

Parapolydora fastigiata (Oliv. et Hiern.) H. Rob.

Identifiants : 123617/parafast

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



- **Classification/taxinomie traditionnelle :**

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

- **Synonymes :** Cacalia fastigiata Kuntze; Vernonia fastigiata Oliv. & Hiern; Vernonia schinzii O. Hoffm.; ;

- **Nom(s) anglais, local(aux) et/ou international(aux) :** , Lehlanye, Vitola, ;



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

Détails : Les jeunes feuilles sont cuites et consommées comme herbe potagère. Ils sont également ajoutés aux soupes.
{{{0(+x)}}} (traduction automatique)

Original : The young leaves are cooked and eaten as a potherb. They are also added to soups{{{0(+x)}}



Précautions : néant, inconnus ou indéterminés.

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

dont classification :

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

Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 127 (As *Vernonia fastigiata*)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 75 (As *Vernonia fastigiata*)Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2.p 109 (As *Vernonia fastigiata*)Long, C., 2005, Swaziland's Flora - siSwati names and Uses <http://www.sntc.org.sz/flora/> (As *Vernonia fastigiata*)Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 186 (As *Vernonia fastigiata*)Matlhare, T., et al, Vegetables in Botswana. p 21 Bioversity website. (As *Vernonia fastigiata*)D. Oliver, Fl. trop. Afr. 3:282. 1877 (As *Vernonia fastigiata*)Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 93 (As *Vernonia fastigiata*)Quin, 1959, (As *Vernonia fastigiata*)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 14th April 2011] (As *Vernonia fastigiata*)Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 36Swaziland's Flora Database <http://www.sntc.org.sz/flora> (As *Vernonia fastigiata*)Terra, G.J.A., 1973, Tropical Vegetables. Communication 54e Royal Tropical Institute, Amsterdam, p 80 (As *Vernonia fastigiata*)Welcome, A. K. & Van Wyk, B.-E., 2019, An inventory and analysis of the food plants of southern Africa. South African Journal of Botany 122 (2019) 136?179World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew