Common names

Pedaliaceae

Wild simsim,

Scientific name

Sesamum calycinum subsp. *angustifolium*

Edible portion Leaves, Seeds, Seeds - oil, Vegetable,

Description

A herb. It may or may not be branched. It grows 75-200 cm tall. The leaves are narrow and alternate or opposite. They are 2 -12 cm long by 0.1-4 cm wide. The lower leaves can have irregular teeth. The flowers are dull red. They are a slightly bell shaped. They are 2.5 cm long. The fruit is a capsule 2.5 cm long. It has a beak.

Distribution

A tropical plant. It grows in waste places and is a weed of cultivated areas. It grows from sea level to 2,000 m above sea level.

Found in:

Africa, Botswana, Burundi, Central Africa, Congo, East Africa, Kenya, Malawi, Mozambique, Namibia,Nigeria, South Africa, Southern Africa, South Sudan, Tanzania, Uganda, West Africa, Zambia, Zimbabwe,

Use

The young shoots and leaves are cooked and eaten. They are slimy so are chopped and cooked with other leaves. They are also used to thicken sauces.
The seeds are eaten in sauces and soups. They seeds produce an edible oil.

Cultivation

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

Production

Young shoots can be harvested 6 weeks after sowing. The shoots are too tough to use when flowering and fruiting start. The leaves are collected in the rainy season and the seeds in the dry season.

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Nutritional Values

Sesamum calycinum* subsp. *angustifolium

Edible Part	/100 g edible portion	**Moisture %**	**Energy KJ**	**Energy Kcal**	**Protein g**	**Provit A µg**	**Vit C mg**	**Iron mg**	**Zinc mg**