PLANT FACT SHEET

Sesamum alatum Thonn. ex Schumach.

GENUS *Sesamum* **FAMILY** Pedaliaceae

COMMON NAMES Winged sesame

EDIBLE PARTS AND USES

Edible parts: Leaves, Seeds, Seeds - oil, Vegetable

The seeds are rich in oil which is used in cooking.
The seeds are ground into flour. They are also eaten as a snack.
The leaves are cooked and used as a vegetable. They are also used as a thickening agent.

DESCRIPTION

A shrub. It is erect and grows 45-150 cm high. There are few branches. The leaves at the base have irregular lobes. The upper leaves are narrow and single. They are 10 cm long by 4 m wide. The flowers occur singly. They are in the axils of leaves. They are pink tubes. The fruit are 3.5 cm long by 7 mm across. It tapers downward and ends in a beak.

HABITAT

It is a tropical plant. It mostly grows on sandy soils. It grows in dry savannah. It grows between 600-900 m above sea level. It can grow in arid places. It grows in the Sahara.

NOTES

There are 19 Sesamum species.

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