

Juglans regia L., 1753 (Noyer commun)

Identifiants : 17297/jugreg

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

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 06/05/2024

- Classification phylogénétique :

- Clade : Angiospermes ;
- Clade : Dicotylédones vraies ;
- Clade : Rosidées ;
- Clade : Fabidées ;
- Ordre : Fagales ;
- Famille : Juglandaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Juglandales ;
- Famille : Juglandaceae ;
- Genre : Juglans ;

- Synonymes : *Juglans duclouxiana* Dode, *Juglans fallax* Dode, *Juglans kamaonica* (C. DC.) Dode, *Juglans orientis* Dode, *Juglans regia* subsp. *kamaonica* (C. DC.) Mansf, *Juglans regia* var. *orientis* (Dode) Kitam, *Juglans regia* var. *sinensis* C. DC, *Juglans sinensis* (C. DC.) Dode ;

- Synonymes français : noyer royal, noyer, calottier, écalonnier, gojeutier, cerneau, goguier, noguier, noix {fruit}, noyer de Perse, calottier, cerneau {noix décortiquée} ;

- Nom(s) anglais, local(aux) et/ou international(aux) : walnut, Carpathian walnut, English walnut, Madeira walnut, Persian walnut , hu tao (cn transcrit), echte Walnuß (de), nogueira-comum (pt), nogueira-européia (pt,br), nogal común (es), nogal europeo (es), nogal inglés (es), valnöt (sv) ;

- Rusticité (résistance face au froid/gel) : {{{-15°C ;



- Note comestibilité : ****

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

Feuille (tisanes (mixtes)1)μ, sève (cuite (sirop)1)(1*) et fruit (mûrs : cerneaux (=graine sans coque) crus1/cuits1 et/ou aromatisants1, dont extrait (huile)1 ; ou immatures (moux) : dont brou (=écale verte)(vin)1 ou entiers (confits)1) comestibles.

Détails :

Noix, semences, aromatisant, fruit, épice, huile, sève{{{0(+x)}}}.

Graines^{(27(+x))} (noyaux des noix{{{0(+x)}}}) consommées crues{{{0(+x)},{{{27(+x)}}}} ou cuites^{0(+x)} ou confites^{27(+x)} ; elles sont utilisées dans les gâteaux, sauces à la crème glacée, les soupes, etc...{{{0(+x)}}} ; la noix est également utilisée pour fabriquer un lait végétal{{{(dp*)}}}.

Le jeune fruit vert{{{0(+x)},{{{~27(+x)}}}} peut être picklé (mariné) dans du vinaigre et mangé ; ils peuvent également être transformés en confitures, conserves {{{0(+x)}}} ou^(dp*) utilisés à la fabrication du "vin de noix", par macération dans du vin{{{27(+x)}}}.

L'huile est extraite du fruit ; le reste peut être utilisé dans le pain{{{0(+x)}}}.

Les arbres donnent une sève^{{{0(+x),27(+x)}}} sucrée transformée en sirop ou en sucre^{{{0(+x),{{--27(+x)}}}, par ébullition^{{{27(+x)}}}.

Les noyaux des noix sont consommés crus ou cuits. Ils sont utilisés sur les gâteaux, les sauces glacées, les soupes, etc. Les jeunes fruits verts peuvent être marinés dans du vinaigre et consommés. Ils peuvent également être transformés en confitures et en conserves. L'huile est extraite du fruit. Le reste peut être utilisé dans le pain. Les arbres produisent une sève sucrée transformée en sirop ou en sucre. Les feuilles sont ajoutées aux concombres lactofermentés

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

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

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro- vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
4.4	2903	695	14.4	4	3	2.5	2.7



(1*)Il est recommandé de prélever la sève en quantités modérées pour ne pas nuire à la santé (et, pire, la survie) de l'arbre.1néant, inconnus ou indéterminés.

- Note médicinale : ***

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



Par Köhler F.E. (Medizinal Pflanzen, vol. 1: t. 4, 1887), via plantillustrations.org

- Autres infos : Plante cultivée depuis l'antiquité^{{{27(+x)}}}.

dont infos de "FOOD PLANTS INTERNATIONAL" :

- Statut :

Des semences ont été introduites en Papouasie-Nouvelle-Guinée pour des plantations d'essai uniquement. Environ 1 million de tonnes sont produites dans le monde chaque année^{{{0(+x)}}} (traduction automatique).

Original : Seeds have been introduced into Papua New Guinea for trial plantings only. About 1 million tons are produced worldwide each year^{{{0(+x)}}}.

- Distribution :

Il est originaire de Chine et d'Europe du Sud-Est. Les arbres peuvent supporter de fortes gelées lorsqu'il n'y a pas de fleurs sur l'arbre. C'est une plante tempérée froide. Il fait mieux avec une température de 29-32 ° C à l'approche de la récolte. Il pousse au Vietnam entre 500 et 1500 m d'altitude. Comme il ne supporte pas les hautes terres de l'Inde, il est peu probable qu'il réussisse en PNG. En Inde, elle produit dans le Garhwal Himalaya. Dans le nord-est de l'Inde, il pousse entre 1 600 et 2 400 m d'altitude. En Chine, ils sont courants dans les régions du nord. Ils sont cultivés en Chine entre 23-42° N. Ils poussent sur les pentes des montagnes entre 500 et 1800 m d'altitude. Dans les jardins botaniques de Hobart. Il convient aux zones de rusticité 4-10. Arboretum Tasmania. Au Sichuan^{{{0(+x)}}} (traduction automatique).

Original : It is native to China and S.E. Europe. Trees can stand hard frosts when no flowers are on the tree. It is a cold temperate plant. It does best with a temperature of 29-32°C near harvest time. It grows in Vietnam between 500 and 1,500 m altitude. As it does not bear in the highlands of India it is unlikely to succeed in PNG. In India it produces in Garhwal Himalayas. In Northeastern India it grows between 1,600-2,400 m above sea level. In China

they are common in the northern regions. They are grown in China between 23-42°N. They grow on mountain slopes between 500-1800 m altitude. In Hobart Botanical gardens. It suits hardiness zones 4-10. Arboretum Tasmania. In Sichuan^{{{{0(+x)}}}.

◦ Localisation :

Afghanistan, Afrique, Albanie, Arménie, Asie, Australie, Autriche, Azerbaïdjan, Balkans, Bangladesh, Bhoutan, Bosnie, Grande-Bretagne, Bulgarie, Canada, Caucase, Chine, Europe, France, Géorgie, Allemagne, Grèce, Himalaya, Hongrie, Inde, Indochine, Iran, Irlande, Italie, Kazakhstan, Kirghizistan, Laos, Liban, Lituanie, Macédoine, Mexique, Moldavie, Moldavie, Myanmar, Népal, Amérique du Nord, Nord-est de l'Inde, Inde du Nord-Ouest, Pacifique, Pakistan, Papouasie-Nouvelle-Guinée, PNG, Portugal, Roumanie, Russie, Asie du Sud-Est, Serbie, Sikkim, Slovénie, Espagne, Suisse, Tadjikistan, Tasmanie, Tibet, Turquie, Ukraine, Uruguay, USA, Ouzbékistan, Vietnam, Yougoslavie^{{{{0(+x)}}} (traduction automatique).

Original : Afghanistan, Africa, Albania, Armenia, Asia, Australia, Austria, Azerbaijan, Balkans, Bangladesh, Bhutan, Bosnia, Britain, Bulgaria, Canada, Caucasus, China, Europe, France, Georgia, Germany, Greece, Himalayas, Hungary, India, Indochina, Iran, Ireland, Italy, Kazakhstan, Kyrgyzstan, Laos, Lebanon, Lithuania, Macedonia, Mexico, Moldavia, Moldova, Myanmar, Nepal, North America, Northeastern India, NW India, Pacific, Pakistan, Papua New Guinea, PNG, Portugal, Romania, Russia, SE Asia, Serbia, Sikkim, Slovenia, Spain, Switzerland, Tajikistan, Tasmania, Tibet, Turkey, Ukraine, Uruguay, USA, Uzbekistan, Vietnam, Yugoslavia^{{{{0(+x)}}}.

◦ Notes :

Il existe environ 30 espèces de Juglans. Toutes les espèces portent des noix comestibles^{{{{0(+x)}}} (traduction automatique).

Original : There are about 30 Juglans species. All species bear edible nuts^{{{{0(+x)}}}.

- Nombre de graines au gramme : 0,09/0,15 ;

- Liens, sources et/ou références :

- Tela Botanica : <https://www.tela-botanica.org/bdtfx-nn-36333> ;
- Wikipedia :
 - [https://fr.wikipedia.org/wiki/Noyer_commun_\(en_français\)](https://fr.wikipedia.org/wiki/Noyer_commun_(en_français)) ;
 - [https://de.wikipedia.org/wiki/Echte_Walnuss_\(source_en_allemand\)](https://de.wikipedia.org/wiki/Echte_Walnuss_(source_en_allemand)) ;
 - [https://en.wikipedia.org/wiki/Juglans_regia_\(source_en_anglais\)](https://en.wikipedia.org/wiki/Juglans_regia_(source_en_anglais)) ;
- "Plants For a Future" (en anglais) : https://pfaf.org/user/Plant.aspx?LatinName=Juglans_regia ;

dont classification :

- "The Plant List" (en anglais) : www.theplantlist.org/tpl1.1/record/kew-2331747 ;
- "GRIN" (en anglais) : <https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomydetail?id=20772> ;

dont livres et bases de données : ⁰"Food Plants International" (en anglais), 1Plantes sauvages comestibles (livre page 166, par S.G. Fleischhauer, J. Guthmann et R. Spiegelberger), 27Dictionnaire des plantes comestibles (livre, page 166, par Louis Bubenicek) ;

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

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