Ficus sur Forssk.

Identifiants : 14097/ficsur

Association du Potager de mes/nos Rêves (https://lepotager-demesreves.fr)
Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 02/05/2024

- ***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 : Ficus capensis Thunb, Ficus riparia (Miq.) A. Rich, Ficus mallotocarpa Warb, Sycomoris capensis (Thunb.) Miq, Ficus lichtensteinii Link ;***
- ***Nom(s) anglais, local(aux) et/ou international(aux) : Cape fig, Brown cluster fig, Broom cluster fig, , Anaque, Besemtrosvy, Blata, Bucune, Buncuncul, Bush fig, Canhama, Catchocodo, Culucumbua, Cuncre, Cungre, Defay, Dullu, Eboborei, Elisho, Emidit, Essa, Gangnihamalim, Harbu, Heleta, Ikubila, Ikuwu, Inkwane, Intonkindja, Kabalira, Kabalira, Kibuu, Kode, Likwani, Makovo, Mbolo, Misombe, Mkuu, Mkuyu, Mkwane, Mouwane, Mphai, Mtundu, Muchowana, Muhuyulukuse, Mukankanwamimu, Mukiwa, Mukowana, Mukugu, mu-Kuyu, Mukuyu, Muonde, Muvonde, Muwande, N'cungre, Nkuwa, N'tankindja, Nwadua, Odakko, Oduru, Okpoto, Ol-ngaboli, Omulelehe, Opoto, Sema, Semo, Shola, Tcheque, Tchequedje, Tonkin-ia, Tonquinha, Tumbli, Tur, Turo, Umkhiwane, Umkhwane, Umkiwa, Umkiwane, Uncugne, Uncungre, Uwar yara, Womseega ;***

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

Parties comestibles : fruits, feuilles, racines, écorce, légumes{{{0(+x) (traduction automatique)} | Original : Fruit, Leaves, Roots, Bark, Vegetable{{{0(+x)} Les figues sont comestibles mais souvent infectées par des insectes. Ils peuvent être consommés crus. Les graines sont enlevées. Les fruits sont consommés en bouillie. Ils peuvent être utilisés pour la confiture ou les conserves. Ils peuvent être séchés. Les jeunes feuilles sont cuites et mangées. Les racines au-dessus du sol sont consommées lorsqu'elles sont jeunes. L'écorce est mâchée avec des noix de cola pour réduire la soif

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)*
85	*0*	*0*	*0*	*0*	*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" :

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 47 (As Ficus capensis) ; Achigan-Dako, E, et al (Eds), 2009, Catalogue of Traditional Vegetables in Benin. International Foundation for Science. ; Acipa, A. et al, 2013, Nutritional Profile of some Selected Food Plants of Otwal and Ngai Counties, Oyam District, Northern Uganda. African Journal or Food, Agriculture, Nutrition and Development. 13(2) ; 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 Hamer and Konso Communities, South Ethiopia. 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