



SESAME

MIDDLE/HIGH SCHOOL



Sesame is a flowering plant sometimes called benne. It is widely grown around the world and is cultivated for its tiny, edible seeds which grow in pods. Sesame seed oil is thought to be the oldest oilseed crop, domesticated well over 3,000 years ago. Sesame seeds are small. Typically, the seeds are about 3-4mm long, 2mm wide, and 1mm thick. The seeds are ovate, slightly flattened, and somewhat thinner at the eye of the seed (hilum) than at the opposite end. The weight of one seed is between 20-40mg. The seed coat (testa) may be smooth or ribbed.



The genus *Sesamum* has many other species besides sesame, most being wild and native to sub-Saharan Africa. *Sesamum indicum*, the cultivated type, originated in India and is tolerant to drought-like conditions, growing where many other crops fail. Tanzania, Myanmar, India, and Sudan lead the world in sesame production. Not much sesame is produced in America, but Oklahoma is one of just a handful of states growing the crop. The southern part of Oklahoma with its hot, dry climate is perfectly suited to grow sesame. Sesame is drought-tolerant, in part due to its extensive root system. However, sesame requires adequate moisture for germination and early growth.



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. Sesame is a common ingredient in various cuisines. It is used in cooking for its rich, nutty flavor. Sesame seeds are sometimes added to breads, including bagels and the tops of hamburger buns. Sesame is a popular and essential ingredient in many Middle Eastern cuisines. Sesame seeds are made into a paste called *tahini* (used in various ways, including hummus) and the Middle Eastern confection halvah. Also, Mexican cuisine refers to sesame seeds as *ajonjolí*. It is mainly used as an additive to sauces, such as mole or adobo.

Sesame seeds are a good source of healthy fats, protein, B vitamins, minerals, fiber, and antioxidants. Regularly eating substantial portions of these seeds — not just an occasional sprinkling on a burger bun — may aid blood sugar control, combat arthritis pain, and lower cholesterol.

SESAME VENN DIAGRAM

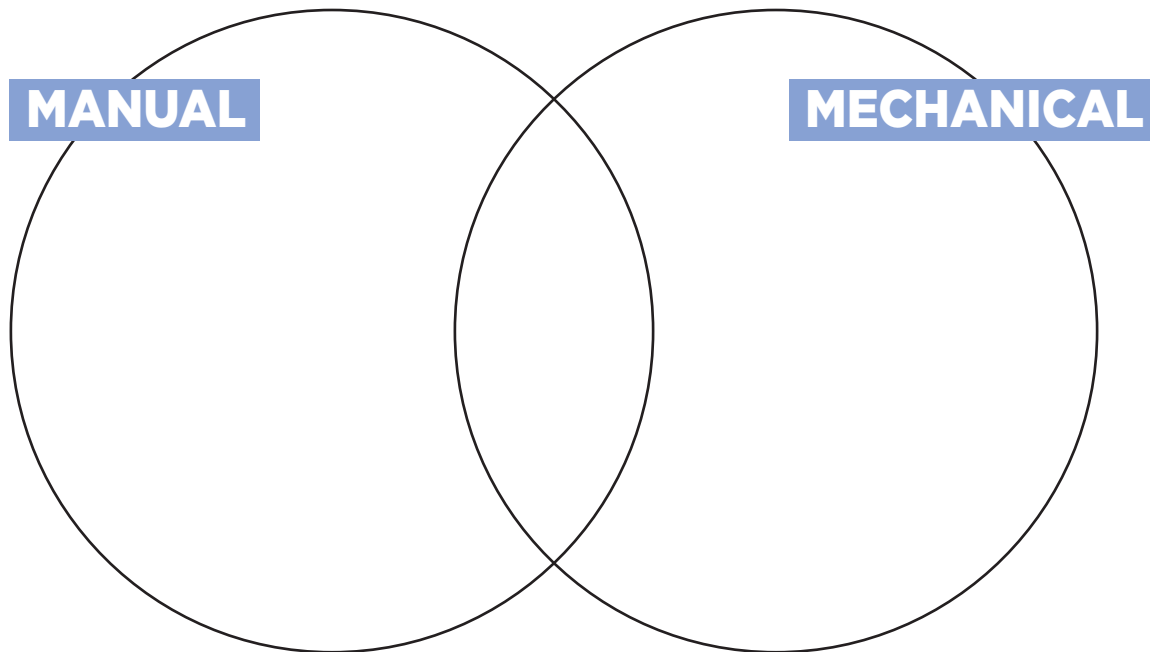
Watch the two videos. Use the venn diagram to compare mechanical sesame harvest and manual sesame harvest.



Ethiopia Sesame
Selet Hulling



Sesame Now Being
Grown Commercially
In Georgia



SESAME SEED CRUNCH CANDY



INGREDIENTS:

- 1 cup raw white sesame seeds (or pre-toasted)
- 1 cup honey
- ½ cup erythritol

INSTRUCTIONS:

1. In a large greased pot, bring the honey and erythritol to a boil for 5 minutes.
2. In the meantime, toast the raw sesame seeds in a sauté pan for a few minutes until golden brown, if using raw seeds (otherwise, skip this step).
3. Once the honey pot is bubbling and the seeds are toasted, add the seeds to the honey mixture and boil again to thicken, about 10 minutes, stirring occasionally.
4. Carefully pour the hot candy mixture into a thin layer on a greased, parchment paper-lined baking dish or cookie sheet.
5. Allow to cool at room temperature before cutting into squares, bars, or broken off pieces.