

Hyphaene thebaica (L.) Mart.

Identifiants : 16580/hypthe

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

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 10/05/2024

- Classification phylogénétique :

- Clade : Angiospermes ;
- Clade : Monocotylédones ;
- Clade : Commelinidées ;
- Ordre : Arecales ;
- Famille : Arecaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Liliopsida ;
- Ordre : Arecales ;
- Famille : Arecaceae ;
- Genre : Hyphaene ;

- Synonymes : *Chamaeriphes crinita* (Gaertn.) Kuntze, *Chamaeriphes thebaica* (L.) Kuntze, *Corypha thebaica* L, *Cucifera thebaica* (L.) Delile, *Douma thebaica* (L.) Poir, *Hyphaene baikieana* Furtado, *Hyphaene crinita* Gaertn, *Hyphaene dahomeensis* Becc, *Hyphaene dankaliensis* Becc, *Hyphaene guineensis* Schum. & Thonn, *Hyphaene nodularia* Becc, *Hyphaene occidentalis* Becc, *Hyphaene santoana* Furtado, *Hyphaene sinaitica* Furtado, *Hyphaene togoensis* Dammer ex Becc, *Hyphaene tuleiyana* Furtado, *Palma thebaica* (L.) Jacq ;

- Nom(s) anglais, local(aux) et/ou international(aux) : *Gingerbread palm*, *Doum palm*, , *African Doum palm*, *Babazla*, *Bar*, *Bri-goruba*, *Dom*, *Doum*, *Dum palm*, *Gellohi*, *Goriba*, *Goruba*, *Karjim*, *Kunchula*, *Manie*, *Mukpiatikakadata*, *Na*, *Poro*, *Sete* ;



- Note comestibilité : **

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

Noix sèches/séchées^{{{0(+x)}}}.

La couche intermédiaire spongieuse du fruit est utilisée pour la farine. Le noyau est mangé. Les graines sont germées dans le sol puis mangées. Les jeunes fruits sont bouillis et mangés. Le chou de palme est comestible. La pousse de la graine en développement avant l'émergence des feuilles peut être mangée

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

Original : Nuts dried^{{{0(+x)}}}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
6	1651	395	3.9	0	0	0	0



néant, inconnus ou indéterminés.

- Note médicinale : **

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

- *Autres infos :*

dont infos de "FOOD PLANTS INTERNATIONAL" :

◦ **Distribution :**

Une plante tropicale. Il poussera dans les régions tempérées chaudes, subtropicales et tropicales. Il ne tolérera pas le gel. Il pousse dans les régions côtières. Il peut pousser dans des endroits arides. On le trouve dans les régions les plus sèches de l'Afrique de l'Ouest. Il pousse au Sahel. Il se trouve souvent sur le sol laissé par les crues des rivières. Il forme des peuplements denses dans des vallées chaudes et sèches. Ils poussent là où la température est de 20 ° C à 35 ° ou 40 ° C. Ils poussent jusqu'à 600 m d'altitude. Ils sont courants dans les zones avec une pluviométrie comprise entre 150 et 600 mm par an. Ils peuvent pousser sur des sols salins. Il peut pousser dans des endroits arides. Ils préfèrent un pH du sol de 6,5 à 7,6. Ils sont pollinisés par le vent. Il convient aux zones de rusticité 10-12. Dans Townsville palmetum^{{{0(+x)}}} (traduction automatique).

Original : A tropical plant. It will grow in warm temperate, subtropical and tropical regions. It will not tolerate frost. It grows in coastal regions. It can grow in arid places. It is found in the drier parts of West Africa. It grows in the Sahel. It is often on soil left by floods from rivers. It forms dense stands in hot dry valleys. They grow where the temperature is 20Â°C to 35Â° or 40Â°C. They grow up to 600 m altitude. They are common in areas with a rainfall between 150 and 600 mm per year. They can grow on saline soils. It can grow in arid places. They prefer a soil pH of 6.5-7.6. They are pollinated by wind. It suits hardiness zones 10-12. In Townsville palmetum^{{{0(+x)}}}.

◦ **Localisation :**

Afrique, Asie, Australie, Bénin, Burkina Faso, Cameroun, Afrique centrale, République centrafricaine, RCA, Tchad, Chine, Congo, RD Congo, Côte d'Ivoire, Djibouti, Afrique de l'Est, Égypte, Érythrée, Éthiopie, Gabon, Gambie, Ghana, Guinée, Guinée-Bissau, Inde, Indonésie, Iran, Israël, Côte d'Ivoire, Kenya, Libéria, Libye, Madagascar, Mali, Mauritanie, Mozambique, Niger, Nigéria, Afrique du Nord, Amérique du Nord, Pakistan, Palestine, Sahel, Arabie Saoudite, Asie du Sud-Est, Sénégal, Sierra Leone, Somalie, Afrique du Sud, Afrique australe, Soudan du Sud, Sri Lanka, Soudan, Tanzanie, Togo, USA, Afrique de l'Ouest *, Yémen, Zambie, Zimbabwe^{{{0(+x)}}} (traduction automatique).

Original : Africa, Asia, Australia, Benin, Burkina Faso, Cameroon, Central Africa, Central African Republic, CAR, Chad, China, Congo, Congo DR, CÔte d'Ivoire, Djibouti, East Africa, Egypt, Eritrea, Ethiopia, Gabon, Gambia, Ghana, Guinea, Guinea-Bissau, India, Indonesia, Iran, Israel, Ivory Coast, Kenya, Liberia, Libya, Madagascar, Mali, Mauritania, Mozambique, Niger, Nigeria, North Africa, North America, Pakistan, Palestine, Sahel, Saudi Arabia, SE Asia, Senegal, Sierra Leone, Somalia, South Africa, Southern Africa, South Sudan, Sri Lanka, Sudan, Tanzania, Togo, USA, West Africa*, Yemen, Zambia, Zimbabwe^{{{0(+x)}}}.

◦ **Notes :**

Il existe environ 9 ou 10 espèces d'hyphaènes. (Certaines autorités en estiment 40). Composition chimique (pour 100g) (feuilles): Protéine = 2,3g. Lipides = 0,4 g. Calcium = 210 mg. Kcal = 43; (noix, séchée): protéines = 3,9 g. Lipides = 6,4 g. Calcium = 144 mg. Kcal = 395; (farine): protéines = 2,6 g. Lipides = .4g. Calcium = 68 mg. Fer = 20 mg. Vitamine B1 = 0,05 mg. Vitamine B2 = 0,10 mg. Niacine = 3,4 mg. Kcal = 296; (noix, vert: partie extérieure, comestible): Protéine = 1,4%. Lipides = 0,1%. Glucides = 13,6%. Fibre (brute) = 5,4%. Cendres = 1,5%. CaO = 0,05%. P2O5 = 0,13%. Humidité = 78,0%. Kcal = 62; (noix, vert: noyaux et liquide): Protéine = 1,9%. Matières grasses = 0,2%. Glucides = 19,8%. Fibre (brute) = 1,4%. Cendres = 0,7%. CaO = 0,07%. P2O5 = 0,03%. Humidité = 76,0%. Kcal = 91; (noix, mature; portion comestible): protéines = 2,8%. Lipides = 0,4%. Glucides = 74,7%. Fibre (brute) = 11,0%. Cendres = 5,4%. CaO = 0. 17%. P2O5 = 0,39%. Humidité = 5,7%. Kcal = 321. Composition chimique, d'après Abdelmuti) Protéine (brute) = 1,7% (sèche). Matières grasses = 0,5% (sec). Cendres (insolubles) = 1,9% (sèches). Fibre (brute) = 7,3% (sèche). Acides aminés (g [16g N] -1): acide aspartique = 6,8 g. Thréonine = 2,7 g. Sérine = 3,7 g. Acide glutamique = 9,0 g. Proline = 3,8 g. Glycine = 5,3 g. Alanine = 4,0 g. Valine = 4,0 g. Cystéine = 1,2 g. Méthionine = 1,5 g. Isoleucine = 4,0 g. Leucine = 5,3 g. Tyrosine = 2,2 g. Phénylalanine = 3,7 g. Lysine = 2,8 g. Histidine = 1,5 g. Arginine = 4,3 g. Minéraux: Soufre = 0,30% (sec). Potassium = 0,14% (sec). Magnésium = 0,28% (sec). Calcium = 0,13% (sec). Na = 0,09% (sec). K = 3,02% (sec). Zinc = 11 mg / kg (sec). Fer = 17 mg / kg (sec). Manganèse = 11 mg / kg (sec). Cuivre = 25 mg / kg (sec). après Abdelmuti) Protéine (brute) = 1,7% (sèche). Matières grasses = 0,5% (sec). Cendres (insolubles) = 1,9% (sèches). Fibre (brute) = 7,3% (sèche). Acides aminés (g [16g N] -1): acide aspartique = 6,8 g. Thréonine = 2,7 g. Sérine = 3,7 g. Acide glutamique = 9,0 g. Proline = 3,8 g. Glycine = 5,3 g. Alanine = 4,0 g. Valine = 4,0 g. Cystéine = 1,2 g. Méthionine = 1,5 g. Isoleucine = 4,0 g. Leucine = 5,3 g. Tyrosine = 2,2 g. Phénylalanine = 3,7 g. Lysine = 2,8 g. Histidine = 1,5 g. Arginine = 4,3 g. Minéraux: Soufre = 0,30% (sec). Potassium = 0,14% (sec). Magnésium = 0,28% (sec). Calcium = 0,13% (sec). Na = 0,09% (sec). K = 3,02% (sec). Zinc = 11 mg / kg (sec). Fer = 17 mg / kg (sec). Manganèse = 11 mg / kg (sec). Cuivre = 25 mg / kg (sec). après Abdelmuti) Protéine (brute) = 1,7% (sèche). Matières grasses = 0,5% (sec). Cendres (insolubles) = 1,9% (sèches). Fibre (brute) = 7,3% (sèche). Acides aminés (g [16g N] -1): acide aspartique = 6,8 g. Thréonine = 2,7 g. Sérine = 3,7 g. Acide glutamique = 9,0 g. Proline = 3,8 g. Glycine = 5,3 g. Alanine = 4,0 g. Valine = 4,0 g. Cystéine = 1,2 g. Méthionine = 1,5 g. Isoleucine = 4,0 g. Leucine = 5,3 g. Tyrosine = 2,2 g. Phénylalanine = 3,7 g. Lysine = 2,8 g. Histidine = 1,5 g. Arginine = 4,3 g. Minéraux: Soufre = 0,30% (sec). Potassium = 0,14% (sec). Magnésium = 0,28% (sec). Calcium = 0,13% (sec). Na = 0,09% (sec). K = 3,02% (sec). Zinc = 11 mg / kg (sec). Fer = 17 mg / kg (sec). Manganèse = 11 mg / kg (sec). Cuivre = 25 mg / kg (sec). Acide glutamique = 9,0 g. Proline = 3,8 g. Glycine = 5,3 g. Alanine = 4,0 g. Valine = 4,0 g. Cystéine = 1,2 g. Méthionine = 1,5 g. Isoleucine = 4,0 g. Leucine = 5,3 g. Tyrosine = 2,2 g. Phénylalanine = 3,7 g. Lysine = 2,8 g. Histidine = 1,5 g. Arginine = 4,3 g. Minéraux: Soufre = 0,30% (sec). Potassium = 0,14% (sec). Magnésium = 0,28% (sec). Calcium = 0,13% (sec). Na = 0,09% (sec). K = 3,02% (sec). Zinc = 11 mg / kg (sec).

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Original : There are about 9 or 10 *Hyphaene* species. (Some authorities estimate 40). Chemical composition (per 100g)(leaves): Protein = 2.3g. Fat = 0.4g. Calcium = 210 mg. Kcal = 43; (nut, dried): Protein = 3.9g. Fat = 6.4g. Calcium = 144 mg. Kcal = 395; (flour): Protein = 2.6g. Fat = .4g. Calcium = 68 mg. Iron = 20 mg. Vitamin B1 = .05 mg. Vitamin B2 = .10 mg. Niacin = 3.4 mg. Kcal = 296; (nut, green: outer, edible portion): Protein = 1.4%. Fat = 0.1%. Carbohydrate = 13.6%. Fibre (crude) = 5.4%. Ash = 1.5%. CaO = 0.05%. P2O5 = 0.13%. Moisture = 78.0%. Kcal = 62; (nut, green: kernels and fluid): Protein = 1.9%. Fat = 0.2%. Carbohydrate = 19.8%. Fibre (crude) = 1.4%. Ash = 0.7%. CaO = 0.07%. P2O5 = 0.03%. Moisture = 76.0%. Kcal = 91; (nut, mature; edible portion): Protein = 2.8%. Fat = 0.4%. Carbohydrate = 74.7%. Fibre (crude) = 11.0%. Ash = 5.4%. CaO = 0.17%. P2O5 = 0.39%. Moisture = 5.7%. Kcal = 321. Chemical composition, after Abdelmuti Protein (crude) = 1.7% (dry). Fat = 0.5% (dry). Ash (insoluble) = 1.9% (dry). Fibre (crude) = 7.3% (dry). Amino acids (g [16g N]-1): Aspartic acid = 6.8g. Threonine = 2.7g. Serine = 3.7g. Glutamic acid = 9.0g. Proline = 3.8g. Glycine = 5.3g. Alanine = 4.0g. Valine = 4.0g. Cysteine = 1.2g. Methionine = 1.5g. Isoleucine = 4.0g. Leucine = 5.3g. Tyrosine = 2.2g. Phenylalanine = 3.7g. Lysine = 2.8g. Histidine = 1.5g. Arginine = 4.3g. Minerals: Sulphur = 0.30% (dry). Potassium = 0.14% (dry). Magnesium = 0.28% (dry). Calcium = 0.13% (dry). Na = 0.09% (dry). K = 3.02% (dry). Zinc = 11 mg/kg (dry). Iron = 17 mg/kg (dry). Manganese = 11 mg/kg (dry). Copper = 25 mg/kg (dry).^{{{{0(+x)}}}}

- Liens, sources et/ou références :

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

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 49 ; ABDELMUTI, ; 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 ; Ambasta S.P. (Ed.), 2000, *The Useful Plants of India. CSIR India.* p 281 ; Asfaw, Z. and Tadesse, M., 2001, *Prospects for Sustainable Use and Development of Wild Food Plants in Ethiopia. Economic Botany, Vol. 55, No. 1, pp. 47-62* ; Atato, A., et al, 2010, *Diversity of Edible Wild Fruit Tree Species of Togo. Global Science Books.* ; Ayantunde, A. A., et al, 2009, *Uses of Local Plant Species by Agropastoralists in South-western Niger. Ethnobotany Research and Applications. Vol. 7: 53-66* ; Ballal, M. E., et al, 2014, *Ethno-botany of Natural Forests of Nuba Mountains, South Kordofan State, Sudan. Journal of Forest Products & Industries.* 3(1):13-19 ; Balick, M.J. and Beck, H.T., (Ed.), 1990, *Useful palms of the World. A Synoptic Bibliography. Colombia* p 651 (As *Hyphaene crinita*) ; Bekele-Tesemma A., Birnie, A., & Tengnas, B., 1993, *Useful Trees and Shrubs for Ethiopia. Regional Soil Conservation Unit. Technical Handbook No 5.* p 278 ; Bernholt, H. et al, 2009, *Plant species richness and diversity in urban and peri-urban gardens of Niamey, Niger. Agroforestry Systems* 77:159-179 ; BERRY-KOCH, ; Balick, M.J. and Beck, H.T., (Ed.), 1990, *Useful palms of the World. A Synoptic Bibliography. Colombia* p 66, 122, 149, 434, 513, 628, ; Bodkin, F., 1991, *Encyclopedia Botanica. Cornstalk publishing,* p 573 ; Brickell, C. (Ed.), 1999, *The Royal Horticultural Society A-Z Encyclopedia of Garden Plants. Convent Garden Books.* p 545 ; Burkill, H. M., 1985, *The useful plants of west tropical Africa, Vol. 4. Kew.* ; Codjia, J. T. C., et al, 2003, *Diversity and local valorisation of vegetal edible products in Benin. Cahiers Agricultures* 12:1-12 ; CRÄ%AC'H, ; Cundall, P., (ed.), 2004, *Gardening Australia: flora: the gardener's bible. ABC Books.* p 723 ; Dalziel, J. M., 1937, *The Useful plants of west tropical Africa. Crown Agents for the Colonies London.* ; Etherington, K., & Imwold, D., (Eds), 2001, *Botanica's Trees & Shrubs. The illustrated A-Z of over 8500 trees and shrubs. Random House, Australia.* p 390 ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants. Kampong Publications,* p 29 ; FAO, 1988, *Traditional Food Plants, FAO Food and Nutrition Paper 42. FAO Rome* p 333 ; *Flora of Pakistan. www.eFloras.org* ; *Food Composition Tables for use in Africa FAO* <http://www.fao.org/infoods/directory> No. 910 No. 911 (As *Hyphaene dankaliensis*) ; *Fruct. sem. pl.* 2:13, t. 82, fig. 4. 1790 (As *Hyphaene crinita*) ; Gibbons, M., 2003, *A pocket guide to Palms. Chartwell Books.* p 117 ; Gilbert, T., et al, 2017, *Diversity and local transformation of indigenous edible fruits in sahelian domain of Cameroon. Journal of Animal & Plant Sciences Vol. 26 (2): 5289-5300* ; Hanawa, Y., 2013, *Wild edible plants used by Guiziga people of far northregion of Cameroon. Int. J. Med. Arom. Plants. Vol 3 (2) : 136-143* ; Harris, F. M. A. and Mohammed, S., 2003, *Relying on Nature: Wild Foods in Northern Nigeria. Ambio Vol. 32 No. 1. p 25-30* ; Haynes, J., & McLaughlin, J., 2000, *Edible palms and Their Uses. University of Florida Fact sheet MCDE-00-50-1* p 6 ; Hedrick, U.P., 1919, (Ed.), *Sturtevant's edible plants of the world.* p 352 ; HENRY & GRINDLEY (1954), ; Heywood, V.H., Brummitt, R.K., Culham, A., and Seberg, O., 2007, *Flowering Plant Families of the World. Royal Botanical Gardens, Kew.* p 348 ; *Hist. nat. palm.* 3:226, t. 131-133. 1838 ; Ibrahim, H. A., et al, 2012, *Ethnobotanical Survey of the Wild Edible Food*

Plants Consumption among Local Communities in Kano State, North-Western, Nigeria, International Journal of Science and Technology. Vol. 2. No. 10 p 716 ; Janick, J. & Paul, R. E. (Eds.), 2008, *The Encyclopedia of Fruit & Nuts*. CABI p 130 ; Jardin, C., 1970, *List of Foods Used In Africa*, FAO Nutrition Information Document Series No 2, p 16, 34, 82. p 142 (As *Hyphaene dankaliensis*) ; Jones, D.L., 1994, *Palms throughout the World*. Smithsonian Institution, Washington. p 54, 230 ; Jones, D.L., 2000, *Palms of Australia* 3rd edition. Reed/New Holland. p 165 ; Kiple, K.F. & Ornelas, K.C., (eds), 2000, *The Cambridge World History of Food*. CUP p 1769 ; Le Houerou, H. N., (Ed.), 1980, *Browse in Africa. The current state of knowledge*. International Livestock Centre for Africa, Ethiopia. p 163 ; Lulekal, E., et al, 2011, *Wild edible plants in Ethiopia: a review on their potential to combat food insecurity*. *Afrika Focus* - Vol. 24, No 2. pp 71-121 ; Martin, F.W. & Ruberte, R.M., 1979, *Edible Leaves of the Tropics*. Antillian College Press, Mayaguez, Puerto Rico. p 210 ; Martin, F. W., et al, 1987, *Perennial Edible Fruits of the Tropics*. USDA Handbook 642 p 47 ; Maydell, H. von, 1990 *Trees and shrubs of the Sahel: their characteristics and uses*. Margraf. p 303 ; Menninger, E.A., 1977, *Edible Nuts of the World*. Horticultural Books. Florida p 135 ; Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, *Edible Wild plants of Sub-saharan Africa*. Kew. p 38 ; Purseglove, J.W., 1972, *Tropical Crops. Monocotyledons*. Longmans p 425 ; Riffle, R.L. & Craft, P., 2003, *An Encyclopedia of Cultivated Palms*. Timber Press. p 354 ; Royal Botanic Gardens, Kew (1999). *Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database*. Published on the Internet; <http://www.rbgekew.org.uk/ceb/sepasal/internet> [Accessed 5th May 2011] ; (Also as *Hyphaene crinita*) ; Salih, N. K. M., & Ali, A. H., 2014, *Wild food trees in Eastern Nuba Mountain, Sudan: Use, diversity, and threatening factors*. *Journal of Agriculture and Rural Development in the Tropics and Subtropics* Vol. 115 No. 1 pp 1-7 ; Schuler, S., (Ed.), 1977, *Simon & Schuster's Guide to Trees*. Simon & Schuster. No. 57 ; Segnon, A. C. & Achigan-Dako, E. G., 2014, *Comparative analysis of diversity and utilization of edible plants in arid and semi-arid areas in Benin*. *Journal of Ethnobiology and Ethnomedicine* 2014, 10:80 ; Sukarya, D. G., (Ed.) 2013, *3,500 Plant Species of the Botanic Gardens of Indonesia*. LIPI p 783 ; Vanderjagt, F. J., et al, 2000, *The trypsin inhibitor content of 61 wild edible plant foods of Niger*. *Plant Foods for Human Nutrition* 55: 335-346, 2000. ; Vickery, M.L. and Vickery, B., 1979, *Plant Products of Tropical Africa*, Macmillan. p 99 ; Wickens, G.E., 1995, *Edible Nuts*. FAO Non-wood forest products. FAO, Rome. p166 ; www.worldagroforestrycentre.org/treedb/