PLANT FACT SHEET

# *Ceratotheca sesamoides* Endl.

**GENUS** *Ceratotheca* **FAMILY** Pedaliaceae

**COMMON NAMES** False sesame

## EDIBLE PARTS AND USES

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

The leaves are eaten as a vegetable. They are collected and wilted in the sun. They can be added to soups. Leaves can be preserved by drying. They are also dried in the sun and pounded with other vegetables and boiled as a thick paste.
The seeds are eaten like sesame seeds. They are also put into soups.
The seeds yield an edible oil.

## DESCRIPTION

A herb. It has an erect, slender stem. It grows 2-3 m tall. The leaves have stalks. The leaves at the top of the plant are arrowhead shaped and with teeth in their lower section. The lower leaves are wider and have teeth all around. The flowers are tube shaped. At the base of the flower stalk there is a pair of small purple glands on the stem. The fruit have 2 "horns" at the end.

Possibly now Sesamum sesamoides

## HABITAT

A tropical plant. It grows in the lowlands. It grows in tropical Africa. It grows on sandy soil. It suits wet areas. In Malawi it grows below 900 m altitude. In West Africa it grows in open savannah woodland.

## PRODUCTION

### Cultivation

Plants are grown from seeds. Seeds are broadcast at the beginning of rains.

### Harvesting and Seed Production

Leaves are collected during the rainy season. They are available at other times if there is sufficient soil moisture. They can be dried and stored.

## NOTES

Chemical composition (leaves and seeds): Protein (crude) = 8.5% (dry). Fat = 1.5% (dry). Fibre (crude) = 8,5% (dry). Ash (insoluble) = 20.2% (dry). Carbohydrate (soluble): Starch = 3.1% (dry). Sucrose = 3.5% (dry). D-glucose = 1.5% (dry). D-fructose = 0.1% (dry). Amino acids (g [16g N]-1): Aspartic acid = 17.2g. Threonine = 5.1g. Serine

= 4.4g. Glutamic acid = 13.3g. Proline = 5.0g. Glycine = 5.7g. Alanine = 6.3g. Valine = 6.5g. Cysteine (performic acid oxidation) = 0.7g. Methionine (performic acid oxidation) = 1.9g. Isoleucine = 5.5g. Leucine = 9.4g. Tyrosine = 4.2g. Phenylalanine = 5.7g. Lysine = 5.2g. Histidine = 2.1g. Arginine = 6.1g. Minerals: Sulphur = 0.23% (dry). Potassium = 0.23% (dry). Magnesium = 0.48% (dry). Calcium = 1.48% (dry). Na = 0.02% (dry). Zinc = 36 mg/kg-1 (dry). Iron = 194 mg/kg-1 (dry). Manganese = 173 mg/kg-1 (dry). Copper = 15 mg/kg-1 (dry). Aluminium = 137 mg/kg-1 (dry).

## PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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