



Sesame



“Benne Seed”

History: The benne seed was brought to the Lowcountry from West Africa in the 1700's. It was thought to hold the secrets of health and good luck. Over time, this original seed has been cultivated into the more familiar sesame seed. Today, it is the key ingredient in the benne wafer, a cookie unique to the Charleston area!

Plant: Plant sesame in full sun with well draining soil. Seeds should be started indoors 4 weeks before the last frost in a lightweight pot, approximately ¼” or less beneath the surface of the soil. Do not transplant outdoors until the last frost has passed. Sesame should be planted in an average temperature of 60 °F or higher.

Nutrition Facts

Serving Size 1 tbsp 8g (8 g)

Amount Per Serving

Calories 50 Calories from Fat 41

% Daily Value*

Total Fat 5g 8%

Saturated Fat 1g 4%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 4mg 0%

Total Carbohydrate 1g 0%

Dietary Fiber 1g 4%

Sugars 0g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 3%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Grow: Sesame will grow to a height of 3 feet with narrow dark leaves and tubular flowers. Flowers can be a variety of colors including white, pink, lavender or light blue.

Harvest: Seeds can be collected once most of the seed pods have turned green, approximately 140 days after planting. Collect pods and place them in to a paper sac to dry. Once dry, gently break up the pods to release the seeds.

Nutrition Information:

Sesame seeds are one of the oldest seeds in history. They are valued for their oil which is resistant to spoiling. These seeds are very high in copper and also have high levels of manganese, calcium, magnesium, iron, phosphorus, vitamin B1, zinc, molybdenum, and selenium. Sesame seeds are also a good source of fiber.

How to Prepare: Sesame seeds add a nutty taste and crunch to many dishes - just add a teaspoon or two as a topping to cooked greens, tossed salads or grilled meat! It pairs well with Asian flavors and are the main ingredient in tahini, a Middle Eastern oily paste used in hummus or alone as a dip.



Japanese Cucumber Salad with Sesame

Seed

Yields: 5 servings

Serving size: ½ cup

Ingredients

½ cup rice vinegar

1 teaspoon salt

2 tablespoons granulated sugar

2 ¼ teaspoon white sesame seed, unsalted and toasted

4 tablespoons fresh green onions (scallions), sliced

3 tablespoons fresh cilantro

1 3/8 pound fresh cucumbers, peeled, seeded, and sliced 1/4 inch.

Preparation

1. Combine vinegar, salt, sugar, sesame seeds, green onion and cilantro as a marinade. Mix well.
2. Combine cucumbers and marinade. Toss gently to evenly coat. (Marinade should completely cover cucumbers).
3. Chill for at least one hour before serving.

Nutrition Facts per Serving:

20 calories, 0 g fat, 4 g carbohydrates, 0 g fiber, 0 g protein