

Rumex crispus L.

Identifiants : 28208/rumcri

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 ;
- Ordre : Caryophyllales ;
- Famille : Polygonaceae ;

- Classification/taxinomie traditionnelle :

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

- Synonymes : *Acetosa conglomerata* (Murray) M. Gomez, *Rumex conglomeratus* Murray ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Sour dock, Curled dock, Yellow dock, , *Acedera crespá*, *Adameveligi*, *Alabardagi*, *Arracachueco*, *Azeda-crespá*, *Ebe kuzulagi*, *Evelik*, *Ghvalo*, *Hualtata*, *Hummaid*, *Huragan qihi*, *Kalar-chinbaung-nge*, *Labaca-crespá*, *Labada*, *Langua de vaca crespá*, *Lengua de caballo*, *Lechugon*, *Lenguaiguay*, *Lidvololenkhonyane*, *Lingua-devaca*, *Luerduo*, *Niushetou*, *Romaza*, *Rombice*, *Rombicia*, *Romice*, *Som*, *Sopal*, *Sorijaengi*, *Tarsho*, *TÇ•rsho*, *Trshoke*, *Yedahuang* ;



- Note comestibilité : **

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

Feuilles^{0(+x)} - cuites (bouillies^{0(+x)}).

Les très jeunes feuilles peuvent être ajoutées aux salades. Ils sont également utilisés dans la soupe. Leaves sont bouillis. S'ils sont amers, l'eau doit être changée 2 ou 3 fois. Ils sont utilisés dans les soupes. Lorsqu'il est cuit dans du lait, le goût astringent disparaît. Les feuilles sont utilisées pour le sarma en Turquie. Ils sont enroulés autour d'une garniture de riz ou de viande hachée. Les graines peuvent être cuites et mangées mais sont amères. Ils sont utilisés dans les crêpes. ATTENTION: Les feuilles peuvent contenir des oxalates

Partie testée : feuilles - bouillies^{{{0(+x)}}} (traduction automatique)
Original : Leaves - boiled^{{{0(+x)}}}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
93.6	84	20	1.8	347	26.3	2.1	0.2



néant, inconnus ou indéterminés.

- Note médicinale : ***

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

- *Autres infos :*

dont infos de "FOOD PLANTS INTERNATIONAL" :

◦ Statut :

Les feuilles sont vendues sur les marchés locaux^{{{(0+x)}} (traduction automatique)}.

Original : Leaves are sold in local markets^{{{(0+x)}}}.

◦ Distribution :

C'est une plante tempérée. Il pousse souvent auto-semé dans un terrain vague. Il peut pousser sur les plages de galets. Il peut pousser dans un sol gorgé d'eau et survivre en étant recouvert d'eau lors d'inondations. Il pousse dans les zones humides. Au Zimbabwe, il pousse entre 1 220 et 1 700 m au-dessus du niveau de la mer. En Argentine, il passe du niveau de la mer à 3700 m d'altitude. Herbar de Tasmanie. En Mongolie intérieure. Il pousse dans le Sichuan et le Yunnan^{{{(0+x)}} (traduction automatique)}.

Original : It is a temperate plant. It often grows self sown in waste ground. It can grow in cobble beach shores. It can grow in waterlogged soil and survive being covered with water in floods. It grows in wetlands. In Zimbabwe it grows between 1,220-1,700 m above sea level. In Argentina it grows from sea level to 3,700 m above sea level. Tasmania Herbarium. In Inner Mongolia. It grows in Sichuan and Yunnan^{{{(0+x)}}}.

◦ Localisation :

Afghanistan, Afrique, Andes, Argentine, Arménie, Asie, Australie, Bahamas, Balkans, Bangladesh, Bosnie, Brésil, Grande-Bretagne, Cameroun, Canada, Caucase, Afrique centrale, Amérique centrale, Chili, Chine, Cuba, République tchèque, République dominicaine, Afrique de l'Est, Île de Pâques, Timor oriental, Égypte, Europe, Malouines, Géorgie, Haïti, Himalaya, Inde, Indochine, Iran, Italie, Jamaïque, Japon, Jordanie, Kazakhstan, Corée, Kosovo, Kirghizistan, Lesotho, Île Lord Howe, Libéria, Macédoine, Île Macquarie, Mexique, Mongolie, Myanmar, Nouvelle-Zélande, Afrique du Nord, Amérique du Nord, Pacifique, Pakistan, Papouasie-Nouvelle-Guinée, PNG, Pologne, Porto Rico, Russie, Arabie saoudite, Asie du Sud-Est, Serbie, Slovénie, Afrique du Sud, Afrique australe, Amérique du Sud, Espagne, Tasmanie, Thaïlande, Timor-Leste, Turquie, Uruguay, USA, Vietnam, Afrique de l'Ouest, Antilles, Zimbabwe^{{{(0+x)}} (traduction automatique)}.

Original : Afghanistan, Africa, Andes, Argentina, Armenia, Asia, Australia, Bahamas, Balkans, Bangladesh, Bosnia, Brazil, Britain, Cameroon, Canada, Caucasus, Central Africa, Central America, Chile, China, Cuba, Czech Republic, Dominican Republic, East Africa, Easter Island, East Timor, Egypt, Europe, Falklands, Georgia, Haiti, Himalayas, India, Indochina, Iran, Italy, Jamaica, Japan, Jordan, Kazakhstan, Korea, Kosovo, Kyrgyzstan, Lesotho, Lord Howe Island, Liberia, Macedonia, Macquarie Island, Mexico, Mongolia, Myanmar, New Zealand, North Africa, North America, Pacific, Pakistan, Papua New Guinea, PNG, Poland, Puerto Rico, Russia, Saudi Arabia, SE Asia, Serbia, Slovenia, South Africa, Southern Africa, South America, Spain, Tasmania, Thailand, Timor-Leste, Turkey, Uruguay, USA, Vietnam, West Africa, West Indies, Zimbabwe^{{{(0+x)}}}.

◦ Notes :

Il existe environ 200 espèces de Rumex^{{{(0+x)}} (traduction automatique)}.

Original : There are about 200 Rumex species^{{{(0+x)}}}.

• Liens, sources et/ou références :

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

dont classification :

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

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

Al-Qura'n, S. A., 2010, *Ethnobotanical and Ecological Studies of Wild Edible Plants in Jordan*. Libyan Agriculture Research Center Journal International 1(4):231-243 ; Ambasta S.P. (Ed.), 2000, *The Useful Plants of India*. CSIR India. p 534 ; Anderson, M. K., 2012, *Edible Seeds and Grains of California Tribes and the Klamath Tribe of Oregon in the Phoebe Apperson Hearst Museum of Anthropology Collections*, University of California, Berkeley. USDA p 15 ; Arellanes, Y., et al, 2013, *Influence of traditional markets on plant management in the Tehuacan Valley*. Journal of Ethnobiology and Ethnomedicine 9:38 ; Ari, S., et al, 2015, *Ethnobotanical survey of plants used in Afyonkarahisar-Turkey*. Journal of Ethnobiology and Ethnomedicine 11:84 ; 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) ; Biscotti, N. et al, 2018, *The traditional food use of wild vegetables in Apulia*

(Italy) in the light of Italian ethnobotanical literature. *Italian Botanist* 5:1-24 ; Bodkin, F., 1991, *Encyclopedia Botanica*. Cornstalk publishing, p 894 ; Bremness, L., 1994, *Herbs*. Collins Eyewitness Handbooks. Harper Collins. p 212 ; Burkill, H. M., 1985, *The useful plants of west tropical Africa*, Vol. 4. Kew. ; Bussman, R. W. et al, 2017, *Ethnobotany of Samtskhe-Javakheti, Sakartvelo (Republic of Georgia), Caucasus*. *Indian Journal of Traditional Knowledge* Vol. 16(1) pp 7-24 ; Caballero, J. N., & Mapes, C. S., 1985, *Gathering and Subsistence Patterns among the P'urhepecha Indians of Mexico*. *J. Ethnol.* 5(1): 31-47 ; Cakir, E. A., 2017, *Traditional knowledge of wild edible plants of IğİdÄ±r Province (East Anatolia, Turkey)*. *Acta Soc Bot Pol.* 2017;86(4):3568 ; Cerne, M., 1992, *Wild Plants from Slovenia used as Vegetables*. *Acta Horticulturae* 318. ; Cordero, S. E., Abello, L. A., & Galvez, F. 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