

Emilia sonchifolia (L.) DC. ex Wight

Identifiants : 12668/emison

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 : Dicotylédones vraies ;
- Clade : Astéridées ;
- Clade : Campanulidées ;
- Ordre : Asterales ;
- Famille : Asteraceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Asterales ;
- Famille : Asteraceae ;
- Genre : Emilia ;

- Synonymes : *Cacalia sonchifolia* L, *Crassocephalum sonchifolium* (L.) Less, *Emilia grandiflora* DC, ?*Emilia marivelensis* Elmer, *Emilia purpurea* Cass, *Emilia rigidula* DC, *Emilia sinica* Miq, *Gynura ecalyculata* DC, *Senecio sonchifolius* (L.) Moench, *Senecio sonchifolius* var. *bogorensis* Hochr ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Purple emily, Sowthistle tasselflower, , Akogbo, Chaulene jhar, Co chua le, Co mat troi, Dhamapon, Djonge, Emilia, Floras paint brush, Fua lele, Genta ao, Gbolo, Haang plaa chon, Hangplachon, Han-ik, Hirankhurai, Hirankhuri, Hu pla choon, Jonge, Kemendilan, Kemondelan, Ketumbit jantan, Kirikulhlha, Lamlampaka, Linpi, Makka, Momelan, Mulshevi, Muyalcheviyan, Muyalkivi, Nanara, Odundun odo, Paklinpii, Patah kemudi, Phakbang, Phakdaeng, Phak kat nok khao, Phak lin pii, Pisowa-pisowa, Rau ma la rau muong, Rauvivi, Red tassel Flower, Rubolbol, Sadamandi, Sadhimodi, Sarap, Setumbak merah, Snau reang tuk, Tagulinao, Tempuh wiyang, Tori phool, Ye xia hong, Yieh-hsia-hung ;



- Note comestibilité : ***

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

Feuilles et jeunes pousses - crues ou cuites ; utilisé comme légume ; la plante entière, y compris les fleurs, peut être consommée crue ou cuite ; les feuilles sont généralement récoltées et utilisées avant la floraison ; la plante en poudre est utilisée pour préparer un gâteau fermenté avec de la levure (appelée marcha au Népal) à partir de laquelle la liqueur est distillée^{{{(5+)}}}.

Les jeunes feuilles sont cuites et consommées comme légume. Ils peuvent également être consommés crus. Ils sont consommés avant que la plante ne commence à fleurir. Ils sont également utilisés dans les soupes. Les jeunes fleurs non ouvertes peuvent également être consommées

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

Original : Plant ^{{{(0(+x)}}}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
82.3	46	11	3.0	0	1	0	0



néant, inconnus ou indéterminés.

- Note médicinale : **

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



Par Blanco, M., Flora de Filipinas, ed. 3 (1877-1883) Fl. Filip., ed. 3 t. 282, via plantillustrations

- Autres infos :

dont infos de "FOOD PLANTS INTERNATIONAL" :

- Statut :

C'est un légume cultivé commercialement. Les feuilles sont vendues sur les marchés en Indonésie^{{{{0(+x)}}}} (traduction automatique).

Original : It is a commercially cultivated vegetable. Leaves are sold in markets in Indonesia^{{{{0(+x)}}}}.

- Distribution :

Une plante tropicale. Il pousse dans des endroits plus chauds. Il se produit aux Philippines de Luzon à Basilan dans les prairies ouvertes et les terrains vagues. Les plantes sont endommagées par le gel. Il convient aux sols bien drainés et aux positions ensoleillées. Au Népal et à Java, il atteint 1700 m d'altitude. Il convient aux zones de rusticité 9-11. Au Sichuan et au Yunnan^{{{{0(+x)}}}} (traduction automatique).

Original : A tropical plant. It grows in warmer places. It occurs in the Philippines from Luzon to Basilan in open grassland and waste places. Plants are damaged by frost. It suits well drained soils and sunny positions. In Nepal and Java it grows to 1700 m altitude. It suits hardiness zones 9-11. In Sichuan and Yunnan^{{{{0(+x)}}}}.

- Localisation :

Africa, American Samoa, Asia, Australia, Benin, Cambodia, Central Africa, Central America, China, Congo, Cuba, Dominican Republic, East Africa, East Timor, Equatorial-Guinea, Fiji, France, Ghana, Guiana, Guianas, Guinea, Guiné, Guinea-Bissau, Guyana, Haiti, Hawaii, Himalayas, India, Indochina, Indonesia, Japan, Laos, Malaysia, Maldives, Mozambique, Myanmar, Nepal, Nigeria, North America, Northeastern India, Pacific, Papua New Guinea, PNG, Philippines, Puerto Rico, Sao Tome and Principe, SE Asia, Senegal, Sierra Leone, Slovenia, South America, Suriname, Taiwan, Thailand, Timor-Leste, Tonga, USA, Vanuatu, Venezuela, Vietnam, West Africa, West Indies^{{{{0(+x)}}}} (traduction automatique).

Original : Africa, American Samoa, Asia, Australia, Benin, Cambodia, Central Africa, Central America, China, Congo, Cuba, Dominican Republic, East Africa, East Timor, Equatorial-Guinea, Fiji, France, Ghana, Guiana, Guianas, Guinea, Guiné, Guinea-Bissau, Guyana, Haiti, Hawaii, Himalayas, India, Indochina, Indonesia, Japan, Laos, Malaysia, Maldives, Mozambique, Myanmar, Nepal, Nigeria, North America, Northeastern India, Pacific, Papua New Guinea, PNG, Philippines, Puerto Rico, Sao Tome and Principe, SE Asia, Senegal, Sierra Leone, Slovenia, South America, Suriname, Taiwan, Thailand, Timor-Leste, Tonga, USA, Vanuatu, Venezuela, Vietnam, West Africa, West Indies^{{{{0(+x)}}}}.

- Notes :

Feuilles (poids sec) Eau: 0 Calories: 308 Protéines: 22 Lipides: 3,3 Glucides: 64,3 Fibres: 11 Cendres: 10,4

Calcium: 2187 Phosphore: 64^{{{0(+x)}}} (traduction automatique).

Original : Leaves (Dry weight) Water: 0 Calories: 308 Protein: 22 Fat: 3.3 Carbohydrate: 64.3 Fibre: 11 Ash: 10.4
Calcium: 2187 Phosphorus: 648^{{{0(+x)}}}.

• Liens, sources et/ou références :

° 5th "Plants For a Future" (en anglais) : <https://pfaf.org/user/Plant.aspx?LatinName=Emilia+sonchifolia> ;

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.* ; Alain & Martorell. 1982. *Flora of Puerto Rico.* ; Ambasta, S.P. (Ed.), 2000, *The Useful Plants of India. CSIR India.* p 195 ; Anderson, E. F., 1993, *Plants and people of the Golden Triangle. Dioscorides Press.* p 210 ; Arora, R. K., 2014, *Diversity in Underutilized Plant Species - An Asia-Pacific Perspective. Bioversity International.* p 40 ; Boedecker, J., et al, 2014, *Dietary contribution of Wild Edible Plants to women's diets in the buffer zone around the Lama forest, Benin* "an underutilized potential. *Food Sec.* 6:833-849 ; Britton et al., eds. ser. 1; Rogerson, ed. ser. 2. *North American flora ser. 1, 1905-1957; ser. 2, 1954-1972 (N Amer fl) ser. 2, 10:147-150.* ; Brown, W.H., 1920, *Wild Food Plants of the Philippines. Bureau of Forestry Bulletin No. 21 Manila.* p 155 ; Burkill, I.H., 1966, *A Dictionary of the Economic Products of the Malay Peninsula. 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PROTA, Wageningen, Netherlands.* p 561 ; Hedrick, U.P., 1919, (Ed.), *Sturtevant's edible plants of the world.* p 289 ; Henty, E.E., & Pritchard, G.S., 1973, *Weeds of New Guinea and their control. Botany Bulletin No 7, Division of Botany, Lae, PNG.* p 75 ; Hiddins, L., 1999, *Explore Wild Australia with the Bush Tucker Man. Penguin Books/ABC Books.* p 164 ; Holm, L., J. V. Pancho, H. P. Herberger & D. L. Plucknett. John Wiley & Sons, New York. 1979. *A geographical atlas of world weeds.* ; Howard, R. 1974-. *Flora of the lesser Antilles.* ; Hussey, B.M.J., Keighery, G.J., Cousens, R.D., Dodd, J., Lloyd, S.G., 1997, *Western Weeds. A guide to the weeds of Western Australia. Plant Protection Society of Western Australia.* p 96 ; Hu, Shiu-ying, 2005, *Food Plants of China. 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