

Eichhornia crassipes (Mart.) Solms

Identifiants : 12425/eicra

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

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 11/05/2024

- Classification phylogénétique :

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

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Liliopsida ;
- Ordre : Liliales ;
- Famille : Pontederiaceae ;
- Genre : Eichhornia ;

- Synonymes : *Eichhornia speciosa* Kunth, *Heteranthera formosa* Miquel, *Pontederia crassipes* Martius ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Water hyacinth, , Aguapey, beda-pin, Bunga jamban, Camalote, Fen oakidu, Feng yan lan, Gachili, Jacinta de agua, Jasintandrano, Kam ploek, Lirio de agua, Luc binh, Meteka, Muxie, Pabuduo, Pak-top-chawa, Phak katok, Phak paud ;



- Note comestibilité : **

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

Parties comestibles : feuilles, fleurs, légumes, tiges de feuilles^{{{0(+x)}}} (traduction automatique) | Original : Leaves, Flowers, Vegetable, Leaf stalks^{{{0(+x)}}} Les tiges des feuilles sont utilisées pour les soupes aigres. Les boutons tendres sont cuits comme légume. Les fleurs sont utilisées pour préparer des collations. ATTENTION: La plante peut provoquer des démangeaisons. Ceci est en partie éliminé par la cuisson

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

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
89.8	125	30	0.5	0	0	0	0



néant, inconnus ou indéterminés.

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

• Liens, sources et/ou références :

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

dont classification :

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

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

Bodkin, F., 1991, *Encyclopedia Botanica*. Cornstalk publishing, p 375 ; Bortolotto, I. M., et al, 2018, *Lista preliminar das plantas alimenticias nativas de Mato Grosso do Sul, Brasil*. Iheringia, Serie Botanica, Porto Alegre, 73 (supl.):101-116 ; Bremness, L., 1994, *Herbs. Collins Eyewitness Handbooks*. Harper Collins. p 167 ; Brickell, C. (Ed.), 1999, *The Royal Horticultural Society A-Z Encyclopedia of Garden Plants*. Convent Garden Books. p 392 ; Burkill, H. M., 1985, *The useful plants of west tropical Africa*, Vol. 2. Kew. ; 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 905 ; Cribb, A.B. & J.W., 1976, *Wild Food in Australia*, Fontana. p 120 ; Cruz-Garcia, G. S., & Price, L. 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F., 2007, *Plantas alimenticias nao-convencionais da regio metropolitana de Porto Alegre, RS, Brazil* p 94 ; Lamp, C & Collet F., 1989, *Field Guide to Weeds in Australia*. Inkata Press. p 113 ; Lazarides, M. & Hince, B., 1993, *Handbook of Economic Plants of Australia*, CSIRO. p 88 ; Leach, G.J., & Osborne, P.L., 1985, *Freshwater Plants of Papua New Guinea*. UPNG Press, p 219 ; Liu, Yi-tao, & Long, Chun-Lin, 2002, *Studies on Edible Flowers Consumed by Ethnic Groups in Yunnan*. *Acta Botanica Yunnanica*. 24(1):41-56 ; Llamas, K.A., 2003, *Tropical Flowering Plants*. Timber Press. p 319 ; Loughmiller, C & L., 1985, *Texas Wildflowers. A Field Guide*. University of Texas, Austin. p 199 ; Malezas Comestibles del Cono Sur, INTA, 2009, Buenos Aires ; Manandhar, N.P., 2002, *Plants and People of Nepal*. Timber Press. Portland, Oregon. p 212 ; Marinelli, J. (Ed), 2004, *Plant. DK*. p 453 ; Martin, F.W. & Ruberte, R.M., 1979, *Edible Leaves of the Tropics*. 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