

Tylosema esculentum (Burchell) A. Schreiber

Identifiants : 124856/tyloescu

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

Fiche réalisée par Patrick Le Ménahèze
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- **Classification phylogénétique :**

- Clade : Angiospermes ;
- Clade : Dicotylédones vraies ;
- Clade : Rosidées ;
- Clade : Fabidées ;
- Ordre : Fabales ;
- Famille : Fabaceae ;



- **Classification/taxinomie traditionnelle :**

- Règne : Plantae ;
- Division : Magnoliophyta ;
- Classe : Magnoliopsida ;
- Ordre : Fabales ;
- Famille : Fabaceae ;
- Genre : Tylosema ;

- **Synonymes :** Bauhinia bainesii Schinz.; Bauhinia esculenta Burch.; ;

- **Nom(s) anglais, local(aux) et/ou international(aux) :** , Bauhinia, Ditsidi, Ganu, Gami, Lai, Litam-mani, Marumama, Morama, Muraki, Ombanui, Otjipiva, Ozombanui, Rama, Tammani, Tsi/tsin, Ts"hi, ;



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

Détails : La racine est douce et nutritive. Ils sont cuits au four, bouillis ou rôtis. Les graines sont grillées ou bouillies et consommées. Ils sont décortiqués, pilés et ajoutés à l'eau pour faire de la soupe. Les graines produisent également une huile comestible. Les jeunes tiges sont grillées et consommées. Les jeunes pousses feuillues sont parfois consommées. {{{0(+x)}} (traduction automatique)

Original : The root is sweet and nutritious. They are baked, boiled or roasted. The seeds are roasted or boiled and eaten. They are shelled and pounded and added to water to make soup. The seeds also produce an edible oil. The young stems are roasted and eaten. Young leafy shoots are occasionally eaten. {{{0(+x)}} (traduction automatique)

- **Partie testée :** Graine {{{0(+x)}} (traduction automatique) | Original : Seed {{{0(+x)}} (traduction automatique)

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" :

Akinola, R., et al, 2020, A Review of Indigenous Food Crops in Africa and the Implications for more Sustainable and Healthy Food Systems. Sustainability 2020, 12, 3493; Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 55 (As Bauhinia bainesii and Bauhinia esculenta) Dakora, F. D., 2013, Biogeographic Distribution, Nodulation and Nutritional Attributes of Underutilized Indigenous African Legumes. Acta Horticulturae Number 979 Vol. 1. p 53 Engelter, C. & Wehmeyer, A. S., 1970, Fatty Acid Composition of Oils of Some Edible Seeds of Wild Plants. Journal of Agricultural and Food Chemistry. 18(1): 25-26 (As Bauhinia esculenta) Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 66 (As Tylosema esculentum) Food Composition Tables for use in Africa FAO <http://www.fao.org/infoods/directory> No. 645 Fox, F. W. & Young, M. E. N., 1982, Food from the Veld. Delta Books. p 217 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 80 Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 94 (As Bauhinia esculenta) Jardin, C., 1970, List of Foods Used In Africa, FAO Nutrition Information Document Series No 2. p 24, 58 (As Bauhinia esculenta) Kays, S. J., and Dias, J. C. S., 1995, Common Names of Commercially Cultivated Vegetables of the World in 15 languages. Economic Botany, Vol. 49, No. 2, pp. 115-152 (As Bauhinia esculenta) Kays, S. J., and Dias, J. C. S., 1995, Common Names of Commercially Cultivated Vegetables of the World in 15 languages. Economic Botany, Vol. 49, No. 2, pp. 115-152 (As Bauhinia esculenta) Keith, M. E. & Renew, A., 1975, Notes on some edible wild plants found in the Kalahari. Koedoe 18:1-12 Kermath, B. 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Munchen 3:611. 1960 Okigbo, B.N., Vegetables in Tropical Africa, in Opana, R.T. & Kyomo, M.L., 1990, Vegetable Research and development in SADCC countries. Asian Vegetable Research and development Centre. Taiwan. p 42 (As Bauhinia esculenta) Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 125 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 26th April 2011] Ruiters-Welcome, A. K., 2019, Food plants of southern Africa. Ph.D. thesis. Univ. of Johannesburg p 61 Tanno, T., Plant Utilization of the Mbuti Pygmies. (As Bauhinia esculenta) Terra, G.J.A., 1973, Tropical Vegetables. Communication 54e Royal Tropical Institute, Amsterdam, p 29 (As Bauhinia esculenta) Ulian, T., et al, 2020, Unlocking plant resources to support food security and promote sustainable agriculture. Plants, People, Planet. 2020;2:421?445. USDA, ARS, National Genetic Resources Program. Germplasm Resources Information Network - (GRIN). [Online Database] National Germplasm Resources Laboratory, Beltsville, Maryland. Available: www.ars-grin.gov/cgi-bin/npgs/html/econ.pl (10 April 2000) (As Bauhinia esculenta) van der Maesen, L.J.G., 2006. Tylosema esculentum (Burch.) A.Schreib. [Internet] Record from Protabase. Brink, M. & Belay, G. (Editors). PROTA (Plant Resources of Tropical Africa), Wageningen, Netherlands. < <http://database.prota.org/search.htm>>. Accessed 23 October 2009 van Wyk, B., 2005, Food Plants of the World. An illustrated guide. Timber press. p 409 (As Bauhinia esculenta) van Wyk, B., & Gericke, N., 2007, People's plants. A Guide to Useful Plants of Southern Africa. Briza. p 26 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 van Wyk, Ben-Erik, 2019, The diversity and multiple uses of southern African legumes. Australian Systematic Botany, 2019, 32, 519?546 Wehmeyer, A. S., 1986, Edible Wild Plants of Southern Africa. Data on the Nutrient Contents of over 300 species 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?179 Wickens, G.E., 1995, Edible Nuts. FAO Non-wood forest products. FAO, Rome. p 141 Wiersema, J. H. & Leon, B., 2013, World Economic Plants. A Standard Reference CRC Press. 2nd Ed. p 703 Wilson, J.M. & Witcombe, J.R., Crops for Arid lands, in Wickens, G.E., Goodin, J.R., and Field, D.V., (Eds.) 1985, Plants for Arid Lands. Unwin Hyman, London, p 44 World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew