PLANT FACT SHEET

Cantinoa americana (Aubl.) Harley & J. F. B. Pastore

GENUS *Cantinoa* **FAMILY** Lamiaceae

COMMON NAMES Hard Simsim, Black sesame

EDIBLE PARTS AND USES

Edible parts: Seeds, Leaves, Flowers

The seeds are brazed to a jelly and is used in stews and gravies. The seeds are used as a flavouring.
They are also roasted and eaten.
The leaves and flowers are used to make a sauce. They are cooked.

DESCRIPTION

A herb. It grows each year from seed. It is erect and the stems are 1-1.5 m tall. The angles are rough. The leaf stalk is 0.3-2.2 cm long. It is rough. The leaf blade is sword shaped and 2.5-7.5 cm long by 1-2.5 cm wide. It is bluish green and hairy. The flower spikes are in axils of leaves or at the tip of branches. They are 1.6-6.5 cm long and 1-1.3 cm wide. There are many flowers. The nutlets are brown.

HABITAT

A tropical plant. It grows in the tropics in Africa. It can be in savannah woodland and in forests along rivers. In Colombia it grows between 600-2,000 m above sea level.

PRODUCTION

Harvesting and Seed Production

The leaves and flowers are plucked from the plant. The stems of plants bearing seeds are cut and the seeds harvested.

NOTES

There are about 350-400 Hyptis species. Most are tropical or subtropical.

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