Stenochlaena palustris (Burm.f.) Bedd

Identifiants : 37828/stepal

Association du Potager de mes/nos Rêves (https://lepotager-demesreves.fr)
Fiche réalisée par Patrick Le Ménahèze
Dernière modification le 05/05/2024

- ***Classification/taxinomie traditionnelle :***
    - ***Règne : Plantae ;***
    - ***Division : Pteridophyta ;***
    - ***Classe : Polypodiopsida ;***
    - ***Ordre : Polypodiales ;***
    - ***Famille : Blechnaceae ;***
    - ***Genre : Stenochlaena ;***

- ***Synonymes : Acrostichum scandens (Sw.) Hook, Lomaria junglandifolia Presl, Polypodium palustre Burm, Stenochlaena fraxinifolia Presl, Stenochlaena laurifolia Presl ;***

- ***Nom(s) anglais, local(aux) et/ou international(aux) : Climbing swamp fern, , Ajuwajuwa, Akaw paku, Aono, Barangbang, Daomalai lot, Dhekia lota, Diliman, Kwalo rara, Lamding, Lembiding, Lemidi, Memiding, Midin, Miding, Midre, Nivi kakla, Nya nave, Orare, Pakis bang, Pakis merah, Pakis rawa merambat, Paku hurang, Paku lamodeh, Paku larut, Paku mesin, Paku miding, Paku ramu, Paku udang, Phdau sva si slok, Ponolo, Rara, Rau choai, Rembidi, Rosi, Sa, Sinasina, Tarong, Tunane sai, Vor thnanh, Vulavula, Waba, Wamidri ;***

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

  Parties comestibles : feuilles, frondes[{{{0(+x) (traduction automatique)] | Original : Leaves, Fronds[{{{0(+x)] Les jeunes pousses sont consommées crues ou cuites. Elles peuvent être utilisées dans les currys aigre-doux et dans les soupes de légumes

  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)*
92.3	*138*	*33*	*2.5*	*0*	*2*	*3.1*	*1.2*

néant, inconnus ou indéterminés.

- ***Liens, sources et/ou références :***

  dont classification :

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

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

  Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 599 ; Andrews, S.B., 1990, Ferns of Queensland. A handbook to the ferns and fern allies. Queensland DPI p 106 ; Borrell, O.W., 1989, An Annotated Checklist of the Flora of Kairiru Island, New Guinea. Marcellin College, Victoria Australia. p 2 ; Brock, J., 1993, Native Plants of Northern Australia, Reed. p 302 ; Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula.

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Food Plants International Inc. p 115 ; Henderson, C.P. and I.R.Hancock, 1988, A Guide to the Useful Plants of the Solomon Islands. Res. Dept. Min of Ag. & Lands. Honiara, Solomon Islands. p 89 (As Stenochlaena laurifolia) ; Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 294 ; Hoe, V. B. & Siong, K. H., 1999, The nutritional value of indigenous fruit and vegetables in Sarawak. Asia Pacific J. Clin. Nutr. 8(1):24-31 ; Jacquat, C., 1990, Plants from the Markets of Thailand. D.K. Book House p 32 ; Jansen, A. A. J., et al, (Eds), 1990, Food and Nutrition in Fiji. Volume One. p 53 ; Japanese International Research Centre for Agricultural Sciencewww.jircas.affrc.go.jp/project/value_addition/Vegetables ; Jones, D.L. & Gray, B., 1977, Australian Climbing Plants. Reed. p 145 ; Jones D, L, 1986, Ornamental Rainforest Plants in Australia, Reed Books, p 313 ; Leach, G.J., Osborne, P.L., 1985, Freshwater Plants of Papua New Guinea. 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