Emex spinosa (L.) Campd.

Identifiants : 122189/emexspin

Association du Potager de mes (nos) Rêves
(https://lepotager-demesreves.fr - https://terralisme.fr)
Fiche réalisée par Patrick Le Ménahèze
Dernière modification le 06/08/2026

- **Classification phylogénétique :**
  - Clade : Angiospermes ;
  - Clade : Dicotylédones vraies ;
  - Ordre : Caryophyllales ;
  - Famille : Polygonaceae ;
- **Classification/taxinomie traditionnelle :**
  - Règne : Plantae ;
  - Division : Magnoliophyta ;
  - Classe : Magnoliopsida ;
  - Ordre : Polygonales ;
  - Famille : Polygonaceae ;
  - Genre : Emex ;
- **Synonymes :** Centopodium spinosum Burch.; Rumex glaber Forssk.; Rumex spinosus L.; Vibo spinosa Medik.; ;
- **Nom(s) anglais, local(aux) et/ou international(aux) :** , Abrepuno, Ambasis, Bezzoult naaja, Cargatripas, Ders al ajoos, Emex, Hambaz, Hambizan, Hameedh, Hamrateras, Hanzab, Himbazah, Himbez, Homida, Hommaida, Irkaybah, Labas, Largatripas, Lesser Jack, Naba, Old woman's tooth, Prickly dock, ;

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

  Détails : Les jeunes feuilles se consomment comme les épinards. Les tiges charnues des feuilles sont également consommées. Les racines se consomment crues ou cuites.{{{0(+x) (traduction automatique)
  Original : The young leaves are eaten like spinach. The fleshy leaf stalks are also eaten. The roots are eaten raw or cooked {{{0(+x)

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  Précautions : néant, inconnus ou indéterminés.

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

  dont classification :

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

Al-Sodany, Y. M., et al, 2013, Medicinal Plants in Saudi Arabia: I. Sarrwat Mountains at Taif, KSA. Academic Journal

of Plant Sciences 6 (4): 134-145Bailey, C. and Danin, A., 1981, Bedouin Plant Utilization in Sinai and the Negev. Economic Botany 35(2): 145-162Ben Ismail, H., 2013, Edible Wild Vegetables Used in North West of Tunisia. PARIPEX - Indian Journal of Research 2(9) :219-221Bidak, L. M., et al, 2015, Goods and services provided by native plants in desert ecosystems: Examples from the northwestern coastal desert of Egypt. Global Ecology and Conservation 3 (2015) 433?447Blamey, M and Grey-Wilson, C., 2005, Wild flowers of the Mediterranean. A & C Black London. p 38Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 184Flora of Pakistan. www.eFloras.orgGhanimi, R., et al, 2022, Ethnobotanical study on wild edible plants traditionally used by Messiwa people, Morocco. Journal of Ethnobiology and Ethnomedicine. 18:16Hussey, B.M.J., Keighery, G.J., Cousens, R.D., Dodd, J., Lloyd, S.G., 1997, Western Weeds. A guide to the weeds of Western Australia. Plant Protection Society of Western Australia. p 198Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 76Kunkel, Lazarides, M. & Hince, B., 1993, Handbook of Economic Plants of Australia, CSIRO. p 89Lim, T. K., 2015, Edible Medicinal and Non Medicinal Plants. Volume 9, Modified Stems, Roots, Bulbs. Springer p 40Mahklouf, M. H., 2019, Ethnobotanical Study of Edible Wild Plants in Libya. European Journal of Ecology. 5(2): 30-40Malezas Comestibles del Cono Sur, INTA, 2009, Buernos AiresMandaville, J. P., 2004, Bedouin ethnobotany: Plant concepts and plant use in a desert pastoral world. PhD thesis University of Arizona. p 155Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 213Monogr. Rumex 58. 1819Nassif, F., & Tanji, A., 2013, Gathered food plants in Morocco: The long forgotten species in Ethnobotanical Research. Life Science Leaflets 3:17-54Paczkowska, G . & Chapman, A.R., 2000, The Western Australian Flora. A Descriptive Calatogue. Western Australian Herbarium. p 460Phillips, D. C., 1988, Wild Flowers of Bahrain. A Field Guide to Herbs, Shrubs, and Trees. Privately published. p 85Rivera, D. et al, 2006, Gathered Mediterranean Food Plants - Ethnobotanical Investigations and Historical Development, in Heinrich M, Müller WE, Galli C (eds): Local Mediterranean Food Plants and Nutraceuticals. Forum Nutr. Basel, Karger, 2006, vol 59, pp 18?74Royal Botanic Gardens, Kew (1999). Survey of Economic Plants for Arid and Semi-Arid Lands (SEPASAL) database. Published on the Internet; http://www.rbgkew.org.uk/ceb/sepasal/internet [Accessed 4th June 2011]Tanji, A and Nassif, F., 1995, Edible Weeds in Morocco. Weed Technology. Vol. 9, No. 3, pp. 617-620Tardio, J., et al, Ethnobotanical review of wild edible plants in Spain. Botanical J. Linnean Soc. 152 (2006), 27-71Tbatou, M, et al, 2016, Wild Edible Plants traditionally used in the countryside of El Jadida, Coastal Area in the Center of Morocco. Life Sciences Leaflets 75:28-48World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew (As Rumex spinosus)