PLANT FACT SHEET

Sesamum capense Burm. f.

GENUS *Sesamum* **FAMILY** Pedaliaceae

COMMON NAMES Wild foxglove

EDIBLE PARTS AND USES

Edible parts: Seeds, Seeds - oil

The seeds are eaten with boiled maize.
The seeds also yield an edible oil.

DESCRIPTION

A shrub. It is an annual plant with a taproot. It grows 2 m tall. The stems have 4 angles. The lowest leaves have 5-7 lobes. The higher leaves have 3 lobes. The flowers are large and have a tube 2-4 cm long. They occur singly in the axils of leaves. The flowers are purple. The seeds are small and light brown and have wings.

HABITAT

It is a subtropical plant. It grows in well-drained sandy or stony soil. It is often over limestone material. It grows between 500-1,500 m above sea level. It is rare in Swaziland. It can grow in arid places.

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PROVIDED BY **Food Plants International**

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/64f520ba-85e2-4dbd-9d8c-f8e51bea49ee