How to cultivate Sesame (Beniseed) part 1

Sesame crop is grown by many farmers in dry areas since the plant withstands drought with the required food values that are needed for animal growth.

Furthermore sesame has 40-50% oil, 25% proteins, anti oxidants, vitamins and minerals therefore it has a high health benefit as its oil is used in pharmaceuticals, bakeries and cosmetics industry. For a good harvest plant specific varieties in the right seasons. It should be noted that each sesame variety has its own oil content therefore it is recommended to grow varieties that give high yields per hectare.

Proper practices

Start by selecting well drained sandy loam soils since such soils retain soil moisture however the land chosen should be flat since sesame does not grow well on uneven land surfaces.

Secondly planting should be done at the end of the rainy season since the plant does not require a lot of water for its growth, also adequately prepare land to prevent early emergency of weeds and when intercropping space ridges at 75cm.

Additionally weed constantly 4 weeks after planting to reduce competition for nutrients, carry out thinning to encourage adequate plant population and when broadcasting mix seeds with dry sand to guarantee adequate spacing between plants.

Ensure planting 4-5 kg of seeds per hectare and apply urea and NPK fertilizers to boost growth, lastly control insects pests using recommended insecticide to prevent yield loss since sesame is susceptible to insect pests.