

Bidens pilosa L., 1753 (Bident)

Identifiants : 4619/bidpil

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 : Campanulidées ;
- Ordre : Asterales ;
- Famille : Asteraceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Asterales ;
- Famille : Asteraceae ;
- Genre : *Bidens* ;

- Synonymes : *Bidens abadiae* DC, *Bidens abadiae* var. *abadiae*, *Bidens abadiae* var. *pilosoides* Sherff, *Bidens adhaerescens* Vell, *Bidens africana* Klatt, *Bidens alausensis* Kunth, *Bidens alba* (L.) DC, *Bidens alba* var. *radiata* (Sch.Bip.) Ballard ex Melchert, *Bidens arenaria* Gand, *Bidens arenicola* Gand. [Invalid], *Bidens aurantiaca* Colenso, *Bidens barrancae* M. E. Jones, *Bidens bimucronata* Turcz, *Bidens bonplandii* Sch.Bip, *Bidens brachycarpa* DC, *Bidens bullata* var. *glabrescens* Fiori, *Bidens bullata* var. *hirta* (Jord.) Coste, *Bidens calcicola* Greenm, *Bidens californica* DC, *Bidens cannabina* Lam, *Bidens caracasana* DC, *Bidens caucalidea* DC, *Bidens cernua* var. *anomala* Farw, *Bidens cernua* var. *tenuis* Turcz. ex DC, *Bidens chilensis* DC, *Bidens chilensis* var. *apiifolia* DC, *Bidens chilensis* var. *chilensis*, *Bidens ciliata* Hoffmanns. ex Fisch. & C. A. Mey, *Bidens daucifolia* DC, *Bidens deamii* Sherff, *Bidens decussata* Pav. ex DC, *Bidens decussata* Pav. ex Steud, *Bidens dichotoma* Desf. ex DC, *Bidens effusa* Thuill. ex Sherff [Invalid], *Bidens exaristata* DC, *Bidens fastigiata* var. *hispida* Jord. ex Cariot & St.Lag. *Bidens heterodoxa* var. *orthodoxa* Fernald *Bidens hirsuta* Nutt. [Illegitimate] *Bidens hirta* Jord. *Bidens hispida* Kunth *Bidens hybrida* Thuill. *Bidens inermis* S. Watson, *Bidens leucantha* (L.) Willd, *Bidens leucantha* Poepp. ex DC. [Illegitimate], *Bidens leucantha* var. *leucantha*, *Bidens leucantha* var. *pilosa* (L.) Griseb, *Bidens leucantha* var. *sundaica* (Blume) Hassk, *Bidens leucanthema* f. *discoidea* Sch.Bip, *Bidens leucanthema* var. *pilosa* (L.) Griseb, *Bidens leucanthema* var. *sundaica* (Blume) Hassk, *Bidens leucanthemus* (L.) E. H. L. Krause, *Bidens minor* (Wimm. & Grab.) Vorosch, *Bidens minuscula* H. L.Ã©v. & Vaniot, *Bidens montaubani* Phil, *Bidens odorata* Cav, *Bidens odorata* var. *calcicola* (Greenm.) R.E. Ballard, *Bidens odorata* var. *oaxacensis* Ballard, *Bidens orendainae* M. E. Jones, *Bidens orientalis* Velen. ex Bornm, *Bidens paleacea* Vis, *Bidens pilosa* f. *alausensis* (Kunth) Sherff, *Bidens pilosa* var. *albiflora* Maxim, *Bidens pilosa* var. *bimucronata* (Turcz.) O.E. Schulz, *Bidens pilosa* var. *bimucronata* (Turcz.) Sch.Bip, *Bidens pilosa* f. *bimucronata* (Turcz.) Sherff, *Bidens pilosa* var. *brachycarpa* (DC.) O. E. Schulz, *Bidens pilosa* var. *brevifolia* Hieron, *Bidens pilosa* var. *calcicola* (Greenm.) Sherff, *Bidens pilosa* f. *calcicola* (Greenm.) Sherff, *Bidens pilosa* var. *discoidea* Sch.Bip, *Bidens pilosa* f. *discoidea* Sch.Bip. [Illegitimate], *Bidens pilosa* f. *dissecta* Sherff, *Bidens pilosa* var. *dubia* (Cass.) O. E. Schulz, *Bidens pilosa* var. *humilis* (Walp.) Walp. ex Reiche, *Bidens pilosa* f. *indivisa* Sherff, *Bidens pilosa* var. *leucantha* (L.) Harv, *Bidens pilosa* var. *minor* (Blume) Sherff, *Bidens pilosa* f. *monophylla* (Urb.) Sherff, *Bidens pilosa* f. *odorata* (Cav.) Sherff, *Bidens pilosa* f. *pilosa*, *Bidens pilosa* var. *pilosa*, *Bidens pilosa* f. *pilosior* Kuntze, *Bidens pilosa* f. *pinnata* Kuntze, *Bidens pilosa* var. *radiata* (Sch.Bip.) Sherff, *Bidens pilosa* var. *radiata* (Sch.Bip.) Sch.Bip. [Illegitimate], *Bidens pilosa* f. *simplex* Sherff, *Bidens pilosa* f. *subbiteratus* Kuntze, *Bidens pilosa* f. *subsimplicifolia* Kuntze, *Bidens pilosa* f. *ternata* Kuntze, *Bidens pilosa* f. *triaristata* Sherff, *Bidens pilosa* f. *umbrosa* Sherff, *Bidens pinnata* Noronha, *Bidens pumila* (Retz.) Steud, *Bidens ramosissima* Sherff, *Bidens reflexa* Link, *Bidens rosea* Sch.Bip, *Bidens rosea* var. *calcicola* Greenm, *Bidens scandicina* Kunth, *Bidens striata* Schott ex Sweet, *Bidens sunaica* Blume, *Bidens sunaica* var. *minor* Blume, *Bidens taquetii* H. L.Ã©v. & Vaniot, *Bidens trifoliata* Norona, *Bidens tripartita* Bojer [Invalid], *Bidens tripartita* var. *cannabina* (Lam.) Beckh, *Bidens tripartita* var. *discoidea* Wimm, *Bidens tripartita* var. *hirta* (Jord.) Sherff, *Bidens tripartita* var. *hispida* Cariot & St.-Lag, *Bidens tripartita* var. *indivisa* Corb, *Bidens tripartita* var. *integra* Peterm, *Bidens tripartita* var. *integrifolia* Wirtg, *Bidens tripartita* var. *latifolia* Rouy, *Bidens tripartita* var. *minima* Lej, *Bidens tripartita* var. *minor* Wimm. & Grab, *Bidens tripartita* var. *orientalis* (Velen.) Sherff, *Bidens tripartita* var. *pumila* Retz, *Bidens tripartita* var. *radiata* Wimm, *Bidens tripartita* var. *tenuis* (Turcz. ex DC.) DC, *Bidens valparadisiaca* Colla, *Bidens viciosoi* Pau, *Bidens wallichii* var. *albiflora* Max. ex Matsum, *Ceratocephalus pilosus* Rich. ex Cass, *Coreopsis alba* L, *Coreopsis corymbifolia* Buch.-Ham. ex DC, *Coreopsis leucantha* L, *Coreopsis leucorrhiza*

Lour, *Coreopsis multifida* DC, *Coreopsis multifida* var. *multifida*, *Coreopsis multifida* var. *mutica* DC, *Coreopsis odorata* Poir, *Coreopsis odorata* Lam, *Glossogyne chinensis* Less, *Kerneria dubia* Cass, *Kerneria pilosa* (L.) Lowe, *Kerneria pilosa* var. *pilosa*, *Kerneria pilosa* var. *radiata* (Sch.Bip.) Lowe, *Kerneria tetragona* Moench [Illegitimate] ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Cobbler's pegs, Spanish needles , motsiji (local) ;



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

Jeunes feuilles consommées comme légume vert^{{{{27(+x)}}} (pothebe^(dp*)) en mélange avec du riz. Également source par fermentation d'une boisson alcoolisée : "sinitsit"^{n{{{27(+x)}}}. « Plante mangée jeune et fraîche, bouillie et hachée comme les Épinards. Les naturels la mélangent ordinairement à la farine d'Arachide. »^{{{{76(+x)}}}.

Les graines sont utilisées dans la fabrication d'un vin de riz Igorot appelé "sinitsit" aux Philippines. Les graines sont consommées, en particulier par les enfants (par exemple en Enga) en Papouasie-Nouvelle-Guinée. Les jeunes feuilles sont comestibles cuites. Ils doivent être cuits à cause des saponines. Les feuilles sont cuites dans les soupes et les ragoûts. Les jeunes feuilles peuvent être séchées pour une utilisation ultérieure. Fraîches, elles ne peuvent être conservées que 3 à 4 jours. Les fleurs sont également utilisées comme substitut du thé.

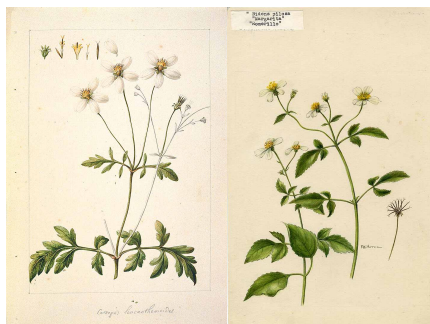
Partie testée : feuilles^{{{{0(+x)}}} (traduction automatique)
Original : Leaves^{{{{0(+x)}}}

Taux d'humidité	Énergie (kj)	Énergie (kcal)	Protéines (g)	Pro- vitamines A (µg)	Vitamines C (mg)	Fer (mg)	Zinc (mg)
82	239	57	4.1	0	50	0	0



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

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



De gauche à droite :

Par Sessé, M., Mociño, M., Drawings from the Spanish Royal Expedition to New Spain (1787?1803) (1787-1803) Draw. Roy. Exped. New Spain (1787), via plantillustrations
Par Britton, N.L., Horne, F.W., Popular flora of Puerto Rico, Flora Borinqueña [unpublished watercolors] Popular Fl. Puerto Rico, via plantillustrations

- Autres infos :
- dont infos de "FOOD PLANTS INTERNATIONAL" :

- Statut :

C'est un légume cultivé commercialement. Cette plante est une mauvaise herbe gênante dans de nombreux endroits. Ce n'est qu'un aliment très mineur en Papouasie-Nouvelle-Guinée. Il est à la fois cultivé et consommé en

Afrique. Il est largement utilisé au Malawi et au Zimbabwe. Il est vendu sur les marchés locaux en Chine^{{{0(+x)}}}
(traduction automatique).

Original : It is a commercially cultivated vegetable. This plant is a troublesome weed in many places. It is only a very minor food in Papua New Guinea. It is both grown and eaten in Africa. It is widely used throughout Malawi and Zimbabwe. It is sold in local markets in China^{{{0(+x)}}}.

◦ **Distribution :**

Il pousse dans les zones de forêt tropicale humide. Il pousse sur de nombreux types de sols différents. Il pousse du niveau de la mer proche à plus de 2000 m d'altitude. Il convient aux endroits humides. Il a besoin de beaucoup d'humidité et n'est pas tolérant à la sécheresse. Très commun et largement distribué du nord de Luzon au sud de Mindanao aux Philippines. Il se produit et est largement utilisé dans tout le Malawi. Il peut pousser dans des endroits arides. Au Sichuan et au Yunnan^{{{0(+x)}}} (traduction automatique).

Original : It grows in tropical rainforest areas. It grows on many different soil types. It grows from near sea level to over 2000 m altitude. It suits humid locations. It needs plenty of moisture and is not drought tolerant. Very common and widely distributed from northern Luzon to southern Mindanao in the Philippines. It occurs and is widely used throughout Malawi. It can grow in arid places. In Sichuan and Yunnan^{{{0(+x)}}}.

◦ **Localisation :**

Afrique, Amérique, Samoa américaines, Angola, Argentine, Asie, Australie, Açores, Bahamas, Belgique, Belize, Bénin, Bermudes, Bhoutan, Bolivie, Botswana, Brésil, Grande-Bretagne, Burkina Faso, Burundi, Cameroun, Canada, Canaries, Cap Verde, Afrique centrale, République centrafricaine, RCA, Amérique centrale, Tchad, Chili, Chine, Colombie, Comores, RD Congo, Costa Rica, Côte d'Ivoire, Cuba, Dominique, République dominicaine, Afrique de l'Est, Timor oriental, Île de Pâques, Équateur, Égypte, Guinée équatoriale, Érythrée, Eswatini, Éthiopie, Fidji, Gabon, Gambie, Allemagne, Ghana, Guadeloupe, Guatemala, Guyane, Guyanes, Guinée, Guinée, Guinée-Bissau, Guyane, Haïti, Hawaï, Himalaya, Honduras, Inde, Indochine, Indonésie, Côte d'Ivoire, Jamaïque, Japon, Kenya, Kiribati, Laos, Lesotho, Liberia, Madagascar, Malawi, Malaisie, Maldives, Mali, Marquises, Martinique, Mauritanie, Maurice, Mexique, Mozambique, Myanmar, Namibie, Nauru, Népal, Nouvelle-Zélande, Nicaragua, Niger, Nigéria, Île Norfolk, Afrique du Nord, Amérique du Nord, Inde du nord-est, Oman, Pacifique, Panama, Papouasie-Nouvelle-Guinée, PNG, Paraguay, Pérou, Philippines, Porto Rico, Rwanda, Sao Tomé-et-Principe, Sao Tomé-et-Principe, Asie du Sud-Est, Sénégal, Seychelles, Sierra Leone, Sikkim, Socotra, Somalie, Afrique du Sud, Afrique australe, Amérique du Sud, Espagne, Sri Lanka, Sainte-Lucie, Soudan, Suriname, Swaziland, Taiwan, Tanzanie, Thaïlande, Tibet, Timor-Leste, Togo, Tonga, Trinité-Tobago, Ouganda, Uruguay, USA, Venezuela, Vietnam, Afrique de l'Ouest, Antilles, Yémen, Zambie, Zimbabwe, Pérou, Philippines, Porto Rico, Rwanda, Sao Tomé-et-Principe, Sao Tomé-et-Principe, Asie du Sud-Est, Sénégal, Seychelles, Sierra Leone, Sikkim, Socotra, Somalie, Afrique du Sud, Afrique australe, Amérique du Sud, Espagne, Sri Lanka, St Lucie, Soudan, Suriname, Swaziland, Taiwan, Tanzanie, Thaïlande, Tibet, Timor-Leste, Togo, Tonga, Trinité-Tobago, Ouganda, Uruguay, USA, Venezuela, Vietnam, Afrique de l'Ouest, Antilles, Yémen, Zambie, Zimbabwe^{{{0(+x)}}} (traduction automatique).

Original : Africa, America, American Samoa, Angola, Argentina, Asia, Australia, Azores, Bahamas, Belgium, Belize, Benin, Bermuda, Bhutan, Bolivia, Botswana, Brazil, Britain, Burkina Faso, Burundi, Cameroon, Canada, Canary Island, Cape Verde, Central Africa, Central African Republic, CAR, Central America, Chad, Chile, China, Colombia, Comoros, Congo DR, Costa Rica, C te d'Ivoire, Cuba, Dominica, Dominican Republic, East Africa, East Timor, Easter Island, Ecuador, Egypt, Equatorial-Guinea, Eritrea, Eswatini, Ethiopia, Fiji, Gabon, Gambia, Germany, Ghana, Guadeloupe, Guatemala, Guiana, Guianas, Guinea, Guin e, Guinea-Bissau, Guyana, Haiti, Hawaii, Himalayas, Honduras, India, Indochina, Indonesia, Ivory Coast, Jamaica, Japan, Kenya, Kiribati, Laos, Lesotho, Liberia, Madagascar, Malawi, Malaysia, Maldives, Mali, Marquesas, Martinique, Mauritania, Mauritius, Mexico, Mozambique, Myanmar, Namibia, Nauru, Nepal, New Zealand, Nicaragua, Niger, Nigeria, Norfolk Island, North Africa, North America, Northeastern India, Oman, Pacific, Panama, Papua New Guinea, PNG, Paraguay, Peru, Philippines, Puerto Rico, Rwanda, Sao Tome and Principe, Sao Tome and Principe, SE Asia, Senegal, Seychelles, Sierra Leone, Sikkim, Socotra, Somalia, South Africa, Southern Africa, South America, Spain, Sri Lanka, St Lucia, Sudan, Suriname, Swaziland, Taiwan, Tanzania, Thailand, Tibet, Timor-Leste, Togo, Tonga, Trinidad-Tobago, Uganda, Uruguay, USA, Venezuela, Vietnam, West Africa, West Indies, Yemen, Zambia, Zimbabwe^{{{0(+x)}}}.

◦ **Notes :**

Cette plante a été utilisée en médecine et des études récentes ont montré que ces traitements sont dus à des produits chimiques efficaces pour contrôler les bactéries (types à Gram positif) et aider la fonction hépatique. Les feuilles sont une bonne source d'iode. Il existe environ 200 espèces de Bidens. La plupart sont en Amérique du Nord^{{{0(+x)}}} (traduction automatique).

Original : This plant has been used in medicine and recent studies have shown these treatments are due to

chemicals effective in controlling bacteria (gram positive types) and assisting liver function. Leaves are a good source of iodine. There are about 200 *Bidens* species. Most are in North America^{{{(0+X)}}}.

• Liens, sources et/ou références :

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

dont classification :

◦ "The Plant List" (en anglais) : www.theplantlist.org/tpl1.1/record/qcc-77369 ;

◦ "GRIN" (en anglais) : <https://npgsweb.ars-grin.gov/gringlobal/taxon/taxonomydetail?id=7169> ;

dont livres et bases de données : ²⁷Dictionnaire des plantes comestibles (livre, page 52, par Louis Bubenicek), 76Le Potager d'un curieux - histoire, culture et usages de 250 plantes comestibles peu connues ou inconnues (livre, pages 416 à 417, par A. Paillieux et D. Bois) ;

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 41 ; Achigan-Dako, E, et al (Eds), 2009, *Catalogue of Traditional Vegetables in Benin*. International Foundation for Science. ; 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 ; Altschul, S.V.R., 1973, *Drugs and Foods from Little-known Plants*. Notes in Harvard University Herbaria. Harvard Univ. Press. Massachusetts. no. 4871 (As *Bidens pilosa* var. *bimucronata* f *odorata*) ; Anywar, G., et al, 2014, *Wild Plants Used as Nutraceuticals from Nebbi District, Uganda*. *European Journal of medicinal Plants*. 4(6):641-660 ; Asfaw, Z. and Tadesse, M., 2001, *Prospects for Sustainable Use and Development of Wild Food Plants in Ethiopia*. *Economic Botany*, Vol. 55, No. 1, pp. 47-62 ; Ambasta S.P. 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