

Monochoria vaginalis (Burm.f.) Presl. ex Kunth

Identifiants : 21137/monvag

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

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 07/05/2024

- Classification phylogénétique :

- Clade : Angiospermes ;
- Clade : Monocotylédones ;
- Clade : Commelinidées ;
- Ordre : Commelinales ;
- Famille : Pontederiaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Liliopsida ;
- Ordre : Liliales ;
- Famille : Pontederiaceae ;
- Genre : Monochoria ;

- Synonymes : *Pontederia vaginalis* N. L. Burman, *Boottia mairei* H. L.Ã©veillÃ©, *Monochoria linearis* (Hasskarl) Miquel, *Monochoria ovata* Kunth, *Monochoria plantaginea* Kunth, *Monochoria vaginalis* var. *pauciflora* (Blume) Merrill, *Monochoria vaginalis* var. *plantaginea* (Roxburgh) Solms, *Pontederia linearis* Hasskarl, *Pontederia ovata* Hooker & Arnott (1837), not Linnaeus(1753), *Pontederia pauciflora* Blume, *Pontederia plantaginea* Roxburgh ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Oval-leaf monochoria, , Ajnai, Bakbaklung, Beda, Bengok, Bhat meteka, Bia bia, Biga-bigaan, Bilagut, Birabiraan, Cachiee, Chrach, Dhape jhar, Duck tongue, Duke's tongue, Echeng lembut, Echeng leutik, Echeng padi, Ehin, Etjeng padi, Gabing uwak, Indivar, Kadauk-sat, Kakapola, Karinkoovalam, Kelayar, Khakhiat, Lestalesan, Lochkor ara, Nanka, Ninlabon, Nirkancha, Nukha, Oval-leaf-pondweed, Pak kha khied, Panikasu, Phak e-hin, Phak khiat, Pickerel-weed, Rau choc, Sadom, Saklong, Wewehan, Ya she cao, Yan re miao ;



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

Parties comestibles : feuilles, fleurs, tubercules, légumes, tige, rhizome, racine^{{{0(+x)}}} (traduction automatique) | Original : Leaves, Flowers, Tubers, Vegetable, Stem, Rhizome, Root^{{{0(+x)}}} Les tiges et les jeunes feuilles sont cuites et utilisées comme légume. Ils sont épicés. La fleur est consommée crue et également cuite comme légume avec des petits poissons

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)
93	75	18	1.0	0	0	3.7	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" :

Ambasta, S.P. (Ed.), 2000, *The Useful Plants of India*. CSIR India. p 379 ; Anderson, E. F., 1993, *Plants and people of the Golden Triangle*. Dioscorides Press. p 216 ; AVRDC files ; Baro, D., Baruah, S. and Borthukar, S. K. 2015, *Documentation on wild vegetables of Baksa district, BTAD (Assam)*. Scholars Research Library. Archives of Applied Science Research, 2015, 7 (9):19-2 ; Bodner, C. C. and Gereau, R. E., 1988, *A Contribution to Bontoc Ethnobotany*. Economic Botany, 43(2): 307-369 ; Burkill, I.H., 1966, *A Dictionary of the Economic Products of the Malay Peninsula*. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 2 (I-Z) p 1514 ; Chowdhury, A. & Das, A. P., 2014, *Conservation through sustainable utilization of wetland leafy vegetables of Terai and Duars, West Bengal, India*. International Journal of Advanced Life Sciences (IJALS), 7(4) p 655 ; Cruz-Garcia, G. S., & Price, L. L., 2011, *Ethnobotanical investigation of 'wild' food plants used by rice farmers in Kalasin, Northeast Thailand*. Journal of Ethnobiology and Ethnomedicine 7:33 ; Deka, N. & Devi, N., 2015, *Wild edible aquatic and marshland angiosperms of Baka district, BTC area, Assam, India*. Asian J. Plant Sci. Res. 5(1):32-48 ; Eiadthong, W., et al, 2010, *Management of the Emerald Triangle Protected Forests Complex*. Botanical Consultant Technical Report. p 50 ; Elliot, W.R., & Jones, D.L., 1993, *Encyclopedia of Australian Plants suitable for cultivation*. Vol 6. Lothian. p 442 ; Enum. pl. 4:134. 1843 ; Flora of China. www.eFloras.org ; Flora of Pakistan. www.eFloras.org ; Flora of Solomon Islands ; French, B.R., 1986, *Food Plants of Papua New Guinea, A Compendium*. Asia Pacific Science Foundation p 143 ; Ghorbani, A., et al, 2012, *A comparison of the wild food plant use knowledge of ethnic minorities in Naban River Watershed Nature Reserve, Yunnan, SW China*. 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K., 2015, *Edible Medicinal and Non Medicinal Plants*. Volume 9, Modified Stems, Roots, Bulbs. Springer p 56 ; Liu, Yi-tao, & Long, Chun-Lin, 2002, *Studies on Edible Flowers Consumed by Ethnic Groups in Yunnan*. Acta Botanica Yunnanica. 24(1):41-56 ; Manandhar, N.P., 2002, *Plants and People of Nepal*. Timber Press. Portland, Oregon. p 322 ; Martin, F.W. & Ruberte, R.M., 1979, *Edible Leaves of the Tropics*. Antillian College Press, Mayaguez, Puerto Rico. p 214 ; Mot So Rau Dai an Duoc O Vietnam. Wild edible Vegetables. Ha Noi 1994, p 152 ; Nakahara, K. et al, 2002, *Antimutagenicity of Some Edible Thai Plants, and a Biocative Carbazole Alkaloid, Mahanine, Isolated from Micromelum minutum*. Journal of Agricultural and Food Chemistry. 50: 4796-4892 ; Narayanan Ratheesh, M. K. et al, 2011, *Wild edible plants used by the Kattunaikka, Paniya and Kuruma tribes of Wayanad District, Kerala, India*. Journal of Medicinal Plants Research Vol. 5(15), pp. 3520-3529 ; Ng, X. N., et al, 2012, *Nutritional profile and antioxidative properties of selected tropical vegetables*. International Food Research Journal 19(4): 1487-1496 (Figures on dw basis) ; Ochse, J. J. et al, 1931, *Vegetables of the Dutch East Indies*. Asher reprint. p 614 ; Ogle, B. M., et al, 2003, *Food, Feed or Medicine: The Multiple Functions of Edible Wild Plants in Vietnam*. Economic Botany 57(1): 103-117 ; Oomen, H.A.P.C., & Grubben, G.J.H., 1978, *Tropical Leaf Vegetables in Human Nutrition*, Communication 69, Department of Agricultural research, RTI Amsterdam, p 52 ; Paczkowska, G. & Chapman, A.R., 2000, *The Western Australian Flora. A Descriptive Catalogue*. Western Australian Herbarium. p 122 ; Pagag, K. & Borthakur, S.K., 2012, *Wild edible wetland plants from Lakhimpur district of Assam, India*. Pleione 6(2): 322 - 327 ; Patiri, B. & Borah, A., 2007, *Wild Edible Plants of Assam*. 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