PLANT FACT SHEET

Sesamum calycinum Welw.

GENUS *Sesamum* **FAMILY** Pedaliaceae

COMMON NAMES Rose-pink sesame

EDIBLE PARTS AND USES

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

The young leaves are cooked and eaten. They are often cooked with other leaves such as Corchorus.
The seeds are eaten as a snack.

DESCRIPTION

A herb that grows for one or a few years. The stem can be single or branched. The leaves at the top are long and thin and with almost no stalk. Lower leaves can have stalks and be divided into lobes. The flowers are 2-5 cm long and purple or pink. The fruit is a narrow capsule.

HABITAT

A tropical plant. In Kenya it grows from sea level to 3,000 m altitude. It grows in light clay and sandy soils. It can grow in arid places.

PRODUCTION

Cultivation

Plants can be grown from seeds. A spacing of 20 cm is suitable.

Harvesting and Seed Production

The tender leaves are plucked off the bush.

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