

Persicaria perfoliata (L.) H. Gross

Identifiants : 123733/persperf

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

Fiche réalisée par Patrick Le Ménahèze

Dernière modification le 24/07/2026

- **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 : Persicaria ;



- **Synonymes :** Ampelygonum perfoliatum (L.) Roberty & Vautier; Echinocaulos perfoliatus (L.) Hassk.; Fagopyrum perfoliatum (L.) Raf.; Polygonum perfoliatum L.; Truellum perfoliatum (L.) Sojak; and others ;

- **Nom(s) anglais, local(aux) et/ou international(aux) :** , Achajay, Amile pire lahara, Baghasora, Bagh asora, Bakhre, Bonoriya ghehu, Ci li tou, Gianbanqui, Ghumauro kanda, Haganturia, Hanserong derot, Hengaturia, Kanta tokpata, Lingthuh, Ma-ngo, Ma-seinthli, Mikhri lai, Moitha sikhla, Nghe xuyen-la, Posikung, Thanlanqui, Wedusan, ;



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

Détails : Les feuilles sont utilisées pour préparer du chutney. Ils sont agréablement acides. Les feuilles et pousses tendres sont cuites et consommées comme légume. Les jeunes feuilles, les extrémités des tiges et les jeunes fruits sont cuits avec d'autres légumes verts et utilisés en accompagnement de riz. Il est également utilisé comme arôme aigre pour les soupes, les ragoûts et les plats de poisson. Les fruits mûrs se consomment frais. Attention : il peut être riche en oxalates.^{{{0(+x)}}}
(traduction automatique)

Original : The leaves are used for preparing chutney. They are pleasantly acid. The tender leaves and shoots are cooked and eaten as a vegetable. The young leaves and stem tips and young fruit are cooked with other greens and used as a side salad with rice. It is also used as a sour flavouring for soups, stews and fish dishes. The ripe fruit are eaten fresh. Caution: It can be high in oxalates^{{{0(+x)}}}

- **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)
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Précautions : néant, inconnus ou indéterminés.

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

dont classification :

dont biographie/références de "FOOD PLANTS INTERNATIONAL" :

Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 481 (As *Polygonum perfoliatum*)Bajracharya, D., 1980, Nutritive Values of Nepalese Edible Wild Fruits. Z. Lebensm. Unters. Forsch. 171: 363-366 (As *Polygonum perfoliatum*)Barua, U., et al, 2007, Wild edible plants of Majuli island and Darrang districts of Assam. Indian Journal of Traditional Knowledge 6(1) pp 191-194 (As *Polygonum perfoliatum*)Bot. Jahrb. Syst. 49:275. 1913 (As *Persicaria perfoliata*)Dangol, D. R. et al, 2017, Wild Edible Plants in Nepal. Proceedings of 2nd National Workshop on CUAOGR, 2017. (As *Polygonum perfoliatum*)Deka, N. & Devi, N., 2015, Wild edible aquatic and marshland angiosperms of Baka district, BTC area, Assam, India. Asian J. Plant Sci. Res. 5(1):32-48 (As *Persicaria perfoliata*)Dobriyal, M. J. R. & Dobriyal, R., 2014, Non Wood Forest Produce an Option for Ethnic Food and Nutritional Security in India. Int. J. of Usuf. 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Journal of Ethnobiology and Ethnomedicine 15:56 (As *Polygonum perfoliatum*)Manandhar, N.P., 2002, Plants and People of Nepal. Timber Press. Portland, Oregon. p 355 (As *Persicaria perfoliata*)Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 214 (As *Polygonum perfoliatum*)Medhi, P. & Borthakur, S. K., 2012, Phytoresources from North Cachur Hills of Assam -3: Edible plants sold at Hflong market. Indian Journal of Natural Products and Resources. 3(1) pp 84-109 (As *Polygonum perfoliatum*)Medhi, P. & Borthakur, S. K., 2013, Wild edible plants sold by the Zeme Nagas at the makeshift market of Mahur, Dima Hasao district of Assam. Pleione 7(1): 84 - 93. 2013 (As *Persicaria perfoliata*)Medhi, P., Sarma, A and Borthakur, S. K., 2014, Wild edible plants from the Dima Hasao district of Assam, India. Pleione 8(1): 133-148 (As *Persicaria perfoliata*)Mot So Rau Dai an Duoc O Vietnam. Wild edible Vegetables. Ha Noi 1994, p 206 (As *Polygonum perfoliatum*)Ochse, J. J. et al, 1931, Vegetables of the Dutch East Indies. Asher reprint. p 590 (Also as *Persicaria perfoliata*)Pasha, M. K. & Uddin, S. B., 2019, Minor Edible Fruits of Bangladesh. Bangladesh J. Plant Taxon. 26(2): 299-313 (As *Chylocalyx perfoliatus*)Patiri, B. & Borah, A., 2007, Wild Edible Plants of Assam. Geethaki Publishers. p 116 (As *Polygonum perfoliatum*)Pfoze, N. L., et al, 2012, Survey and assessment of floral diversity on wild edible plants from Senapati district of Manipur, Northeast India. Journal of Biodiversity and Environmental Sciences. 1(6):50-52 (As *Polygonum perfoliatum*)Pham-Hoang Ho, 1999, An Illustrated Flora of Vietnam. Nha Xuat Ban Tre. p 744 (As *Polygonum perfoliatum*)Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. <http://www.scs.leeds.ac.uk/pfaf/> (As *Polygonum perfoliatum*)Romanowski, N., 2007, Edible Water Gardens. 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