

Podocarpus elatus R. Br ex Endl.

Identifiants : 24981/podela

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

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 10/05/2024

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Coniferophyta ;
- Classe : Pinopsida ;
- Ordre : Pinales ;
- Famille : Podocarpaceae ;
- Genre : Podocarpus ;

- Synonymes : Nageia elata (Endl.) F. Muell, Podocarpus ensifolius Carriere ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Brown Pine, Plum Pine, , Cemara coklat, Goongum, Illawarra plum, She Pine, Yellow Pine ;



- Note comestibilité : **

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

Parties comestibles : tige de fruit, fruit^{{{0(+x)}} (traduction automatique)} | Original : Fruit stalk, Fruit^{{{0(+x)}}} Le réceptacle à fruits est charnu et comestible. Il est riche en vitamine C. Il est utilisé dans les confitures et gelées, les chutneys et les sauces, et ajouté aux muffins, gâteaux, puddings et pâtisseries

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

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

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
61	728	174	0.9	0	11	0	0



néant, inconnus ou indéterminés.

- 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=Podocarpus_elatus ;

dont classification :

dont livres et bases de données : ⁰"Food Plants International" (en anglais) ;

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

Abdillahi, H. S., 2009, *Ethnobotany, phytochemistry and pharmacology of Podocarpus sensu latissimo (s.l.)*. South African Journal of Botany 76 (2010) 1â€"24 ; Alice, L. & O'Quinn, T., *Australian Bush Superfoods*. Explore Australia p 70 ; Anon., 2003, *Native Plants for the Fitzroy basin*. Society for Growing Australian Plants Inc. (Rockhampton Branch) p 73 ; Bodkin, F., 1991, *Encyclopedia Botanica*. Cornstalk publishing, p 814 ; Boland, D. J. et al, , 2006, *Forest Trees of Australia*. CSIRO p 58 ; Bonney, N., 1997, *Economic Native Trees and Shrubs for South Australia*. Greening Australia (SA) inc. Campbelltown SA 5074 p 168 ; Cherkoff V. & Isaacs, J., *The Bush Food Handbook*. How to gather, grow, process and cook Australian Wild Foods. Ti Tree Press, Australia p 40, 196, 201 ; Cooper, W. and Cooper, W., 2004, *Fruits of the Australian Tropical Rainforest*. Nokomis Editions, Victoria, Australia. p 7 ; Cribb, A.B. & J.W., 1976, *Wild Food in Australia*, Fontana. p 51 ; Cronin, L., 1989, *The Concise Australian Flora*. Reed. p 126 ; Cundall, P., (ed.), 2004, *Gardening Australia: flora: the gardener's bible*. ABC Books. p 1064 ; Elliot, W.R., & Jones, D.L., 1997, *Encyclopedia of Australian Plants suitable for cultivation*. Vol 7. Lothian. p 394 (Drawing) ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants*. Kampong Publications, p 184 ; Haslam, S., 2004, *Noosa's Native Plants*. Noosa Integrated Catchment Assn. Inc. p 353 ; Hibbert, M., 2002, *The Aussie Plant Finder 2002*, Florilegium. p 237 ; Holliday, I., 1989, *A Field Guide to Australian Trees*. Hamlyn. p 288 ; Jackes, B.R., 2001, *Plants of the Tropics*. Rainforest to Heath. An Identification Guide. James Cook University. p 74 ; Jones D, L, 1986, *Ornamental Rainforest Plants in Australia*, Reed Books, p 239, 340 ; Lord, E.E., & Willis, J.H., 1999, *Shrubs and Trees for Australian gardens*. Lothian. p 88 ; Low, T., 1991, *Wild Food Plants of Australia*. Australian Nature FieldGuide, Angus & Robertson. p 88 ; Low, T., 1992, *Bush Tucker*. Australia's Wild Food Harvest. Angus & Robertson. p 62 ; Melzer, R., & Plumb, J., 2011, *Plants of Capricornia*. Belgamba, Rockhampton. p 33 ; Nicholson, N & H., 1996, *Australian Rainforest Plants*, Terania Rainforest Publishing. NSW. p 55 ; Pearson, S. & A., 1992, *Rainforest Plants of Eastern Australia*. Kangaroo Press p 168 ; Queensland Forest Service, 1991, *Trees and Shrubs*. Department of Primary Industries. p 112 ; Ratcliffe D & P., 1987, *Australian Native Plants for Indoors*. Little Hills press. p 118 ; Recher, P, 2001, *Fruit Spirit Botanical Gardens Plant Index*. www.nrg.com.au/~recher/seedlist.html p 3 ; Robins, J., 1996, *Wild Lime*. Cooking from the Bush food garden. Allen & Unwin p 73 ; Ryan, M. (Ed.), 2003, *Wild Plants of Greater Brisbane*. Queensland Museum. p 288 ; Smith, K & I., 1999, *Grow your own bushfoods*. New Holland. Australia. p 41 ; Staples, G.W. and Herbst, D.R., 2005, *A tropical Garden Flora*. Bishop Museum Press, Honolulu, Hawaii. p 74 ; Sukarya, D. G., (Ed.) 2013, *3,500 Plant Species of the Botanic Gardens of Indonesia*. LIPI p 462 ; Syn. conif. 213. 1847 (ex Mirbel, Mem. Mus. Hist. Nat. 13:75. 1825, nom. nudum) ; Townsend, K., 1994, *Across the Top*. Gardening with Australian Plants in the tropics. Society for Growing Australian Plants, Townsville Branch Inc. p 318 ; Williams, J.B., Harden, G.J., and McDonald, W.J.F., 1984, *Trees and shrubs in rainforests of New South Wales and Southern Queensland*. Univ. of New England, Armidale. p 17, 86 ; Yallakool Reserve Plant List July 1, 2009 Off internet ; Young, P.A.R., 1991, *Rainforest Guide*. Brisbane Forest Park. p 30