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Sesame: Comparison of Farmers practise with Improved practise

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Abstract

Sesame is an important edible oilseed crop, valued for its versatility and nutritional benefits. Being both photosensitive and thermosensitive, its growth and yield are greatly influenced by environmental conditions. Often cultivated as a neglected or chance crop, sesame has yet to receive the attention it deserves. This study aims to explore and compare existing farmers' practices with improved methods, identifying key strategies that can bridge the gap in cultivation techniques. By adopting these enhanced practices, farmers can significantly boost sesame seed yield and overall profitability.

Keywords: Sesame, farmers practice, seed yield, improved practice

Introduction:

Sesame is an important edible oilseed crop, prized for its nutritional value and versatile uses. Being both photosensitive and thermosensitive, its performance depends heavily on environmental conditions. Sesame seeds are found in three main colors—white, black, and brown—and numerous varieties have been released across the country. However, many of these varieties are area-specific, thriving in certain regions but not performing as well in others.

Generally, sesame is cultivated either as a pure crop or as a chance crop in some areas. Thanks to its high market value, farmers are motivated to grow it throughout the year. This study focuses on the key cultivation practices currently followed by farmers, alongside improved techniques that can significantly enhance productivity.

Despite its potential, sesame often finds itself in the “neglected crops” category compared to other major crops. Even a little extra attention to its cultivation can greatly improve seed yield and profitability. Sesame oil has widespread applications in medicine, cosmetics, and various industries (Sirisha et al., 2022). Major sesame-producing states in India include West Bengal, Madhya Pradesh, Rajasthan, Uttar Pradesh, Gujarat, Andhra Pradesh, and Telangana (Tulasi et al., 2022). Both the seeds and oil have valuable uses in

industrial, medicinal, and pharmaceutical sectors (Elleuch, 2007). Moreover, sesame is a drought-tolerant crop that thrives with minimal irrigation (Sirisha et al., 2022).



Light irrigation



Fine tilth



Application of pre-emergence weedicide



Sesame (*Sesamum indicum* L.) crop

Fig 1: Cultivation techniques in sesame

Table 1: Key strategies to improve the productivity of sesame in comparison with farmer’s practice

S. No	Parameter	Farmers Practice	Suggested Improved Practice
1	Season	Sesame crop grown all through the year	Rabi summer (December to February) is suitable season.
2	Soils	Adopted in all types of soils	Recommended in well drained soils, neutral soils. Problematic soils not recommended.
3	Tilth	Farmers adopt the sesame without fine tilth	Fine tilth is recommended as the size of the seed is very small.
4	Weedicide	Not adopted	Application of preemergence weedicide pretilachlor @ 2ml per litre

5	Fertilizers	No fertilizer is applied. Some farmers apply only nitrogen fertilizers. They don't apply phosphatic and Potassium fertilizers.	Recommended dose of fertilizers 16:8:8 NPK is recommended. Phosphatic fertilizers containing Sulphur is very important which improves the oil content, seed yield and seed development. Except nitrogen fertilizers all the fertilizers should be applied as basal.
6	Seeds	High seed rate is adopted 5-6 kgs per acre	2 kgs per acre is recommended.
7	Sowing method	Farmers broadcast the seed	Sow the seed in 1:1 ratio of seed and sand. This technique helps in uniform distribution. Spacious broadcasting of seed results in good development of side branches and capsules.
8	Varieties	Farmers adopt local varieties	Recommended to adopt high yielding suitable variety to their area.
9	Irrigation	As sesame is sensitive to waterlogging, Farmers avoid complete irrigation. They go for sowing on residual moisture. No further irrigation is given. Some farmers give heavy irrigation.	Light Irrigation at flowering and capsule development stage. Heavy irrigation results in death of the plants.
10	Plant protection	Adoption of Plant protection measures and sprays are not adopted.	Recommended plant protection measures must be sprayed.

Conclusion:

By adopting these key strategies, farmers can significantly enhance sesame seed yields and achieve higher returns. These improvements play a crucial role in boosting sesame production and ensuring more sustainable, profitable harvests.

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