Ficus benghalensis L.

Identifiants : 13899/ficben

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 : Dicotylédones vraies ;***
    - ***Clade : Rosidées ;***
    - ***Clade : Fabidées ;***
    - ***Ordre : Rosales ;***
    - ***Famille : Moraceae ;***
- ***Classification/taxinomie traditionnelle :***
    - ***Règne : Plantae ;***
    - ***Division : Magnoliophyta ;***
    - ***Classe : Magnoliopsida ;***
    - ***Ordre : Rosales ;***
    - ***Famille : Moraceae ;***
    - ***Genre : Ficus ;***
- ***Synonymes : Urostigma benghalensis (L.) Gaspary, Ficus cotonaeifolia Vahl, Ficus indica L ;***
- ***Nom(s) anglais, local(aux) et/ou international(aux) : Banyan Tree, Indian Banyan, , Aal, Al, Ala, Alada, Alam, Ala-maram, Alamarum, Ara banyan, Bahupada, Bar, Bara, Bargad, Bargat, Barh, Barnang, Bat, Beringin bulu, Bor, Bot, Cheri hanthor, Khanayo, Khongnangbot, Kirigas, Kraang, Mara, Marri, Nika, Ni-khrot, Peddamarri, Pyi-nyaung, Sai, Torong khongnang, Vad, Vada, Vadla, Vadlo, Vata, Vatam, Vati, Vor, Wad, War, Zoroo ;***

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

  Parties comestibles : fruits, feuilles, tiges{{{0(+x) (traduction automatique)} | Original : Fruit, Leaves, Stems{{{0(+x)} Les figues mûres sont consommées crues. Ils sont doux. Ils peuvent également être séchés. Les jeunes pousses sont utilisées comme aliment de famine. Les jeunes feuilles sont consommées comme légume et sont un aliment de famine

  Partie testée : fruit{{{0(+x) (traduction automatique)}
  Original : Fruit{{{0(+x)}

Taux d'humidité	*Énergie (kj)*	*Énergie (kcal)*	*Protéines (g)*	*Pro-vitamines A (µg)*	*Vitamines C (mg)*	*Fer (mg)*	*Zinc (mg)*
13	*0*	*0*	*8.1*	*0*	*156.6*	*4.1*	*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 ; Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 221 (Also as Ficus cotoneaefolia) ; Arinathan, V., et al, 2007, Wild edibles used by Palliyars of the western Ghats, Tamil Nadu. Indian Journal of Traditional Knowledge. 6(1) pp 163-168 ; Bajracharya, D., 1980, Nutritive Values of Nepalese Edible Wild Fruits. Z. Lebensm. Unters. Forsch. 171: 363-366 ; Behera K. K., et al, 2008, Wild Edible Plants of Mayurbhanj District, Orissa, India. J. Econ. Taxon. Bot. Vol. 32 (Suppl.) pp 305-314 ; Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 472 ; Bole, P.V., & Yaghani, Y., 1985, Field Guide to the Common Trees of India. OUP p 11 ; Brickell, C. (Ed.), 1999, The Royal Horticultural Society A-Z Encyclopedia of Garden Plants. Convent Garden Books. p 438 ; 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 1020 ; Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 602 ; Dey, A. & Mukhererjee, A., 2015, Living and Survival Amidst Hunger: Wild Edible Botanicals as a Prime Forest Productivity in the Rural Purulia District, West Bengal, India from Colonial to Present. Research Journal of Forestry 9(3): 71-86 ; Dhyani, S.K., & Sharma, R.V., 1987, Exploration of Socio-economic plant resources of Vyasi Valley in Tehri Garwhal. J. Econ. Tax. Bot. Vol. 9 No. 2 pp 299-310 ; Engel, D.H., & Phummai, S., 2000, A Field Guide to Tropical Plants of Asia. Timber Press. p 82, 103 ; Etherington, K., & Imwold, D., (Eds), 2001, Botanica's Trees & Shrubs. The illustrated A-Z of over 8500 trees and shrubs. Random House, Australia. p 326 ; Flora of Australia, Volume 3, Hamamelidales to Casuarinales, Australian Government Publishing Service, Canberra (1989) p 36, 37 ; Flora of Pakistan. www.eFloras.org ; GAMMIE, ; Ghimeray, A. K., Lamsal, K., et al, 2010, Wild edible angiospermic plants of the Illam Hills (Eastern Nepal) and their mode of use by local community. Korean J. Pl. Taxon. 40(1) ; GUPTA, ; GUPTA & KANODIA, ; Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 307 ; Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 101 ; Joshi, A. R.. and Joshi, J., 2009, Plant Diversity and Ethnobotanical Notes on tree species of Syabru Village, Langtang National Park, Nepal. Ethnobotanical Leaflets 13:651-64 ; Konsam, S., et al, 2016, Assessment of wild leafy vegetables traditionally consumed by the ethnic communities of Manipur, northeast India. Journal of Ethnobiology and Ethnomedicine, 12:9 ; Krishen P., 2006, Trees of Delhi, A Field Guide. DK Books. p 102 ; Kunwar, R.M. & Bussmann, R. W., 2006, Ficus (Fig) species in Nepal: a review of diversity and indigenous uses. Lyonia 11(1) ; Lord, E.E., & Willis, J.H., 1999, Shrubs and Trees for Australian gardens. Lothian. p 55 ; Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 232 ; Manju, S., and Sundriyal, R. C., 2001, Wild Edible Plants of the Sikkim Himalaya: Nutritive Values of Selected Species. Economic Botany 55(3): 377-390 ; McMakin, P.D., 2000, Flowering Plants of Thailand. A Field Guide. White Lotus. p 30 ; Nayaham, M. C., et al, 1993, Less Known Edible Fruit - Yielding plants of Nilgiris. Ancient Science of Lif. Vol. X11 Nos. 3 & 4, pp 363-376 ; Polunin, O., & Stainton, A., 2006, Flowers of the Himalaya, Oxford India Paperbacks. p 369 ; Prachi, K., et al, 2012, Underutilized wild fruits of North Maharashtra. Journal of Research in Plant Sciences. (2012) 1:071-076 ; Ramachandran, V. S., 2007, Wild edible plants of the Anamalais, Coimbatore district, western Ghats, Tamil Nadu. Indian Journal or Traditional Knowledge. 6(1) pp 173-176 ; Rasingam, L., 2012, Ethnobotanical studies on the wild edible plants of Irula tribes of Pillur Valley, Coimbatore district, Tamil Nadu, India. Asian Pacific Journal of Tropical Biomedicine. (2012) S1493-S1497 ; Reddy, B. M., 2012, Wild edible plants of Chandrapur district, Maharashtra, India. Indian Journal of Natural Products and Resources. 3(1) pp 110-117 ; Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 4th May 2011] ; SAXENA ; Schuler, S., (Ed.), 1977, Simon & Schuster's Guide to Trees. Simon & Schuster. No. 112 ; Shah, G.L., 1984, Some economically important plant of Salsette Island near Bombay. J. Econ. Tax. Bot. Vol. 5 No. 4 pp 753-765 ; Shah, S. K., 2014, Dietary contribution of underutilized minor crops and indigenous plants collected from uncultivated lands and forests in Nepal. in Promotion of Underutilized Indigenous Food Resources for Food Security and Nutrition in Asia and Pacific. FAO. Bangkok p 64 ; SHANKARNARAYAN & SAXENA, ; Sharma, G., et al, 2016, Agrobiodiversity in the Sikkim Himalaya. International Centre for Integrated Mountain Development, ICIMOD Working Paper 2016/5 p 20 ; SHORTT, ; Singh, H.B., Arora R.K.,1978, Wild edible Plants of India. Indian Council of Agricultural Research, New Delhi. p 78 ; Singh, V. and Singh, P., 1981, Edible Wild Plants of Eastern Rajasthan. J. Econ. Tax. Bot. Vol 2 pp 197-207 ; Singh, P.K., Singh, N.I., and Singh, L.J., 1988, Ethnobotanical Studies on Wild Edible Plants in the Markets of Manipur - 2. J. Econ. Tax. Bot. Vol. 12 No. 1 pp 113-119 ; Singh, V. B., et al, (Ed.) Horticulture for Sustainable Income and Environmental Protection. Vol. 1 p 216 ; Smith, A.C., 1981, Flora Vitiensis Nova, Lawaii, Kuai, Hawaii, Volume 2 p 174 ; Sp. pl. 2:1059. 1753 ; Staples, G.W. and Herbst, D.R., 2005, A tropical Garden Flora. Bishop Museum Press, Honolulu, Hawaii. p 408 ; Sujanapal, P., & Sankaran, K. V., 2016, Common Plants of Maldives. FAO & Kerala FRI, p 132 ; Sundriyal, M., et al, 2004, Dietary Use of Wild Plant Resources in the Sikkim Himalaya, India. Economic Botany 58(4) pp 626-638 ; Teron, R. & Borthakur, S. K., 2016, Edible Medicines: An Exploration of Medicinal Plants in Dietary Practices of Karbi Tribal Population of Assam, Northeast India. In Mondal, N. & Sen, J.(Ed.) Nutrition and Health among tribal populations of India. p 153 ; Thaman, R. R., 1987, Plants of Kiribati: A listing and analysis of vernacular names. Atoll Research Bulletin No. 296 ; Thaman, R. R., et al, 1994, The Flora of Nauru. Atoll Research Bulletin No. 392. Smithsonian Institute p 171 ; 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 ; Upreti, K., et al, 2010, Diversity and Distribution of Wild Edible Fruit Plants of Uttarakhand. Bioversity Potentials of the Himalaya. p 170 ; Uprety, Y., et al, 2012, Diversity of use and local knowledge of wild edible plant resources in Nepal. Journal of Ethnobotany and Ethnomedicine 8:16 ; Young, J., (Ed.), 2001, Botanica's Pocket Trees and Shrubs. Random House. p 383