

Oxyria digyna (L.) Hill

Identifiants : 22715/oxydig

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

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 28/04/2024

- Classification phylogénétique :

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

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Polygonales ;
- Famille : Polygonaceae ;
- Genre : Oxyria ;

- Synonymes : *Acetosa digyna* (L.) Mill, *Donia digyna* (L.) R. Br, *Donia spaida* R. Br, *Lapathum digynum* (L.) Lam, *Oxyria elatior* R. Br. ex Meissn, *Oxyria reniformis* Hook, *Rheum digynus* L, *Rumex digynus* L ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Mountain Sorrel, Alpine mountainsorrel , Alpski kislec, Amlu, Boke, Chhoti chukri, Chohahak, Chukru, Chu-Lchum, Chuma-tsi, Chyakulti, Kalashi, Khandui lenbu, Kongolick, Kugylnik, Kungluk, Kungoluk, Kyukyuma, Lamanchu, Lugsho, Nyalowa nyali, Quunarliaraat, Rudjevica, Suchali, Suchli, Youyaha ;



- Note comestibilité : ***

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

Parties comestibles : feuilles, graines^{{{0(+x) (traduction automatique)}}} | Original : Leaves, Seeds^{{{0(+x)}}} Les jeunes feuilles peuvent être consommées crues en salade. Ils sont souvent mélangés avec du sel et du piment. Plus de feuilles matures sont cuites et mangées. Ils sont légèrement cuits dans les soupes. Ils sont utilisés pour le chutney. Ils sont également fermentés et mangés comme la choucroute. Les graines sont utilisées en petites quantités dans la fabrication du pain



néant, inconnus ou indéterminés.

- Note médicinale : *

- 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=Oxyria_digyna ;

dont classification :

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

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

Ager, T. A. & Ager, L. P., 1980, *Ethnobotany of the eskimos of Nelson Island, Alaska*. Arctic Anthropology Vol 17. No. 1 pp 26-48 ; Ainana, L. & Zagrebin, I., 2014, *Edible Plants Used by the Siberian Yupik Eskimos of Southeastern Chukotka Peninsula, Russia*, (English translation). p 32 ; Ambasta, S.P. (Ed.), 2000, *The Useful Plants of India*. CSIR India. p 418 ; Ballabh, B., et al, 2007, *Raw edible plants of cold desert Ladakh*. Indian Journal of Traditional Knowledge. 6(1) pp 182-184 ; Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." <http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb>. (ACEDB version 4.0 - data version July 1994) ; Bhattarai, S and Chaudary, R. P., 2009, *Wild Edible Plants Used by the People of Manang District, Central Nepal*. Ecology of Food and Nutrition, 48:1-20 ; Boesi, A., 2014, *Traditional knowledge of wild food plants in a few Tibetan communities*. Journal of Ethnobiology and Ethnomedicine 10:75 ; Cormack, R. G. H., 1967, *Wild Flowers of Alberta*. Commercial Printers Edmonton, Canada. p 78 ; Crawford, M., 2012, *How to grow Perennial Vegetables*. Green Books. p 135 ; Dobriyal, M. J. R. & Dobriyal, R., 2014, *Non Wood Forest Produce an Option for Ethnic Food and Nutritional Security in India*. Int. J. of Usuf. Mngt. 15(1):17-37 ; Elias, T.S. & Dykeman P.A., 1990, *Edible Wild Plants. A North American Field guide*. Sterling, New York p 153 ; Esperanca, M. J., 1988. *Surviving in the wild. A glance at the wild plants and their uses*. Vol. 2. p 98 ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants*. Kampong Publications, p 185 ; Flora of China @ efloras.org Volume 5 ; Flora of Pakistan. www.eFloras.org ; Ghimire, S. K., et al, 2008, *Non-Timber Forest Products of Nepal Himalaya*. WWF Nepal p 115 ; Hedrick, U.P., 1919, (Ed.), *Sturtevant's edible plants of the world*. p 458 ; Heller, C. A., 1962, *Wild Edible and Poisonous Plants of Alaska*. 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Res. 9(1): 032-038 ; Kiple, K.F. & Ornelas, K.C., (eds), 2000, *The Cambridge World History of Food*. CUP p 1817 ; Kuhnlein, H. V. et al, 2009, *Indigenous Peoples' food systems*. FAO Rome ; MacKinnon, A., et al, 2009, *Edible & Medicinal Plants of Canada*. Lone Pine. p 324 ; Moerman, D. F., 2010, *Native American Ethnobotany*. Timber Press. p 374 ; Mullory, C. & Aitken, S., 2012, *Common Plants of Nunavut*. Inhabit Media p 84 ; Murugan, Pal M., et al, 2010, *Phytofoods of Nubra valley, Ladakh - The cold desert*. Indian Journal of Traditional Knowledge. Vol. 9(2): 303-308 ; Orhan, I., et al, 2009, *Free radical scavenging properties and phenolic characterization*. 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K., et al, 2014, *Uses of Local Plant Biodiversity among the Tribal Communities of Pangi Valley of District Chamba in Cold Desert Himalaya, India*. The Scientific World Journal. Volume 2014, Article ID 753289, 15 pages ; Rawat, G.S., & Pangtey, Y.P.S., 1987, *A Contribution to the Ethnobotany of Alpine Regions of Kumaon*. J. Econ. Tax. Bot. Vol. 11 No. 1 pp 139-147 ; Redzic, S. J., 2006, *Wild Edible Plants and their Traditional Use in the Human Nutrition in Bosnia-Herzegovina*. Ecology of Food and Nutrition, 45:189-232 ; Ryabushkina, N., et al, 2008, *Brief Review of Kazakhstan Flora and Use of its Wild Species*. The Asian and Australasian Journal of Plant Science and Biotechnology ; Sharma, L. et al, 2018, *Diversity, distribution pattern, endemism and indigenous uses of wild edible plants in Cold Desert Biosphere Reserve of Indian Trans Himalaya*. Indian Journal of Traditional Knowledge. Vol 17(1) January 2018 pp 122-131 ; Singh, H.B., Arora R.K., 1978, *Wild edible Plants of India*. Indian Council of Agricultural Research, New Delhi. p 32 ; Sundriyal, M., et al, 2004, *Dietary Use of Wild Plant Resources in the Sikkim Himalaya, India*. Economic Botany 58(4) pp 626-638 ; Svanberg, I., et al, 2012, *Edible wild plant use in the Faroe Islands and Iceland*. Acta Societatis Botanicorum Poloniae 81(4): 233-238 ; Thakur, D., et al, 2017, *Why they eat, what they eat: patterns of wild edible plants consumption in a tribal area of Western Himalaya*. Journal of Ethnobiology and Ethnomedicine (2017) 13:70 ; Tsering, J., et al, 2017, *Ethnobotanical appraisal on wild edible plants used by the Monpa community of Arunchal Pradesh*. Indian Journal of Traditional Knowledge. Vol 16(4), October 2017, pp 626-637 ; Weckerle, C. S., et al, 2006, *Plant Knowledge of the Shuhi in the Hengduan Mountains, Southwest China*. Economic Botany 60(1):2-23