PLANT FACT SHEET

Sesamum angolense Welw.

GENUS *Sesamum* **FAMILY** Pedaliaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable, Seed - oil

The leaves are wilted then cooked and eaten. They are slimy. The leaves can be dried and stored.
The seeds can be roasted and eaten or used to extract oil.

DESCRIPTION

A herb. The stem is erect. It grows 1-2.5 m tall. There are many narrow leaves. They are 5-10 cm long. The flowers are purple. They are in groups 5-7 cm long. The fruit is a capsule that has 4 angled sides and has 4 furrows along it. It is finely hairy. It has a short, broad beak. The seeds are black.

HABITAT

A tropical plant. In Malawi it grows best at 1,000 m altitude and will grow to 2,100 m altitude. In Tanzania it grows between 400-2,400 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from seeds.

Harvesting and Seed Production

Leaves are collected during the rainy season. Dried leaves can be stored for several months. They can also be powdered and stored.

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