

A photograph of a field of sesame plants with green leaves and tall, yellowish flower spikes.

SPEC SESAM

(SESAMUM INDICUM L.)

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Sesame

Sesame is one of the oldest oilseed crops and an important oil yielding crop with oil content of 50%. The plant itself is an erect annual herb with trumpet-shaped flowers. The small seeds are rich in oil, protein, vitamins (like B6), and antioxidants. They are often toasted to bring out their nutty flavor.

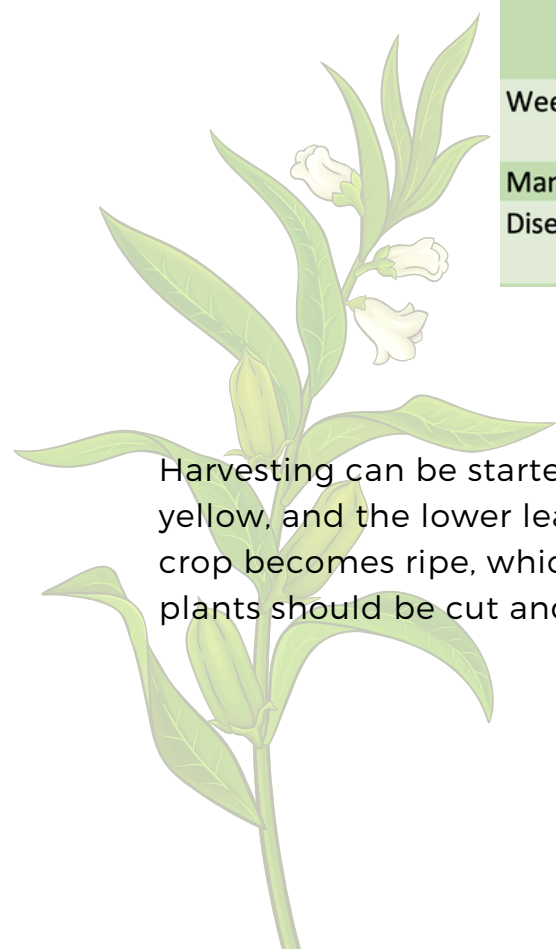
Sesame seeds help in preventing diabetes, reducing blood pressure, lowering cholesterol, improving digestion, alleviating anemia, preventing wrinkles, and prevent osteoporosis.

Cultivation instruction

Climate zone	Europe (n to s), Asia, Africa, South America
Sowing date	Spring
Sowing rate	5 kg/ha. Sowing the seeds in rows is preferred. Eventually mix the seed with dry sand (1 time seed: 4 times dry sand) and spread the mixture along the furrows to ensure even distribution
Sowing depth	3 cm
Row spacing	25-30 cm
Plant spacing	10-20 cm.
Soil pH	The preferred soil pH range of sesame crops is 5.5 to 8.0. Saline soils or too much sandy soils are not suitable for sesame cultivation.
Weed control	First 15 to 25 days after sowing is crucial for weeding. The sesame crop requires various weeding
Manure or fertilizer	N 40-60, P 60 and K 40 kg/ha
Diseases and pests	Caterpillar and gall fly are the main pests. Diseases are Phyllody, leaf-curl and leafspot

Harvesting

Harvesting can be started when the leaves, stems and capsules begin to turn yellow, and the lower leaves of the plant start shedding. Do not wait until the crop becomes ripe, which will cause the shedding of seeds. The ripe sesame plants should be cut and stacked for 7-10 days on the ground before threshing.



USES

Sesame is an annual plant that is cultivated for its highly nutritious, edible seeds, which are used for their oil and flavoring. The seeds are black or white and have a mild, nutty flavor. The plant is grown worldwide.



Whole seeds are sprinkled on top of baked goods, salads, and stir-fries.



Crushed seeds are used to make sesame oil, which is a stable and widely used cooking oil, or tahini, a paste common in Middle Eastern cuisine.

Jacobsen, S-E. 2025.
Sesame spec. From
www.quinoaquality.com, 3 p.

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