

Sesame (/'sɛzəmiː/ or /'sɛsəmiː/; Sesamum indicum) is a flowering plant in the genus Sesamum, also called benne. Numerous wild relatives occur in Africa and a smaller number in India. It is widely naturalized in tropical regions around the world and is cultivated for its edible seeds, which grow in pods. World production in 2018 was 6 million tonnes, with Sudan, Myanmar, and India as the largest producers.

Sesame seed is one of the oldest oilseed crops known, domesticated well over 3000 years ago. Sesamum has many other species, most being wild and native to sub-Saharan Africa. S. indicum, the cultivated type, originated in India. It tolerates drought conditions well, growing where other crops fail. Sesame has one of the highest oil contents of any seed. With a rich, nutty flavor, it is a common ingredient in cuisines across the world. Like other seeds and foods, it can trigger allergic reactions in some people.

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Categories

Pedaliaceae

Medicinal plants Crops originating from Africa Plants described in 1753 Spices Crops Edible nuts and seeds Flora of Nepal Oil seeds Sesame		
Plants described in 1753 Spices Crops Edible nuts and seeds Flora of Nepal Oil seeds V	Medicinal plants	~
Spices Crops Edible nuts and seeds Flora of Nepal Oil seeds V	Crops originating from Africa	~
Crops Edible nuts and seeds Flora of Nepal Oil seeds V	Plants described in 1753	~
Edible nuts and seeds Flora of Nepal Oil seeds V	Spices	~
Flora of Nepal Oil seeds V	Crops	~
Oil seeds V	Edible nuts and seeds	~
	Flora of Nepal	~
Sesame V	Oil seeds	~
	Sesame	~

Sesame is part of 2,495 recipes





