Identikit*. Common Native Food Plants of Central Australia. Parks & Wildlife Commission Northern Territory. p 54 ; Lazarides, M. & Hince, B., 1993, *Handbook of Economic Plants of Australia*, CSIRO. p 73 ; Lim, T. K., 2015, *Edible Medicinal and Non Medicinal Plants*. Volume 9, Modified Stems, Roots, Bulbs. Springer p 32 ; Low, T., 1991, *Wild Food Plants of Australia*. Australian Nature FieldGuide, Angus & Robertson. p 51 ; 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 ; Miers, G., 2004, *Cultivation and sustainable wild harvest of Bushfoods by Aboriginal Communities in Central Australia*. RIRDC report W03/124 p 19 ; Morley, B.D., & Toelken, H.R., (Eds), 1983, *Flowering Plants in Australia*. Rigby. p 365 ; Ocho, D. L., et al, 2012, *Assessing the levels of food shortage using the traffic light metaphor by analyzing the gathering and consumption of wild food plants, crop parts and crop residues in Konso, Ethiopia*. Journal of Ethnobiology and Ethnomedicine 8:30 ; Paczkowska, G. & Chapman, A.R., 2000, *The Western Australian Flora. A Descriptive Catalogue*. Western Australian Herbarium. p 42 ; Pascoe, B., 2018, *Dark Emu. Aboriginal Australia and the birth of Agriculture*. 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Mus. 1985, 12(3): 317-359 ; Smith, N and Wightman, G.M., 1990, *Ethnobotanical Notes from Belyuen Northern Territory Australia*. Northern Territory Botanical Bulletin No 10. Parks and Wildlife Commission of the Northern Territory. p 10 ; Vigilante, T., et al, 2013, *Island country: Aboriginal connections, values and knowledge of the Western Kimberley islands in the context of an island biological survey*. Records of the Western Australian Museum Supplement 81: 145-182 ; Wheeler, J.R.(ed.), 1992, *Flora of the Kimberley Region*. CALM, Western Australian Herbarium, p 1046 ; Wightman, Glenn et al. 1992. *Mudburra Ethnobotany: Aboriginal Plant Use from Kulumindini (Elliott) Northern Australia*. Northern Territory Botanical Bulletin No 14. Parks and Wildlife Commission of the Northern Territory. p 14