

Sinapis alba L., 1753 (Moutarde blanche)

Identifiants : 30108/sinalb

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 : Brassicales ;
- Famille : Brassicaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Capparales ;
- Famille : Brassicaceae ;
- Genre : Sinapis ;

- Synonymes : *Brassica alba* (L.) Rabenh. 1839 [*Sinapis alba* L. subsp. *alba*] ;

- Synonymes français : sénevé, sanve, moutarde des champs, moutarde sauvage ;

- Nom(s) anglais, local(aux) et/ou international(aux) : white mustard, white mustard [subsp. *alba*] , bai jie [subsp. *alba*] (cn transcrit), weißer Senf [subsp. *alba*] (de), weißer Senf (de), senape bianca [subsp. *alba*] (it), mostarda-branca [subsp. *alba*] (pt), mostaza blanca [subsp. *alba*] (es), vitsenap [subsp. *alba*] (sv) ;



- Note comestibilité : ***

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

Jeunes pousses consommées en salade ; feuilles consommables comme légume^{{{(27(+x))}}} (ex. : potherbe^(dp*)) ; graines utilisées comme condiment^{{{(27(+x))}}}.(1*)

Il fournit de l'huile comestible. Les graines sont utilisées comme épice. Ils sont utilisés pour la moutarde blanche. Les graines séchées moulues font de la moutarde anglaise chaude mangée avec du rosbif. Les graines germées sont utilisées pour le cresson de moutarde en salade. Les jeunes plants sont utilisés dans les salades et les sandwichs. Les feuilles des plantes matures peuvent être utilisées comme potasse

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)
6.9	1964	470	28.8	6	3.0	10.0	5.7



(1*)ATTENTION : les graines contiennent des glucosides toxiques.(1*)ATTENTION : les graines contiennent des glucosides

toxiques^{[[[27(+x)]]]}.

- **Note médicinale :** ***

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



De gauche à droite :

Par Kohler, F.E., Kohler's Medizinal Pflanzen (1883-1914) Med.-Pfl. vol. 3 (1898) t. 18, via plantillustrations

Par Kops, J., Flora Batava (1800-1934) Fl. Bat. vol. 17 (1885) t. 1296, via plantillustrations

Par Sturm, J., Sturm, J.W., Deutschlands flora (1798-1855) Deutschl. Fl. vol. 2 (1798) t. 49] , via plantillustrations

- **Autres infos :** Plante cultivée dans les pays tempérés^{[[[27(+x)]]]}.

dont infos de "FOOD PLANTS INTERNATIONAL" :

- **Statut :**

C'est un légume cultivé commercialement. Il est cultivé pour ses graines. Ce sont un condiment important. Plus de 160 000 tonnes de semences sont vendues chaque année. Les feuilles sont vendues sur les marchés locaux^{[[[0(+x)]]]}
(traduction automatique)

Original : It is a commercially cultivated vegetable. It is cultivated for its seeds. These are an important condiment. More than 160,000 tons of seeds are sold each year. Leaves are sold in local markets^{[[[0(+x)]]]}.

- **Distribution :**

C'est une plante tempérée. Il ne produit pas de graines sous les tropiques. En Argentine, il pousse en dessous de 500 m au-dessus du niveau de la mer. Il convient aux zones de rusticité 7-11. Herbar de Tasmanie^{[[[0(+x)]]]}
(traduction automatique)

Original : It is a temperate plant. It does not produce seeds in the tropics. In Argentina it grows below 500 m above sea level. It suits hardiness zones 7-11. Tasmania Herbarium^{[[[0(+x)]]]}.

- **Localisation :**

Afrique, Argentine, Asie, Australie, Bangladesh, Belgique, Grande-Bretagne, Canada, Afrique centrale, Chine, Congo, Cuba, Chypre, Afrique de l'Est, Europe, Grèce, Himalaya, Inde, Indochine, Irlande, Israël, Italie, Jordanie, Liban, Laos, Macédoine, Méditerranée, Malaisie, Maroc, Mozambique, Afrique du Nord, Amérique du Nord, Inde du Nord-Est, Pakistan, Pologne, Russie, Scandinavie, Asie du Sud-Est, Serbie, Slovénie, Afrique du Sud, Afrique australe, Amérique du Sud, Espagne, Sri Lanka, Suède, Syrie, Tadjikistan, Tasmanie, Timor-Leste, Tunisie, Turquie, Turkménistan, USA, Vietnam^{[[[0(+x)]]]}
(traduction automatique)

Original : Africa, Argentina, Asia, Australia, Bangladesh, Belgium, Britain, Canada, Central Africa, China, Congo, Cuba, Cyprus, East Africa, Europe, Greece, Himalayas, India, Indochina, Ireland, Israel, Italy, Jordan, Lebanon, Laos, Macedonia, Mediterranean, Malaysia, Morocco, Mozambique, North Africa, North America, Northeastern India, Pakistan, Poland, Russia, Scandinavia, SE Asia, Serbia, Slovenia, South Africa, Southern Africa, South America, Spain, Sri Lanka, Sweden, Syria, Tajikistan, Tasmania, Timor-Leste, Tunisia, Turkey, Turkmenistan, USA, Vietnam^{[[[0(+x)]]]}.

- **Notes :**

Il existe 8 espèces de Sinapis^{{{{0(+x)}}}} (traduction automatique).

Original : There are 8 Sinapis species^{{{{0(+x)}}}}.

• Liens, sources et/ou références :

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

dont classification :

° "The Plant List" (en anglais) : www.theplantlist.org/tpl1.1/record/kew-2476404 ;

° "GRIN" (en anglais) : <https://npg.ars-grin.gov/grin/taxonomydetail?id=33963> ;

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 ; Ara, R. I. T., 2015, *Leafy Vegetables in Bangladesh*. Photon eBooks. p 162 (As Brassica alba) ; Arora, R. K., 2014, *Diversity in Underutilized Plant Species - An Asia-Pacific Perspective*. Bioversity International. p 109 ; Bianchini, F., Corbetta, F., and Pistoia, M., 1975, *Fruits of the Earth*. Cassell. p 208 ; Biscotti, N. & Pieroni, A., 2015, *The hidden Mediterranean diet: wild vegetables traditionally gathered and consumed in the Gargano area, Apulia, SE Italy*. Acta Societatis Botanicorum Poloniae 84 (3): 327-338 ; 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 ; Blamey, M and Grey-Wilson, C., 2005, *Wild flowers of the Mediterranean*. A & C Black London. p 68 ; Bodkin, F., 1991, *Encyclopedia Botanica*. Cornstalk publishing, p 168 (As Brassica hirta) ; Bremness, L., 1994, *Herbs*. Collins Eyewitness Handbooks. Harper Collins. p 234 (As Brassica hirta) ; Brouk, B., 1975, *Plants Consumed by Man*. Academic Press, London. p 313 (As Brassica hirta) ; Brouk, B., 1975, *Plants Consumed by Man*. Academic Press, London. p 313 (As Brassica alba) ; Burkill, I.H., 1966, *A Dictionary of the Economic Products of the Malay Peninsula*. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 1 (A-H) p 363 (As Brassica alba) ; Cerne, M., 1992, *Wild Plants from Slovenia used as Vegetables*. Acta Horticulturae 318 ; Ciftcioglu, C. G., 2015, *Sustainable wild-collection of medicinal and edible plants in Lefke region of North Cyprus*. Agroforest Syst. Springer ; Della, A., et(1982) p 244 ; Dogan, Y., 2012, *Traditionally used wild edible greens in the Aegean Region of Turkey*. 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