

Cleome monophylla L.

Identifiants : 8469/clemon

Association du Potager de mes/nos Rêves (<https://lepotager-demesreves.fr>)

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 02/05/2024

- Classification phylogénétique :

- Clade : Angiospermes ;
- Clade : Dicotylédones vraies ;
- Clade : Rosidées ;
- Clade : Malvidées ;
- Ordre : Brassicales ;
- Famille : Cleomaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Capparales ;
- Famille : Capparaceae ;
- Genre : Cleome ;

- Synonymes : *Cleome cordata* Burch. ex DC, *Cleome massae* Chiov, *Cleome subcordata* Steud. ex Oliv, *Sieruela viscosa* Raf ;

- Nom(s) anglais, local(aux) et/ou international(aux) : *Single-leaved cleome*, , *African cabbage*, *Doran*, *Hurhuria sag*, *Isiwisa esiluhlaza*, *Kanzota*, *Kayuniyuni*, *Kazuamwalonde*, *Lerokwa*, *Lesanye*, *Lovedu*, *Lutegeri*, *Mhuu*, *Mmusa-pelo monyenya*, *Mthoathoa*, *Musemwasemwa*, *Mushangishangi*, *muTsemwaysemwa*, *Mwanjerenjedza*, *Njerenjedza*, *Nsonyo*, *Nyiragasogereza*, *Rimin samara*, *Sekalerothane*, *Shimbangana*, *Shinburbucha*, *Sosa*, *Spindlepod*, *Thokothoko*, *Thotha sirio*, *Tota sirio*, *Vellai* ;



- Note comestibilité : **

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

Parties comestibles : feuilles, fleurs, fruits, graines - huile, graines - arôme, légumes^{{{0(+x)}} (traduction automatique)} | Original : Leaves, Flowers, Fruit, Seeds - oil, Seeds - flavouring, Vegetable^{{{0(+x)}}} Les feuilles sont utilisées comme légume. Il a une odeur désagréable et un goût âcre. Parfois, il est cuit un jour avant d'être consommé pour supprimer ces aspects. Les graines sont utilisées comme la moutarde

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)
76.5	297	71	21.9	0	0	0	0



néant, inconnus ou indéterminés.

- Note médicinale : *

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

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

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

dont classification :

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

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

Burkill, H. M., 1985, *The useful plants of west tropical Africa*, Vol. 1. Kew. ; Dey, A. & Mukherjee, A., 2015, *Living and Survival Amidst Hunger: Wild Edible Botanicals as a Prime Forest Productivity in the Rural Purulia District, West Bengal, India from Colonial to Present*. *Research Journal of Forestry* 9(3): 71-86 ; *Food Composition Tables for use in Africa* FAO <http://www.fao.org/infoods/directory> No. 719 ; Fox, F. W. & Young, M. E. N., 1982, *Food from the Veld*. Delta Books. p 147 ; High, C. & Shackleton, C. M., 2000, *The comparative value of wild and domestic plants in home gardens of a South African rural village*. *Agroforestry Systems* 48: 141-156, 2000 ; Jardin, C., 1970, *List of Foods Used In Africa*, FAO Nutrition Information Document Series No 2.p 68 ; Flyman, M. V. & Afolayan, A. J., 2006, *A Survey of plants used as wild vegetables in four districts of Botswana*. *Ecology of Food and Nutrition*, 45:405-415 ; Goode, P., 1989, *Edible Plants of Uganda*. FAO p 30 ; Grivetti, L. E., 1980, *Agricultural development: present and potential role of edible wild plants*. Part 2: Sub-Saharan Africa, Report to the Department of State Agency for International Development. p 41, 70 ; Grubben, G. J. H. and Denton, O. A. (eds), 2004, *Plant Resources of Tropical Africa 2. Vegetables*. PROTA, Wageningen, Netherlands. p 196 ; Kidane, B., et al, 2014, *Wild and semi-wild leafy vegetables used by the Maale and Ari ethnic communities in southern Ethiopia*. *Genetic Resour Crop Evol. Springer*. p 8 ; Long, C., 2005, *Swaziland's Flora - siSwati names and Uses* <http://www.sntc.org.sz/floral/> ; Lulekal, E., et al, 2011, *Wild edible plants in Ethiopia: a review on their potential to combat food insecurity*. *Afrika Focus - Vol. 24, No 2*. pp 71-121 ; Malaisse, F., 1997, *Se nourrir en floret claire africaine. Approche écologique et nutritionnelle*. CTA., p 59 ; Malaisse, F., 2010, *How to live and survive in Zambezian open forest (Miombo Ecoregion)*. Les Presses Agronomiques de Gembloux. ; Marandi, R. R. & Britto, S. J., 2015, *Medicinal Properties of Edible Weeds of Crop Fields and Wild plants Eaten by Oraon Tribals of Latehar District, Jharkhand*. *International Journal of Life Science and Pharma Research*. Vo. 5. (2) April 2015 ; Maroyi, A., 2011, *The Gathering and Consumption of Wild Edible Plants in Nhema Communal Area, Midlands Province, Zimbabwe*. *Ecology of Food and Nutrition* 50:6, 506-525 ; Maroyi, A., 2013, *Use of weeds as traditional vegetables in Shurugwi District, Zimbabwe*. *Journal of Ethnobiology and Ethnomedicine* 9:60 ; Martin, F.W. & Ruberte, R.M., 1979, *Edible Leaves of the Tropics*. Antillian College Press, Mayaguez, Puerto Rico. p 181 ; Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, *Edible Wild plants of Sub-saharan Africa*. Kew. p 77 ; *Plants for a Future database*, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. <http://www.scs.leeds.ac.uk/pfaf/> ; Plowes, N. J. & Taylor, F. W., 1997, *The Processing of Indigenous Fruits and other Wildfoods of Southern Africa*. in Smartt, L. & Haq. (Eds) *Domestication, Production and Utilization of New Crops*. ICUC p 188 ; Ramachandran, V. S., 2007, *Wild edible plants of the Anamalais, Coimbatore district, western Ghats, Tamil Nadu*. *Indian Journal of Traditional Knowledge*. 6(1) pp 173-176 ; Reis, S. V. and Lipp, F. L., 1982, *New Plant Sources for Drugs and Foods from the New York Botanical Garden herbarium*. Harvard. p 91 ; Rajkalkshmi, P. et al, 2001, *Total carotenoid and beta-carotene contents of forest green leafy vegetables consumed by tribals of south India*. *Plant Foods for Human Nutrition* 56:225-238 ; Ramachandran, V.S., 1987, *Further Notes on the Ethnobotany of Cannanore District, Kerala*. *J. Econ. Tax. Bot. Vol. 11 No. 1* pp 47- ; Royal Botanic Gardens, Kew (1999). *Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database*. Published on the Internet; <http://www.rbgekew.org.uk/ceb/sepasal/internet> [Accessed 7th April 2011] ; Ruffo, C. K., Birnie, A. & Tengnas, B., 2002, *Edible Wild Plants of Tanzania*. RELMA p 206 ; Seidemann J., 2005, *World Spice Plants*. Economic Usage, Botany, Taxonomy. Springer. p 112 ; Shackleton, S. E., et al, 1998, *Use and Trading of Wild Edible Herbs in the Central Lowveld Savanna Region, South Africa*. *Economic Botany*, Vol. 52, No. 3, pp. 251-259 ; Shava, S., et al, 2009, *Traditional food crops as a source of community resilience in Zimbabwe*. *International Journal of the African Renaissance* 4(1) ; Scudder, 1971, ; Smith, F. I. and Eyzaquirre, P., 2007, *African leafy vegetables: Their role in the World Health Organization's global Fruit and Vegetables Initiative*. *AJFAND*, Vol. 7 No. 3 ; *Swaziland's Flora Database* <http://www.sntc.org.sz/flora/> ; Tredgold, M.H., 1986, *Food Plants of Zimbabwe*. 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