

***Asystasia gangetica* (L.) T. Anderson**

Identifiants : 3726/asygan

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 : Astéridées ;
- Clade : Lamiidées ;
- Ordre : Lamiales ;
- Famille : Acanthaceae ;

• **Classification/taxinomie traditionnelle :**

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Lamiales ;
- Famille : Acanthaceae ;
- Genre : Asystasia ;

• **Synonymes :** *Asystasia coromandelina* Wight ex Nees, *Asystasia podostachys* Klotzsch, *Asystasia violacea* Dalz. non C.B.Clarke, *Justicia gangetica* L. ;

• **Nom(s) anglais, local(aux) et/ou international(aux) :** Chinese violet, , Anamala, Atolleta, Avokombiby, Candindjaon, Coromandel, Enkosida, Futsure, Futswe, Ganges primrose, Ganges-violet, Hedul, Huyet bo, Isihobo, Kianjoro, Lanjokobi, Lavana-valli, Medday keerai, Mella, Midchy keeray, Mungera tappeta, Namu, Nasubgwi, Odipa ikong, Oak oumsrab, Omigalin, Owuru, Redampa, Tala-kushe, Temba, Tikini, Tropical primrose, Tropical violet, Umegarin, Upputhali ;



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

Parties comestibles : feuilles^{{}{{(0+X)} (traduction automatique)}} | Original : Leaves^{{}{{(0+X)}}} Les feuilles sont utilisées comme herbe en pot ou sautées. Ils sont ajoutés aux ragoûts de poisson et de viande. Les feuilles sont également séchées et stockées

Partie testée : feuilles^{{}{{(0+X)} (traduction automatique)}}

Original : Leaves^{{}{{(0+X)}}}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro-vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
82.6	234	56	3.7	0	42	4.7	0



néant, inconnus ou indéterminés.

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

- Liens, sources et/ou références :

dont classification :

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

dont biographie/références de⁰"FOOD PLANTS INTERNATIONAL" :

Acevedo-Rodriguez, P., 2005, *Vine and Climbing Plants of Puerto Rico and the Virgin islands. Contributions to the United States National Herbarium. Volume 51:1-483 p 25* ; Achigan-Dako, E, et al (Eds), 2009, *Catalogue of Traditional Vegetables in Benin. International Foundation for Science.* ; Aciapa, A. et al, 2013, *Nutritional Profile of some Selected Food Plants of Otwal and Ngai Counties, Oyam District, Northern Uganda. African Journal of Food, Agriculture, Nutrition and Development.* 13(2) ; Addis, G., Asfaw, Z & Woldu, Z, 2013, *Ethnobotany of Wild and Semi-wild Edible Plants of Konso Ethnic Community, South Ethiopia. Ethnobotany Research and Applications.* 11:121-141. ; Addis, G., et al, 2013, *The Role of Wild and Semi-wild Edible Plants in Household Food Sovereignty in Hamer and Konso Communities, South Ethiopia. Ethnobotany Research & Applications.* 11:251-271 ; Adetula, O.A., 2004. *Asystasia gangetica (L.) T.Anderson. [Internet] Record from Protabase.* Grubben, G.J.H. & Denton, O.A. (Editors). PROTA (Plant Resources of Tropical Africa / Ressources végétales de l'Afrique tropicale), Wageningen, Netherlands. <<http://database.prota.org/search.htm>>. Accessed 13 October 2009. ; Agea, J. G., et al 2011, *Wild and Semi-wild Food Plants of Bunyoro-Kitara Kingdom of Uganda: etc. Environmental Research Journal* 5(2) 74-86 ; Ambasta S.P. (Ed.), 2000, *The Useful Plants of India. CSIR India.* p 61 ; AVRDC files ; Bircher, A. G. & Bircher, W. H., 2000, *Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics.* AUC Press. p 47 ; Burkhill, H. M., 1985, *The useful plants of west tropical Africa, Vol. 1.* Kew. ; Codjia, J. T. C., et al, 2003, *Diversity and local valorisation of vegetal edible products in Benin. 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(eds), 2004, *Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands.* p 100 ; Harkonen, M. & Vainio-Mattila, K., 1998, *Some examples of Natural Products in the Eastern Arc Mountains. Journal of East African Natural History* 87:265-278 ; Jackes, B.R., 2001, *Plants of the Tropics. Rainforest to Heath. An Identification Guide.* James Cook University. p 38 ; Jardin, C., 1970, *List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 57* ; Joffe, P., 2007, *Creative Gardening with Indigenous Plants. A South African Guide.* Briza. p 286 ; Llamas, K.A., 2003, *Tropical Flowering Plants.* Timber Press. p 29 ; Long, C., 2005, *Swaziland's Flora - siSwati names and Uses* <http://www.sntc.org.sz/flora/> ; Lugod, G.C. and de Padua L.S., 1979, *Wild Food Plants in the Philippines.* Vol. 1. 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