

Dryopteris cochleata (D. Don) C. Christensen

Identifiants : 12116/drycoc

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

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 14/05/2024

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Pteridophyta ;
- Classe : Filicopsida ;
- Ordre : Polypodiales ;
- Famille : Dryopteridaceae ;
- Genre : Dryopteris ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Danthe nyuro, , Danthe neuro, Gheeniuuro, Kochiya, Kochyan, Kukri arxa, Kukri sag, Liundo, Niuro, Unyau ;



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

Parties comestibles : feuilles, frondes^{{{0(+x)}} (traduction automatique)} | Original : Leaves, Fronds^{{{0(+x)}}} Les pousses tendres et les frondes sont cuites comme légume vert. Ils sont également utilisés pour les cornichons

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)
	0	0	0	44	0	0	0



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" :

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 ; Aryal, K. P. et al, 2009, *Uncultivated Plants and Livelihood Support - A case study from the Cheopang people of Nepal*. *Ethnobotany Research and Applications*. 7:409-422 ; Aryal, K. 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 ; Bhattarai, S. & Rajbhandary, S., 2017, *Pteridophyte Flora of Manaslu Conservation Area, Central Nepal*. *American Journal of Plant Sciences*, 2017, 8, 680-687 ; Dangol, D. R. et al, 2017, *Wild Edible Plants in Nepal*. *Proceedings of 2nd National Workshop on CUAOGR*, 2017. ; Johnson, N., 2002, *Environmental Change in northern Thailand: Impact on Wild Edible Plant Availability*. *Ecology of Food and Nutrition*, 41: 5, 373-399 ; Joshi, K. and Joshi, A. R., 2008, *Ethnobotanical Studies on Some Lower Plants of the Central Development Region, Nepal*. *Ethnobotanical Leaflets* 12:832-40 ; Joshi, N., et al, 2007, *Traditional neglected vegetables of Nepal: Their sustainable utilization for meeting human needs*. *Tropentag 2007. Conference on International Agricultural Research for Development*. ; Joshi, N. & Siwakoti, M., 2012, *Wild Vegetables Used by Local Community of Makawanpur District and Their Contribution to Food Security and Income Generation*. *Nepal Journal of Science and Technology* Vol. 13, No. 1 (2012) 59-66 ; Khanal, R., et al, 2014, *Documenting abundance and use of underutilized plant species in the mid hill region of Nepal*. *ECOPRINT* 21: 63-71, 2014 ; Manandhar, N.P., 2002, *Plants and People of Nepal*. Timber Press. Portland, Oregon. p 209 ; 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 ; 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 ; Rodriguez-Amaya, D. B., 1999, *Carotenoides y Prepracion de Alimentos*. University Estadual de Campinas, Brasil, Ph.D. thesis. p 22 (*As Driopteris cochleate*) ; Thapa, L. B., et al, 2014, *Wild Edible Plants used by endangered and Indigenous Raji Tribe in Western Nepal*. *International Journal of Applied Sciences and Biotechnology*. Vol 2(3):243-252