

Amaranthus thunbergii Moq.

Identifiants : 2072/amathu

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

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 29/04/2024

- Classification phylogénétique :

- Clade : Angiospermes ;
- Clade : Dicotylédones vraies ;
- Ordre : Caryophyllales ;
- Famille : Amaranthaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Caryophyllales ;
- Famille : Amaranthaceae ;
- Genre : Amaranthus ;

- Synonymes : Amaranthus albus Thunb. [Illegitimate] ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Thunberg's Pigweed, Thunberg's Amaranth, , Bonongwe, Cape pigweed, Hanekam, Hondebos, Imbuya, Indwabaza, Insheke, Mberekete, Mbowa, Mbuya, Mchicha poro, Mowa, Imbuya, Ityuthu, Raafuu, Theebe, Theepe, Thepe, Thyeke, Umbhida, Vowa ;



- Note comestibilité : **

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

Parties comestibles : feuilles, graines, légumes^{[[[0(+x)]] (traduction automatique)} | Original : Leaves, Seeds, Vegetable^{[[[0(+x)]]} Les feuilles sont comestibles cuites. Les graines sont moulues en farine et cuites. ATTENTION: Cette plante peut accumuler des nitrates si elle est cultivée avec des engrais inorganiques riches en azote et ceux-ci sont toxiques

Partie testée : feuilles^{[[[0(+x)]] (traduction automatique)}
Original : Leaves^{[[[0(+x)]]}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
83.6	147	0	4.3	0	0	12.5	0.7



cf. consommation

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

• Liens, sources et/ou références :

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

dont classification :

dont livres et bases de données : ° "Food Plants International" (en anglais) ;

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

A. L. P. P. de Candolle, Prodr. 13(2):262. 1849 ; Cunningham, 1985, ; Flyman, M. V. & Afolayan, A. J., 2006, A Survey of plants used as wild vegetables in four districts of Botswana. *Ecology of Food and Nutrition*, 45:405-415 ; Fowler, D. G., 2007, *Zambian Plants: Their Vernacular Names and Uses*. Kew. p 7 ; Fox, F. W. & Young, M. E. N., 1982, *Food from the Veld*. Delta Books. p 68 ; Gemedo-Dalle, T., et al, 2005, Plant Biodiversity and Ethnobotany of Borana Pastoralists in Southern Oromia, Ethiopia. *Economic Botany* 59(1) pp. 43-65 ; Grubben, G. J. H. and Denton, O. A. (eds), 2004, *Plant Resources of Tropical Africa 2. Vegetables*. PROTA, Wageningen, Netherlands. p 83 ; Grubben, G.J.H., 2004. *Amaranthus thunbergii* Moq. [Internet] Record from Protabase. Grubben, G.J.H. & Denton, O.A. (Editors). PROTA (Plant Resources of Tropical Africa / Ressources végétales de l'Afrique tropicale), Wageningen, Netherlands. < <http://database.prota.org/search.htm>>. Accessed 13 October 2009. ; Guillaumod, J., 1966, ; Jardin, C., 1970, *List of Foods Used In Africa*, FAO Nutrition Information Document Series No 2.p 54 ; Leger, S., 1997, *A Description of Today's Use of Plants in West Bushmanland (Namibia)*. German Development Service. PO Box 220035, 14061 Berlin, Germany. <http://www.sigridleger.de/book/> ; Long, C., 2005, *Swaziland's Flora - siSwati names and Uses* <http://www.sntc.org.sz/flora/> ; Martin, F.W. & Ruberte, R.M., 1979, *Edible Leaves of the Tropics*. Antillian College Press, Mayaguez, Puerto Rico. p 173 ; Maroyi, A., 2011, *The Gathering and Consumption of Wild Edible Plants in Nhema Communal Area, Midlands Province, Zimbabwe*. *Ecology of Food and Nutrition* 50:6, 506-525 ; Maroyi, A., 2013, *Use of weeds as traditional vegetables in Shurugwi District, Zimbabwe*. *Journal of Ethnobiology and Ethnomedicine* 9:60 ; Msuya, T. S., et al, 2010, *Availability, Preference and Consumption of Indigenous Foods in the Eastern Arc Mountains, Tanzania*, *Ecology of Food and Nutrition*, 49:3, 208-227 ; Neudeck, L. et al, 2012, *The Contribution of Edible Wild Plants to Food Security, Dietary Diversity and Income of Households in Shorobe Village, Northern Botswana*. *Ethnobotany Research & Applications* 10:449-462 ; Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, *Edible Wild plants of Sub-saharan Africa*. Kew. p 47 ; *Plants for a Future database*, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. <http://www.scs.leeds.ac.uk/pfaf/> ; Plowes, N. J. & Taylor, F. W., 1997, *The Processing of Indigenous Fruits and other Wildfoods of Southern Africa*. in Smartt, L. & Haq. (Eds) *Domestication, Production and Utilization of New Crops*. ICUC p 185 ; Rodin, R.J., *The Ethnobotany of the Kwanyama Ovambos*, Missouri Botanical Garden. p 146 ; Scudder, 1962, ; Shackleton, S. E., et al, 1998, *Use and Trading of Wild Edible Herbs in the Central Lowveld Savanna Region, South Africa*. *Economic Botany*, Vol. 52, No. 3, pp. 251-259 ; Shava, S., 2000, *The Use of Indigenous Plants as Food by a Rural Community in the Eastern Cape: an Educational Exploration*. Masters Thesis Rhodes University. p 63 ; Smith, F. I. and Eyzaguirre, P., 2007, *African leafy vegetables: Their role in the World Health Organization's global Fruit and Vegetables Initiative*. AJFAND, Vol. 7 No. 3 ; Terra, G.J.A., 1973, *Tropical Vegetables*. Communication 54e Royal Tropical Institute, Amsterdam, p 23 ; Tredgold, M.H., 1986, *Food Plants of Zimbabwe*. Mambo Press. p 34 ; van Wyk, Be., & Gericke, N., 2007, *People's plants. A Guide to Useful Plants of Southern Africa*. Briza. p 64 ; Vernon, R., 1983, *Field Guide to Important Arable Weeds of Zambia*. Dept of Agriculture, Chilanga, Zambia. p 26 ; Williamson, J., 2005, *Useful Plants of Malawi*. 3rd. Edition. Mdadzi Book Trust. p 22 ; www.zimbabweflora.co.zw 2011