

***Punica granatum* L., 1753**

(Grenadier)

Identifiants : 26383/pungra

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

Fiche réalisée par Patrick Le Ménahèze

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- **Classification phylogénétique :**

- **Clade : Angiospermes ;**
- **Clade : Dicotylédones vraies ;**
- **Clade : Rosidées ;**
- **Clade : Malvidées ;**
- **Ordre : Myrtales ;**
- **Famille : Lythraceae ;**

- **Classification/taxinomie traditionnelle :**

- **Règne : Plantae ;**
- **Division : Magnoliophyta ;**
- **Classe : Magnoliopsida ;**
- **Ordre : Myrtales ;**
- **Famille : Lythraceae ;**
- **Genre : Punica ;**

- **Synonymes : *Punica nana* L ;**

- **Synonymes français : fruit de Carthage, grenade {fruit} ;**

- **Nom(s) anglais, local(aux) et/ou international(aux) : pomegranate , shi liu (cn transcrit), Granatapfelbaum (de), Granatapfelstrauch (de), zakuro (jp romaji), seogrunamu (ko transcrit), romanzeiro (pt), romã (pt,br), romã-de-flor-dobrada (pt,br), romeira (pt,br), romeira-da-granada (pt,br), granado (es), mangrano (es), granatäpple (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)) :**

Fruits consommés en boisson : sirop de grenadine^{{{{27(+x)}}}.

La pulpe juteuse autour des graines est mangée. Le jus peut être utilisé pour boire un verre. Il donne une couleur rouge. Les graines sont séchées avec leur arille et utilisées dans le condiment indien Anardana. Les fruits sont utilisés dans les sauces, soupes, plats de viande, salades et autres plats. Les fleurs sont mangées. Les feuilles bouillies sont également signalées comme mangées

Partie testée : fruits - crus^{{{{0(+x)}}} (traduction automatique)

Original : Fruit - raw^{{{{0(+x)}}}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro- vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
81	285	38	1.0	0	6	0.3	0.1



néant, inconnus ou indéterminés. néant, inconnus ou indéterminés.

- Note médicinale : ***

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



De gauche à droite :

Par Thomé, O.W., *Flora von Deutschland Österreich und der Schweiz* (1886-1889) *Fl. Deutschl.* vol. 3 (1885), via plantillustrations

Par Step, E., Bois, D., *Favourite flowers of garden and greenhouse* (1896-1897) *Favourite Fl.* vol. 2 (1896), via plantillustrations

Par USDA Pomological Watercolor Collection (1872-1948), via plantillustrations

- Autres infos : Plante cultivée depuis l'antiquité et aujourd'hui très cultivée ; plusieurs cultivars^{{{{27(+x)}}}.

Multiplication : semis ; bouturage, de préférence en fin d'hiver (février-mars)^{{{{(dp*)}}}.

dont infos de "FOOD PLANTS INTERNATIONAL" :

- Statut :

Se produit dans certaines régions de Papouasie-Nouvelle-Guinée. C'est une importante plante alimentaire cultivée^{{{{(0(+x)) (traduction automatique)}}}.

Original : Occurs in some areas of Papua New Guinea. It is an important cultivated food plant^{{{{(0(+x))}}}.

- Distribution :

Une plante de climat méditerranéen. Il est originaire du sud-est de l'Europe jusqu'à l'Himalaya. Il convient aux climats subtropicaux plus secs. Il convient aux zones avec un long été chaud et sec et un hiver frais. Une température de 35 à 38 ° C est la meilleure pour un bon développement des fruits. Un climat humide affecte la formation des fruits. Ils peuvent tolérer une certaine salinité. Il peut pousser dans des sols avec une large gamme de pH. Ils ont porté leurs fruits en Papouasie-Nouvelle-Guinée à 1620 m d'altitude. Ils sont pour la plupart côtiers jusqu'à 500 m sous les tropiques. Les arbres sont gravement endommagés par des températures inférieures à -11 ° C. Dans les jardins botaniques de Brisbane. Au Népal, ils atteignent environ 2700 m d'altitude. Il pousse dans les régions les plus sèches de l'Afrique de l'Ouest. Il peut pousser dans des endroits arides. Il pousse dans la forêt de Miombo en Afrique. Il convient à la zone de rusticité 8-11^{{{{(0(+x)) (traduction automatique)}}}.

Original : A Mediterranean climate plant. It is native from SE Europe to the Himalayas. It suits drier subtropical climates. It suits areas with a long hot dry summer and cool winter. A temperature of 35-38°C is best for good fruit development. A humid climate affects fruit formation. They can tolerate some salinity. It can grow in soils with a wide range of pH. They have borne fruit in Papua New Guinea at 1620 m altitude. They are mostly coastal up to 500 m in the tropics. Trees are severely damaged by temperatures below -11°C. In Brisbane Botanical Gardens. In Nepal they grow to about 2700 m altitude. It grows in the drier parts of West Africa. It can grow in arid places. It grows in Miombo woodland in Africa. It suits hardiness zone 8-11^{{{{(0(+x))}}}.

- Localisation :

Afghanistan, Afrique, Albanie, Antigua-et-Barbuda, Arabie, Arménie, Aruba, Asie, Australie, Azerbaïdjan, Balkans, Bangladesh, Belize, Bermudes, Bhoutan, Bosnie, Brésil, Grande-Bretagne, Bulgarie, Burkina Faso, Cambodge, Cameroun, Canada, Caucase , Afrique centrale, Amérique centrale, Asie centrale, Chine, République démocratique du Congo, Îles Cook, Croatie, Cuba, Curaçao, Daghestan, République dominicaine, Afrique de l'Est, Timor oriental,

Égypte, Éthiopie, Europe, Fidji, France, Géorgie, Ghana, Grèce, Grenade, Guam, Guyane, Haïti, Hawaï, Himalaya, Honduras, Inde, Indochine, Indonésie, Iran *, Irak, Israël, Italie, Jamaïque, Japon, Kenya, Corée, Laos, Liban, Libye, Macédoine, Madagascar, Malawi, Malaisie, Maldives, Mali, Marquises, Mauritanie, Méditerranée *, Mexique, Monténégro, Maroc, Mozambique, Myanmar, Népal, Niger, Nigéria, Île Norfolk, Afrique du Nord, Amérique du Nord, Inde du Nord-Est, Afrique du Sud-Ouest de l'Inde, Pacifique, Pakistan, Palestine, Papouasie-Nouvelle-Guinée, PNG, Pérou, Philippines, Portugal, Porto Rico, Russie, Sao Tomé-et-Principe, Asie du Sud-Est, Serbie, Sierra Leone, Singapour, Slovénie, Somalie, Afrique du Sud, Afrique australe, Amérique du Sud, Espagne, Sri Lanka, Sainte-Lucie, Soudan, Suriname, Suisse, Syrie, Tadjikistan, Tanzanie, Tasmanie, Thaïlande, Timor-Leste, Tonga, Tunisie, Turquie, Turkménistan, Ouganda, États-Unis, Ouzbékistan, Vanuatu, Vietnam, Afrique de l'Ouest, Antilles, Yougoslavie, Zambie, Zimbabwe, Tasmanie, Thaïlande, Timor-Leste, Tonga, Tunisie, Turquie, Turkménistan, Ouganda, USA, Ouzbékistan, Vanuatu, Vietnam, Afrique de l'Ouest, Antilles, Yougoslavie, Zambie, Zimbabwe^{{{0(+x)}}} (traduction automatique).

Original : Afghanistan, Africa, Albania, Antigua and Barbuda, Arabia, Armenia, Aruba, Asia, Australia, Azerbaijan, Balkans, Bangladesh, Belize, Bermuda, Bhutan, Bosnia, Brazil, Britain, Bulgaria, Burkina Faso, Cambodia, Cameroon, Canada, Caucasus, Central Africa, Central America, Central Asia, China, Congo DR, Cook Islands, Croatia, Cuba, Curacao, Dagestan, Dominican Republic, East Africa, East Timor, Egypt, Ethiopia, Europe, Fiji, France, Georgia, Ghana, Greece, Grenada, Guam, Guyana, Haiti, Hawaii, Himalayas, Honduras, India, Indochina, Indonesia, Iran*, Iraq, Israel, Italy, Jamaica, Japan, Kenya, Korea, Laos, Lebanon, Libya, Macedonia, Madagascar, Malawi, Malaysia, Maldives, Mali, Marquesas, Mauritania, Mediterranean*, Mexico, Montenegro, Morocco, Mozambique, Myanmar, Nepal, Niger, Nigeria, Norfolk Island, North Africa, North America, Northeastern India, NW India, Pacific, Pakistan, Palestine, Papua New Guinea, PNG, Peru, Philippines, Portugal, Puerto Rico, Russia, Sao Tome and Principe, Saudi Arabia, SE Asia, Serbia, Sierra Leone, Singapore, Slovenia, Somalia, South Africa, Southern Africa, South America, Spain, Sri Lanka, St Lucia, Sudan, Suriname, Switzerland, Syria, Tajikistan, Tanzania, Tasmania, Thailand, Timor-Leste, Tonga, Tunisia, Turkey, Turkmenistan, Uganda, USA, Uzbekistan, Vanuatu, Vietnam, West Africa, West Indies, Yugoslavia, Zambia, Zimbabwe^{{{0(+x)}}}.

◦ Notes :

Il existe 2 espèces *Punica*^{{{0(+x)}}} (traduction automatique).

Original : There are 2 *Punica* species^{{{0(+x)}}}.

• Liens, sources et/ou références :

- Jardin ! L'Encyclopédie : https://nature.jardin.free.fr/arbuste/ft_punica.html ;
- Fruits oubliés : <https://association.fruits.oublies.pagesperso-orange.fr/contrib/grenades/grenade3.html> ;
- Wikipedia :
- [https://fr.wikipedia.org/wiki/Grenadier_commun_\(en_francais\)](https://fr.wikipedia.org/wiki/Grenadier_commun_(en_francais)) ;
- ⁵"Plants For a Future" (en anglais) : https://pfaf.org/user/Plant.aspx?LatinName=Punica_granatum ;

dont classification :

- "The Plant List" (en anglais) : www.theplantlist.org/tpl1.1/record/kew-2536844 ;

dont livres et bases de données : ²⁷Dictionnaire des plantes comestibles (livre, page 250, par Louis Bubenicek) ;

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

Abbiw, D.K., 1990, Useful Plants of Ghana. West African uses of wild and cultivated plants. Intermediate Technology Publications and the Royal Botanic Gardens, Kew. p 46 ; Addis, G., et al, 2005, Ethnobotanical Study of Edible Wild Plants in Some Selected Districts of Ethiopia. Human Ecology, Vol. 33, No. 1, pp. 83-118 ; Afzal, S., et al, 2009, Ethno-botanical Studies from Northern Pakistan. J. Ayub Med Coll Abbottabad 21(1) ; Ahmad, K. & Pieroni, A., 2016, Folk knowledge of wild food plants among the tribal communities of Thakht-e-Sulaiman Hills, North-West Pakistan. Journal of Ethnobiology and Ethnomedicine, 12:17 ; Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 505 ; Anderson, E. F., 1993, Plants and people of the Golden Triangle. Dioscorides Press. p 219 ; Arora, R. K., 2014, Diversity in Underutilized Plant Species - An Asia-Pacific Perspective. Bioversity International. p 84 ; Ashton, M. S., et al 1997, A Field Guide to the Common Trees and Shrubs of Sri Lanka. WHT Publications Ltd. pdf p 295 ; Bajracharya, D., 1980, Nutritive Values of Nepalese Edible Wild Fruits. Z. Lebensm. Unters. Forsch. 171: 363-366 ; Banerjee, A., et al, 2013, Ethnobotanical Documentation of Some Wild Edible Plants in Bankura District, West Bengal, India. The Journal of Ethnobiology and Traditional Medicine. Photon 120 (2013) 585-590 ; Barkatullah and Ibrar, M., 2011, Plants profile of Malakand Pass Hills, District Malakand, Pakistan. African Journal of Biotechnology Vol. 10 (73) pp. 16521-16535 ; Barwick, M., 2004, Tropical and Subtropical Trees. A Worldwide Encyclopedic Guide. Thames and Hudson p 351 ; Bernholt, H. et al, 2009, Plant species richness and diversity in urban and peri-urban gardens of Niamey, Niger. Agroforestry Systems 77:159-179 ; Bianchini, F., Corbetta, F., and Pistoia, M., 1975, Fruits of the Earth. Cassell. p 168 ; Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 152 ; Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk

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