



Common names

Lamiaceae

Hard Simsim, Black sesame,

Scientific name

Hyptis spicigera

Edible portion

Seeds, Leaves, Flowers,

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.

Distribution

A tropical plant. It grows in the tropics in Africa. It can be in savannah woodland and in forests along rivers.

Found in:

Africa, Asia, Belize, Benin, Botswana, Brazil, Burkina Faso, Cameroon, Central Africa, Central America, China, Congo, East Africa, Eswatini, Guatemala, Guiana, Guinea, Guinée, Guinea-Bissau, Guyana, Indonesia, Madagascar, Mexico, Nigeria, North America, Pacific, Philippines, SE Asia, Senegal, Sierra Leone, South Africa, Southern Africa, South America*, South Sudan, Sierra Leone, Swaziland, Taiwan, Uganda, West Africa, West Indies, Zambia,

Use

The seeds are braized 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.

Cultivation

Production

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



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Nutritional Values

Hyptis spicigera

Edible Part	/100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
Seed dried		4.4	2002	479	17.0				

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