

Corchorus tridens L.

Identifiants : 9268/cortri

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

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 15/05/2024

- Classification phylogénétique :

- Clade : Angiospermes ;
- Clade : Dicotylédones vraies ;
- Clade : Rosidées ;
- Clade : Malvidées ;
- Ordre : Malvales ;
- Famille : Malvaceae ;

- Classification/taxinomie traditionnelle :

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Malvales ;
- Famille : Malvaceae ;
- Genre : Corchorus ;

- Synonymes : Corchorus burmanii DC, Corchorus senegalensis Juss. ex Steud, Corchorus trilocularis Burm.f ;

- Nom(s) anglais, local(aux) et/ou international(aux) : Horne-fruited jute, , Delele, Derere-renenje, Derere, Eiyo, Eteke, Gussha, Gwisha, Hachota, Idelele, Ifanhanyei, Isileleda, Koxolanhoun, Kibwando, Kimulikwi kidala, Koxolanhoun, Labelbada, Lalo baleo, Lalo bali, Ligusha, Maero, Malehiya, Mbodakh, Msafa, Namarete, Nkuse, Nop i khadji, Nzofe, Oloqloqota, Otigo-afuku, Ountcho, Sanvoa, Senujaga, Sobo, Taxalupa, Tixante ;



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

Parties comestibles : feuilles, pousses, fleurs, légumes^{{{0(+x)}} (traduction automatique)} | Original : Leaves, Shoots, Flowers, Vegetable^{{{0(+x)}}} Les feuilles sont cuites et mangées. Ils sont utilisés dans les plats de légumes et dans les soupes. Les feuilles peuvent être 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)
81	296	72	4.5	0	0	0	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 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 42 ; Achigan-Dako, E, et al (Eds), 2009, *Catalogue of Traditional Vegetables in Benin. International Foundation for Science.* ; 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 Hamar and Konso Communities, South Ethiopia. Ethnobotany Research & Applications.* 11:251-271 ; 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 140 ; 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., *Conservation and use of traditional vegetables in Ethiopia. FAO ; 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 ; Ayantunde, A. A., et al, 2009, Uses of Local Plant Species by Agropastoralists in South-western Niger. Ethnobotany Research and Applications. Vol. 7: 53-66 ; Boedecker, J., et al, 2014, *Dietary contribution of Wild Edible Plants to women's diets in the buffer zone around the Lama forest, Benin* "an underutilized potential. Food Sec. 6:833-849 ; Codjia, J. T. C., et al, 2003, *Diversity and local valorisation of vegetal edible products in Benin. Cahiers Agricultures* 12:1-12 ; Dansi, A., et al, 2008, *Traditional leafy vegetables and their use in the Benin Republic. Genet Resour Crop Evol* (2008) 55:1239-1256 ; Diouf, M., et al, *Leafy Vegetables in Senegal. Bioersivity webite* ; Exell, A.W. et al, (Ed), 1963, *Flora Zambesiaca Vol 2 Part 1 Crown Agents, London.* p 88 ; FAO, 1988, *Traditional Food Plants, FAO Food and Nutrition Paper 42. FAO Rome* p 218 ; *Flora of Pakistan.* www.eFloras.org ; 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 ; Fowler, D. G., 2007, *Zambian Plants: Their Vernacular Names and Uses. Kew.* p 44 ; Fox, F. W. & Young, M. E. N., 1982, *Food from the Veld. Delta Books.* p 349 ; Freiburger, C. E., et al, 1998, *Nutrient content of the edible leaves of seven wild plants from Niger. Plant Foods for Human Nutrition* 53: 57-69 ; Gallagher, D. E., 2010, *Farming beyond the escarpment: Society, Environment, and Mobility in Precolonial Southeastern Burkina Faso. PhD University of Michigan.* ; Godfrey, J. et al, 2013, *Harvesting, preparation and preservation of commonly consumed wild and semi-wild food plants in Bunyoro-Kitara Kingdom, Uganda. Int. J. Med. Arom. Plants. Vol.3 No.2 pp 262-282 ; Grubben, G. J. H. and Denton, O. A. (eds), 2004, *Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands.* p 221 ; 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 ; Hedrick, U.P., 1919, (Ed.), *Sturtevant's edible plants of the world.* p 216 ; 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 69 ; Long, C., 2005, *Swaziland's Flora - siSwati names and Uses* <http://www.sntc.org.sz/flora/> ; 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 ; Lyimo, M., et al, 2003, Identification and nutrient composition of indigenous vegetables of Tanzania. Plant Foods for Human Nutrition. 58: 85-92 ; Maiga, A., et al, 2005, *Determination of Some Toxic and Essential Metal Ions in Medicinal and Edible Plants from Mali. Journal of Agricultural and Food Chemistry* 53: 2316-2321 ; Mant. pl. 2:566. 1771 ; 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 221 ; Maundu, P. et al, 1999, *Traditional Food Plants of Kenya. National Museum of Kenya.* 288p ; Mertz, O., Lykke, A. M., and Reenberg, A., 2001, *Importance and Seasonality of Vegetable Consumption and Marketing in Burkina Faso. Economic Botany,* 55(2):276-289 ; Msola, D. K., 2007, *The role of Wild Foods in Household Income and Food Security in Mufundi District, Tanzania. Morogoro, Tanzania.* p 46 ; Msuya, T. S., et al, 2010, *Availability, Preference and Consumption of Indigenous Foods in the Eastern Arc Mountains, Tanzania, Ecology of Food and Nutrition,* 49:3, 208-227 ; N'Danikou, S. et al, 2010, *Eliciting Local Values of Wild Edible Plants in Southern Benin to Identify Priority Species for Conservation. Economic Botany,* 20(10), 2011, pp. 1-15. ; Ogle & Grivetti, 1985, ; Okigbo, B.N., *Vegetables in Tropical Africa, in Opena, R.T. & Kyomo, M.L., 1990, Vegetable Research and development in SADCC countries. Asian Vegetable Research and development Centre. Taiwan.* p 45 ; Paczkowska, G. & Chapman, A.R., 2000, *The Western Australian Flora. A Descriptive Catalogue. Western Australian Herbarium.* p 561 ; Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, *Edible Wild plants of Sub-saharan Africa. Kew.* p 190 ; 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 189 ; Purseglove, J.W., 1968, *Tropical Crops Dicotyledons, Longmans.* p 613 ; *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 11th June 2011] ; Ruffo, C. K., Birnie, A. & Tengnas, B., 2002, *Edible Wild Plants of Tanzania. RELMA* p 228 ; Scudder, 1971, ; Segnon, A. C. & Achigan-Dako, E. G., 2014, *Comparative analysis of diversity and utilization of edible plants in arid and semi-arid areas in Benin. Journal of*****

Ethnobiology and Ethnomedicine 2014, 10:80 ; 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) ; 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> ; Vainio-Mattila, K., 2000, *Wild vegetables used by the Sambia in the Usumbara Mountains, NE Tanzania*. *Ann. Bot. Fennici* 37:57-67 ; Vanderjagt, D. J. et al, 2000, *The trypsin inhibitor content of 61 wild edible foods of Niger*. *Plant Foods for Human Nutrition*. 55:335-346 ; van Wyk, B., 2005, *Food Plants of the World. An illustrated guide*. Timber press. p 151 ; van Wyk, Be., & Gericke, N., 2007, *People's plants. A Guide to Useful Plants of Southern Africa*. Briza. p 68 ; van Wyk, B-E., 2011, *The potential of South African plants in the development of new food and beverage products*. *South African Journal of Botany* 77 (2011) 857-868 ; Wheeler, J.R.(ed.), 1992, *Flora of the Kimberley Region*. CALM, Western Australian Herbarium, p 165 ; Vernon, R., 1983, *Field Guide to Important Arable Weeds of Zambia*. Dept of Agriculture, Chilanga, Zambia. p 48 ; Wilczek, R., 1963, *Flore du Congo du Rwanda et du Burundi: Tiliaceae*. vol. 10, ; www.zimbabweflora.co.zw 2011 ; Zon, A.P.M. van der, Grubben, G.J.H., 1976, *Les legumes-feuilles spontanés et cultivés du Sud-Dahomey*, Communication 65, Royal Tropical Institute, Amsterdam, p 54