



Fusarium wilt

Harvesting

Sesame is harvested when it has attained its maturity, this is characterized by dropping of leaves and yellowing of capsules etc.

Drying

It can be dried for 2 weeks and you thresh

Storage

The principle objective in any sesame seeds storage system is to maintain the stored seeds in a good condition so as to avoid deterioration both in quality and quantity.

Days to maturity

Sesim 2- 100- 110 days after planting
Sesim 3 -90- 100 days after planting



Leaf spot



HOW TO GROW Sesame



"THE WHITE GOLD"



Prepared by: Kyeyune Umar-Development Communication Officer
Dr. Biruma Geoffrey – Programme Leader Oil Crops
Walter Anyang – Research Officer- NaSARRI
Betty Alepo- Research Technician

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Gall midge

Seed colours

There are three known colours
White, Brown, Black
Among all white seeded is preferable in the market

Varieties

Sesim 2 – purple at maturity
Sesim -3 green and hiary until maturity
The two varieties of SESIM 2
and SESIM 3 are in the market

Potential yield

Local cultivars yield from 100- 400kg /ha
Sesim 2 and 3 yields from 400 – 800kg /ha

Uses of sesame

- The seed and the meal are rich in calcium and iron
- It is used as a salad and cooking oil
- Sesame is a rich source of proteins
- sesame cake produced after extraction of oil from unshelled seeds is good for feeding poultry
- The oil is used in some medicinal drugs and perfumes



Sesim 2

Rouging

The removal of off types and diseased plants, for off types the rouging can be done when the crop has stopped flowering and has attained physiological maturity. Diseased plants can be removed any time they are seen in the field to avoid further infection.

For example sesim 2 turns purple at maturity any plant green must be removed, sesim 3 remains green and hairy until maturity any plant seen in another color must be rouged as well.

Common pests of sesame and control measures in the table below

Pests	Plant parts attacked	Damage caused	Control measures
Webworm	Tender apex leaves	Combines leaves and eat	-spraying -use Improved varieties
Gall midge	Enters in the flowers & remains in the ovules hence tailing the capsules.	Eat ovules that grows to the seeds	-spraying -use Improved varieties
Cut worms, Grass hoppers	Tender leaves & seedlings	-They affect the growing pair of seedlings like plant.	-Spraying using insecticide
Beetle, Moth, Weevils	Storage	-Bore holes on seed, damages the embryo cause bad smell	Use Lindane dust Actellic dust Fermersan D

Common Diseases of Simsim & control measures in the table below

Disease	Symptoms	Control measures
Powdery mildew	- Masses of white mildew spores on the leaves	- Spray using fungicides eg mangozeb -plant improved varieties
Fusarium wilt	- Wilting of plants	-Planting resistant varieties
Leaf spot	- Small dark brown lesions on the leaves	-Early planting -Crop rotation -planting resistant varieties

Land preparation



Sesame needs a very fine firm and smooth seedbed because this seeds being small produce weak and slow growing seedlings. This can be achieved by ploughing the land 2-3 times.

Seed rate

4-6 kgs/ ha or 2-3 kg / acre.

Planting and spacing

Planting should be done when there is enough moisture in the soil at a spacing of 30 x10cm or 30x15 cm depending on the fertility.

Fertilizer rates

Ssp at planting 100-120kg/ha or 50 -60kg/acre
Urea at flowering 100-120kg/ha or 50-60kg /acre

Weed control

Weed as soon as weed density begins to threaten the crop. It is usually 3 -4 weeks after planting and at most 40 days after planting



Thinning

This is a vital activity in sesame production, it's the removal of excess plants from the field to avoid competition for light, nutrients and aimed at maintaining the optimum plants population.

Introduction to Sesame production

Sesame (sesame indicum) also locally known as simsim in East Africa, is an important crop and one of the major oil crops in Uganda. It is mainly grown in the east and north of the country, usually grown by small holders in small plots. It is a source of good edible oil and protein.

Site selection



Afield selected for Sesame should not have too much trees anthills and not be in wetland or low lying areas

Ecological requirements

Sesame is mostly grown as a rain-fed crop in the rainy seasons in the semi-arid regions of the tropics and sub-tropics where winter is mild. It has high heat and light requirements and is sensitive to low temperatures. Growth and fruiting are favored by temperature of around 37 degrees centigrade.

Established plant can however withstand high moisture stress but seedlings are easily susceptible.