

Myanmar Pulses, Beans, Maize and Sesame Seeds
Merchants Association

Myanmar Sesame: Production & Market Trend

China International Sesame Conference (Autumn) 2025,
Shanghai, 23 Aug. 2025.

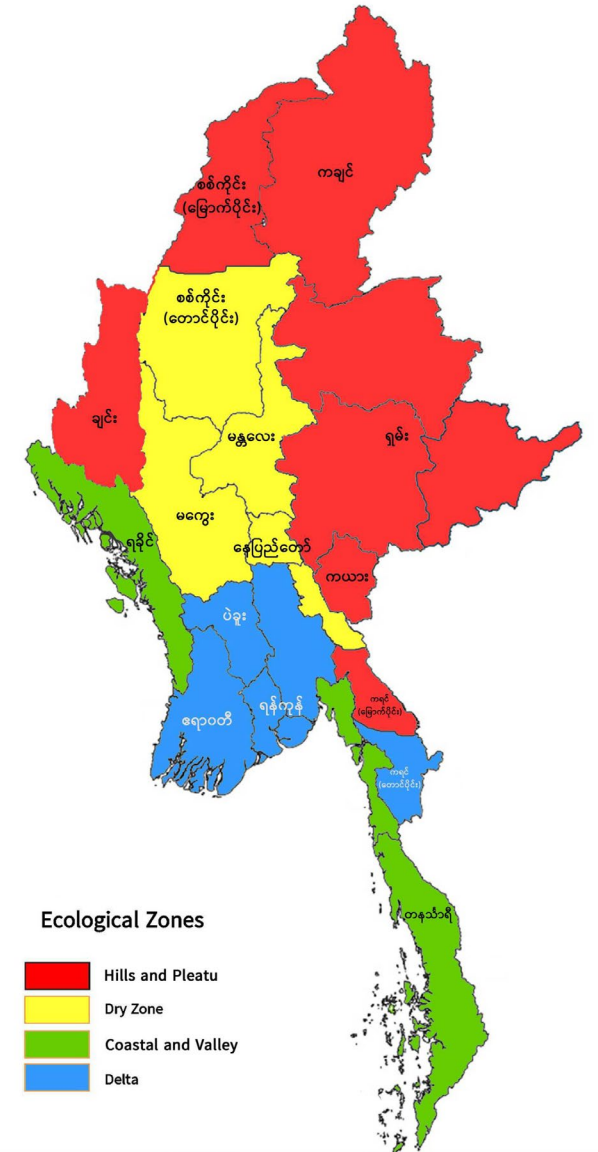
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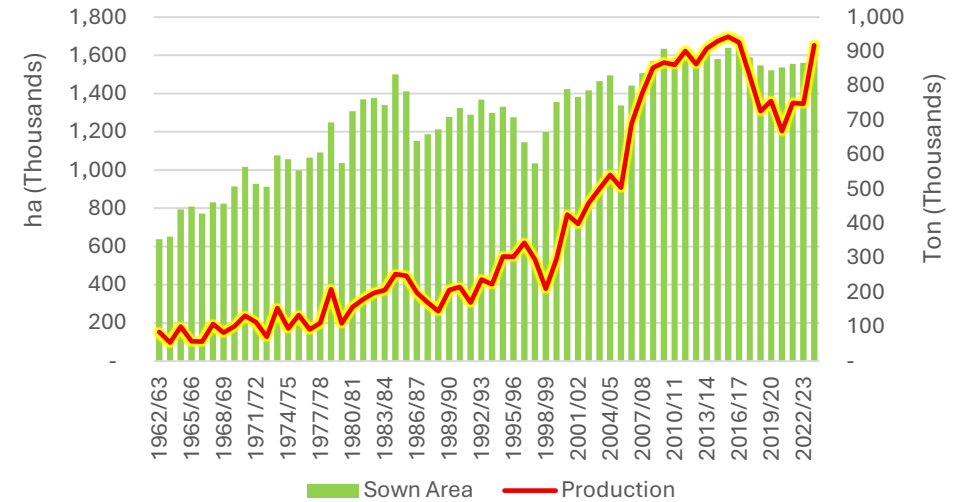
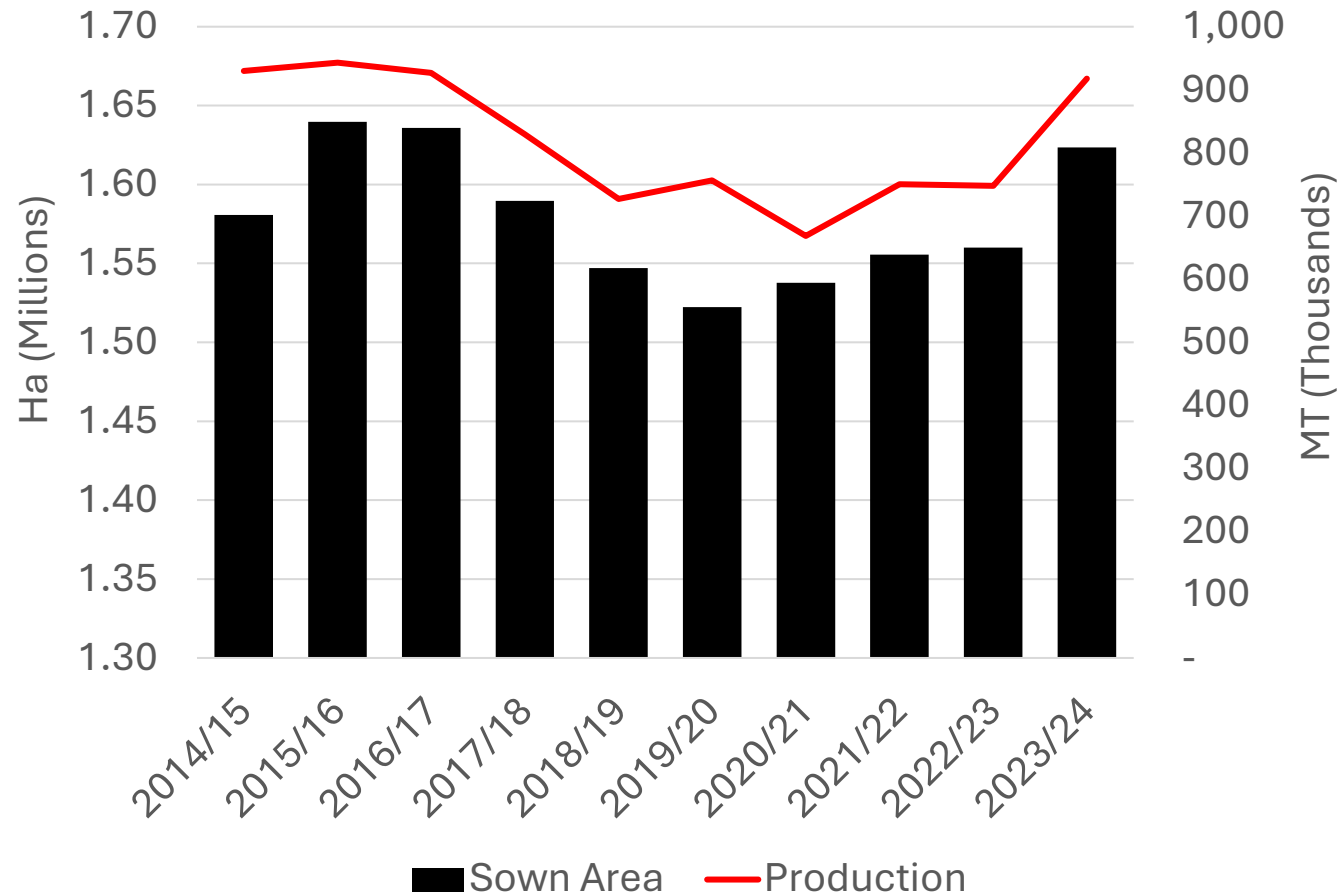
Particular	ac. (000)	Ha. (000)	%
Total Crop Area	51,426	20,812	100%
Rice	17,743	7,180	35%
Sesame	4,011	1,623	8%
Green gram	3,269	1,323	6%
Groundnut	3,165	1,281	6%
Black gram	2,455	993	5%
Rubber	1,640	664	3%
Maize	1,605	650	3%
Fruit Tree	1,540	623	3%
Vegetable	1,514	613	3%
Animal Feed	1,501	607	3%

Myanmar Sesame at a Glance

- Myanmar is one of the world's oldest sesame producers, with centuries of cultivation history.
- Today, sesame is grown across our central dry zone – particularly in Magway, Sagaing, and Mandalay regions.
- Our annual production is around 800,000 to 1,000,000 metric tons, making sesame one of our top export crops.



Myanmar Sesame Area & Production



Current Sesame production:

918 Thou. Ton

Maximum in 2015-16:

943 Thou. Ton

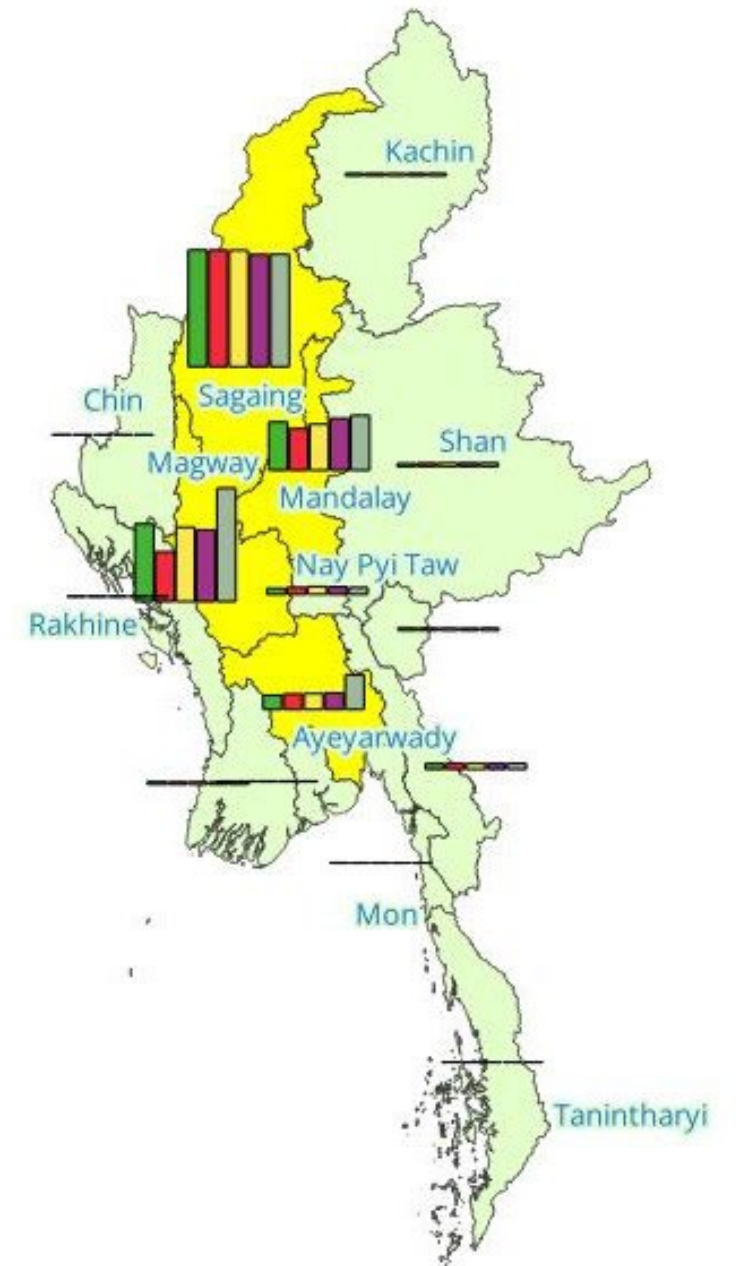
Current Yield:

0.57 Ton/ha.

2023-24

Sesame Production

SN	Region/ State	Sown (000' ha)	Harv. (000' ha)	Yield	Prod. (000' MT)
1	Naypyitaw	34	34	0.54	18
2	Kachin	9	9	0.71	6
3	Kayah	10	10	0.63	6
4	Kayin	19	19	0.83	15
5	Chin	2	2	0.49	1
6	Sagaing	433	433	0.70	304
7	Tanintharyi	0	0	0.41	0
8	Bago	95	95	0.99	94
9	Magway	545	545	0.56	306
10	Mandalay	447	447	0.33	148
11	Mon	1	1	0.71	1
12	Rakhine	1	1	0.53	1
13	Yangon	2	2	0.68	1
14	Shan	16	16	0.59	9
15	Ayeyawady	9	9	0.72	6
Union Total:		1,623	1,623	0.57	918



Varieties & Unique Qualities

- Myanmar produces several sesame types:
 - White sesame – prized for its high oil content and bright color.
 - Black sesame – valued for traditional medicine and high antioxidant content.
 - Red/ Brown sesame – widely used for oil production.
- Our natural cultivation methods and favorable climate result in oil content often exceeding 50%, with a rich flavor profile that Chinese buyers recognize.

Myanmar Sesame Varieties



Current Export Landscape

- China is already a major destination for Myanmar sesame, particularly via:
 - Border trade routes like Muse and Chinshwehaw.
 - Maritime shipments for bulk container exports.
- We also export to Japan, Korea, and Middle Eastern markets – but China remains our closest and fastest-growing market.

Global Sesame (HS 120740) Exporters

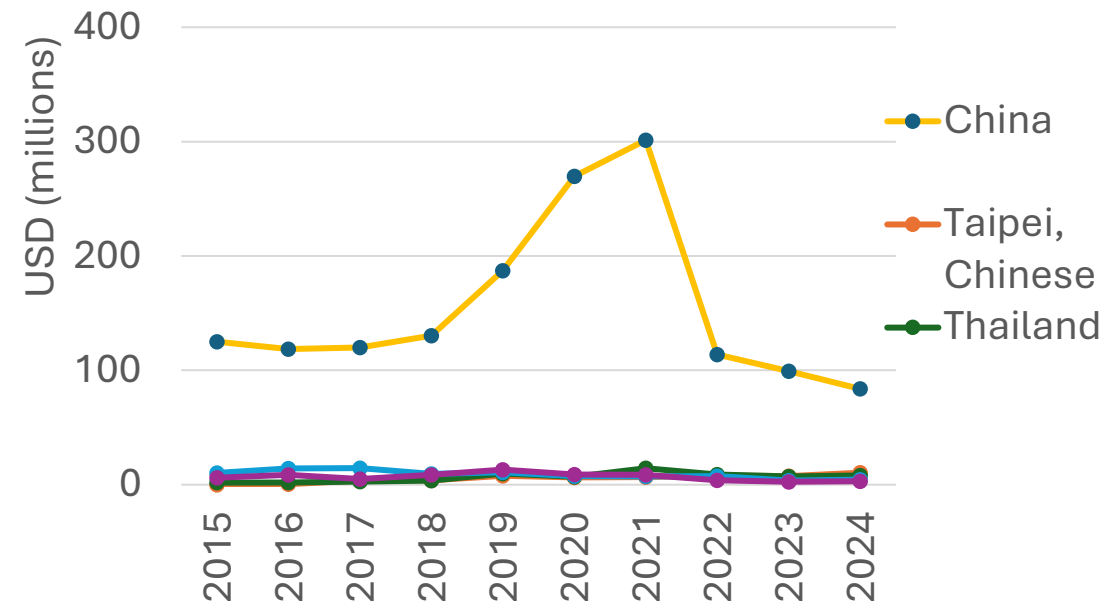
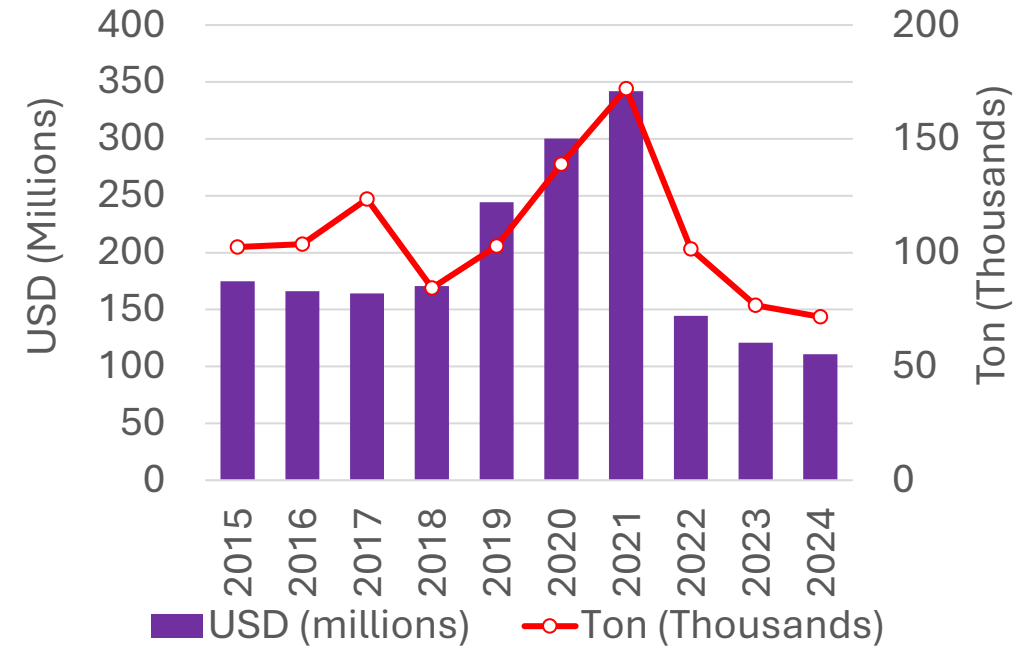
	Exporters	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024
	World (USD)	3,301,479	2,260,022	2,200,094	2,805,208	3,143,765	3,297,591	3,212,887	3,020,274	3,841,671	3,901,300
1	India	476,645	415,152	435,302	531,449	528,715	447,843	421,536	421,674	489,431	505,136
2	Sudan	841,237	376,095	411,810	680,107	720,940	759,926	448,720	605,585	611,001	383,028
3	Brazil	1,299	1,280	1,838	3,651	25,409	70,303	79,639	58,208	219,926	347,756
4	Pakistan	40,506	32,539	43,558	73,956	40,445	39,631	214,729	148,062	417,394	345,961
5	Nigeria	350,056	104,150	125,186	246,620	288,653	287,112	284,695	330,547	427,851	323,264
6	Ethiopia	403,697	431,332	388,681	334,501	314,682	361,703	286,042	182,546	233,063	278,472
7	Tanzania	129,750	129,132	73,659	80,288	166,394	150,454	149,326	143,789	225,604	268,196
8	Mozambique	20,272	8,362	9,107	19,979	86,106	69,234	83,960	94,813	149,812	223,205
9	Chad	22,662	24,238	25,358	24,512	36,815	75,204	131,550	114,898	168,898	207,795
10	Türkiye	9,028	13,490	15,719	28,098	64,905	61,754	72,325	77,399	124,469	132,848
11	Myanmar	174,809	166,001	164,157	170,667	244,344	300,154	341,791	144,391	120,769	110,729
	World (Ton)	No Qty.	No Qty.	No Qty.	1,769,583	2,269,260	2,330,226	2,407,186	1,921,863	2,174,470	2,256,962

Source: trademap.org

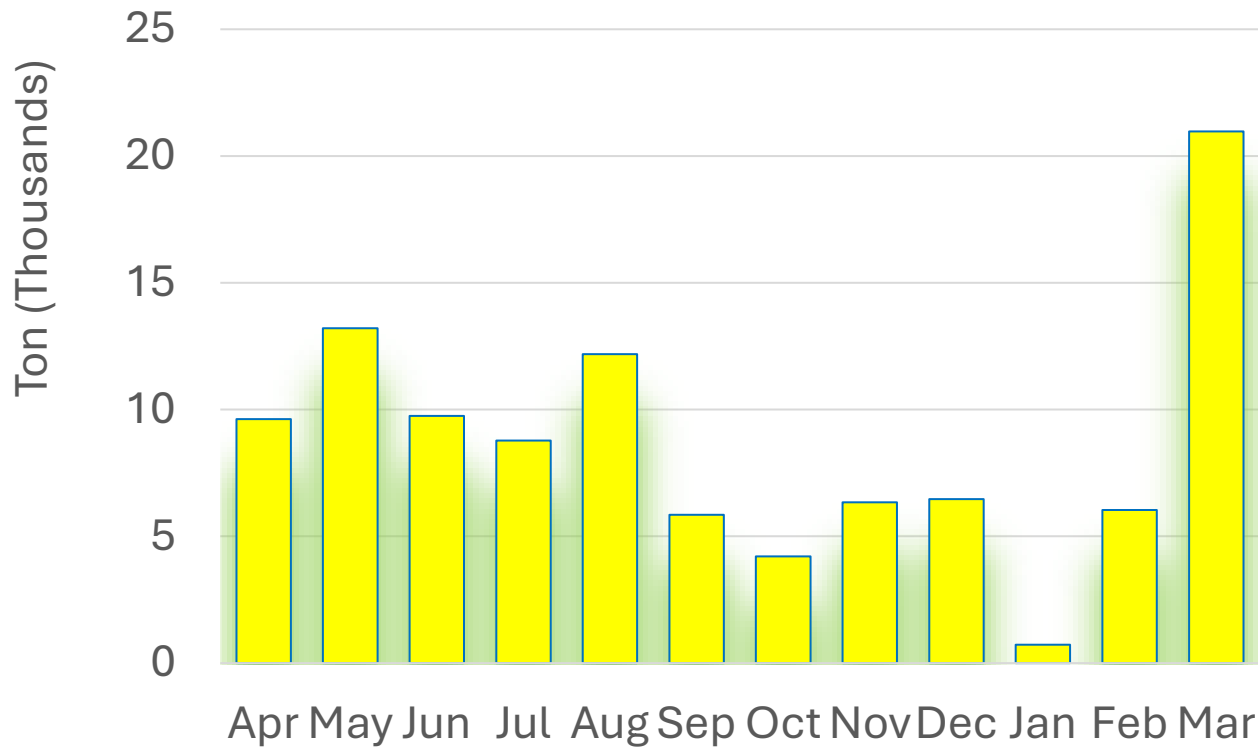
Myanmar Sesame Export

Importers	2020	2021	2022	2023	2024
World	300,154	341,791	144,391	120,769	110,729
China	269,619	301,315	113,761	99,150	83,777
Taipei	6,471	6,618	7,938	7,441	10,492
Thailand	6,997	14,387	8,835	7,191	7,990
Japan	7,632	7,287	7,638	3,610	4,427
Singapore	9,024	8,764	4,001	2,592	3,048
Malaysia	113	268	276	70	591
Korea, Rep. of	298	1,430	1,680	182	276
Viet Nam	0	479		359	114
Hong Kong	0	10	4	21	14

Source: [trademap.org](https://www.trademap.org)



2024-25/ Maritime Myanmar Sesame Export



2024-25	Sesame Export	
	Ton	USD
Apr	9,621	6,734,403
May	13,209	9,246,040
Jun	9,748	6,124,770
Jul	8,781	6,535,607
Aug	12,189	8,884,525
Sep	5,849	4,715,030
Oct	4,213	3,071,621
Nov	6,345	3,786,192
Dec	6,474	3,928,910
Jan	721	447,510
Feb	6,038	3,857,516
Mar	20,967	13,197,539
Total	104,153	70,529,663

2025-26

Maritime Export

Country	Apr	May	Jun	Jul	Total	%
TOTAL	1,617	1,231	1,639	10,854	15,341	100.0%
• CHINA	587	582	952	9,915	12,036	78.5%
• THAILAND	422	181	431	497	1,531	10.0%
• TAIWAN	365	336	123	170	994	6.5%
• SINGAPORE	114	76	76	152	418	2.7%
• JAPAN	95	-	0	92	187	1.2%
• S. KOREA	14	56	56	28	154	1.0%
• MALAYSIA	20	-	-	-	20	0.1%
• INDONESIA	-	-	1	-	1	0.0%

Source: MPBMSMA

Why Myanmar Sesame ?

Three main reasons:

1. Proximity & Logistics – shorter transport time than from Africa or South America.
2. Freshness & Quality – less time from harvest to processing means better taste and oil yield.
3. Cultural Connection – sesame is a traditional ingredient in Myanmar cuisines.

Quality & Standards

- Our sesame is sorted and graded according to:
 - Moisture content
 - Purity and foreign matter
 - Color uniformity
- We are expanding color sorting technology, hulling facilities, and HACCP/ISO food safety compliance to meet premium market demands.
- Myanmar Sesame Standards (MMS3: 2019) already published.

Myanmar Sesame Standards

FAQ (Fair Average Quality)

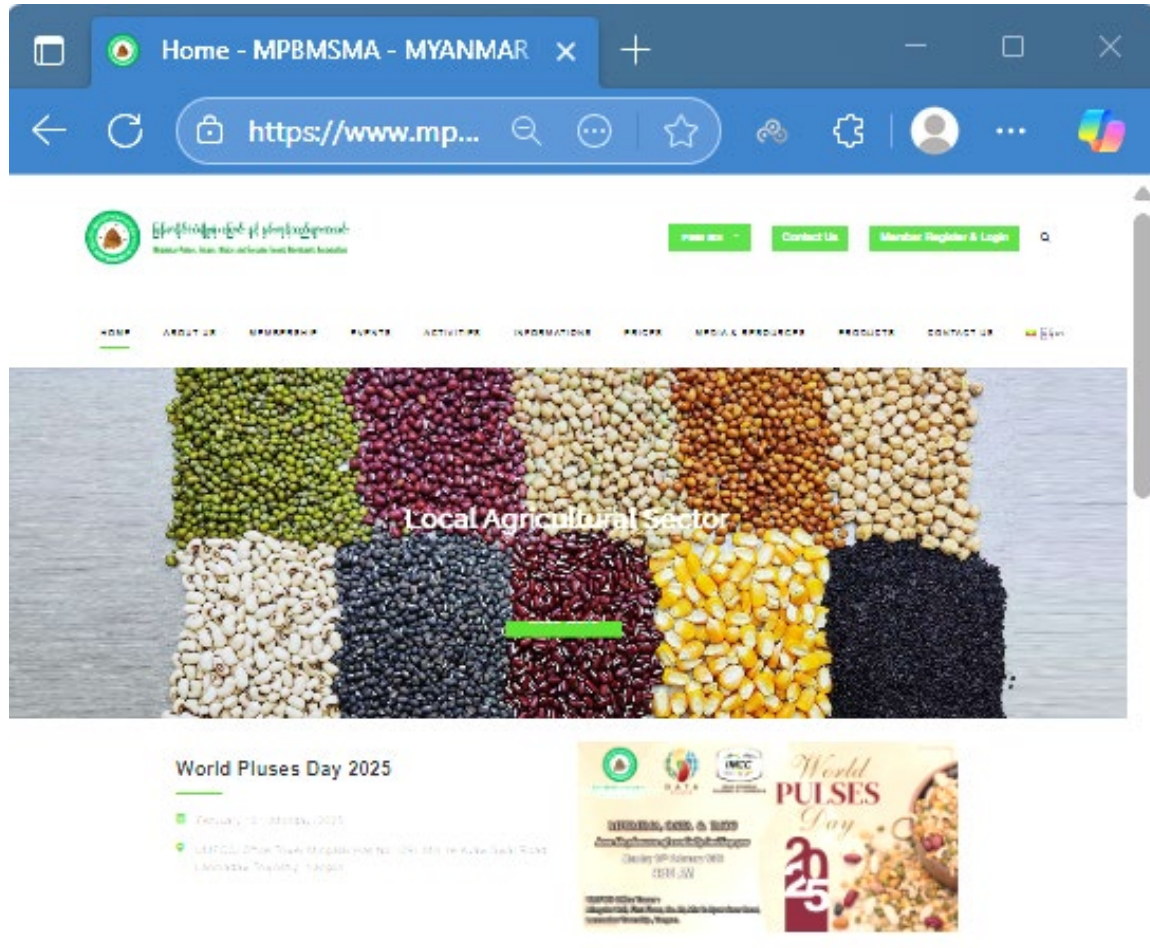
Particular			Red/Brown/ Black Sesame Seeds *	White Sesame Seeds		Mixed Colour Sesame Seeds *
				Grade I	Grade II	
(a)	Other Colour Seeds	Max	1.00%	5.00%	10.00%	-
(b)	Oil Content	Min	48.00%	48.00%	48.00%	48.00%
(c)	Foreign Matters	Max	2.00%	2.00%	2.00%	2.00%
(d)	Moisture Content	Max	8.00%	8.00%	8.00%	8.00%
(e)	F.F.A (Free Fatty Acid)	Max	2.00%	2.00%	2.00%	2.00%
(f)	Damaged Seeds	Max	2.00%	2.00%	2.00%	2.00%

Myanmar Pulses Association

- Myanmar Pulses, Beans, Maize, and Sesame Seeds Merchants Association (MPBMSMA)
- Established since 1992
- 1,565 Active member
- Located in Ahlon Township(Yangon), Branch offices in major markets (Yangon, Mandalay, Hinthada, Pyi, Magway, Monywa, Taunggyi, Mawlamyine, ...)
- Memorandum of Association
- Asso. Management by elected Executive Committee members led by one Chairman and five Vice-Chairmen.



Association Website



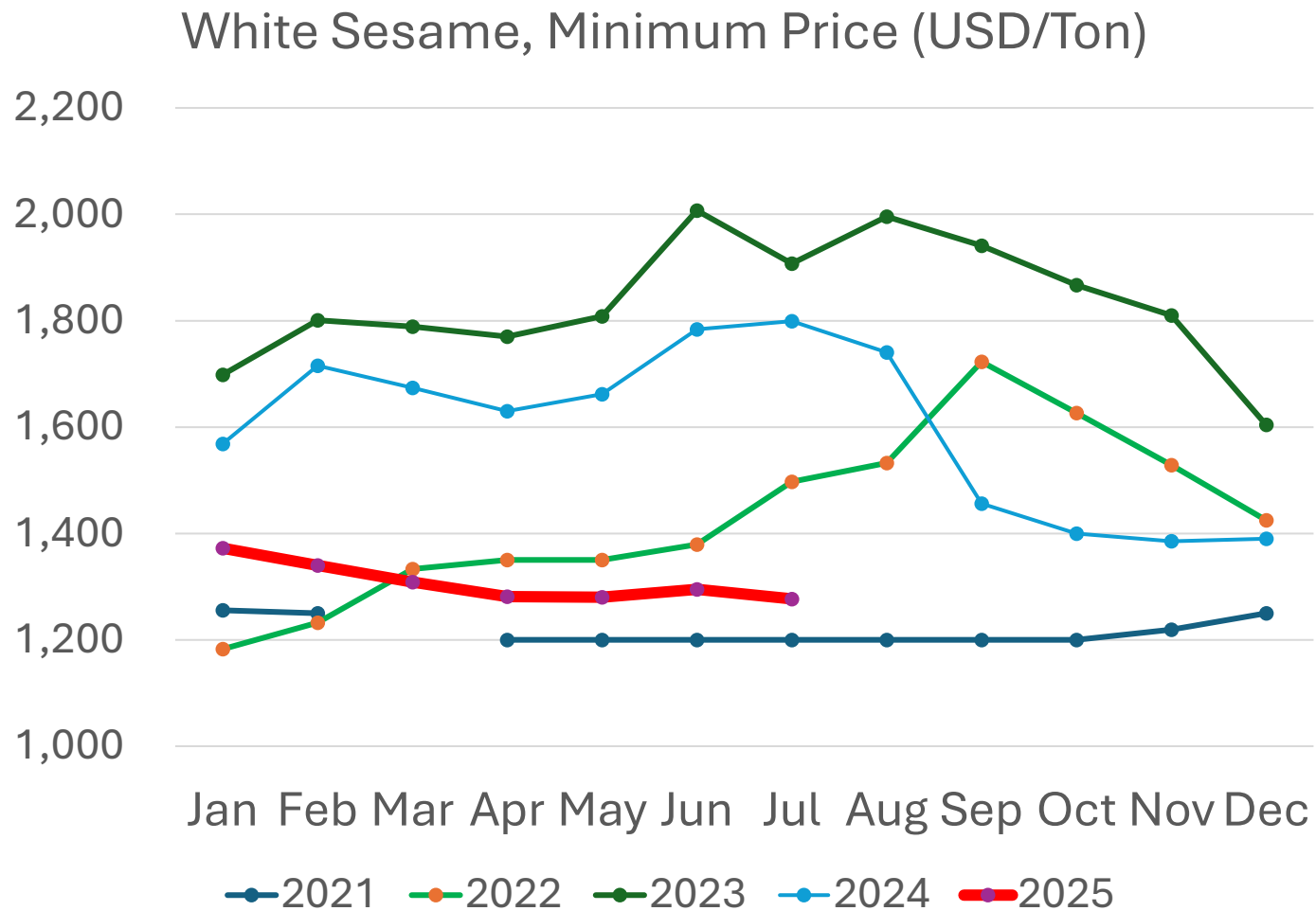
Myanmar Pulses, Beans, Maize and Sesame Seeds Merchants Association

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- www.mpbmsma.org
- Mobile Application for Android and iOS
- Facebook, LinkedIn, WhatsApp
- ...



FOB (Yangon) Prices



Month	2021	2022	2023	2024	2025
Jan	1,256	1,183	1,698	1,569	1,372
Feb	1,250	1,233	1,801	1,716	1,340
Mar	-	1,333	1,789	1,674	1,308
Apr	1,200	1,350	1,770	1,630	1,281
May	1,200	1,350	1,808	1,662	1,280
Jun	1,200	1,380	2,007	1,784	1,295
Jul	1,200	1,497	1,908	1,799	1,277
Aug	1,200	1,533	1,996	1,740	
Sep	1,200	1,723	1,941	1,456	
Oct	1,200	1,626	1,867	1,400	
Nov	1,219	1,529	1,810	1,385	
Dec	1,250	1,425	1,604	1,390	
Avg.	1,214	1,433	1,837	1,597	1,310

Source: MPBMSMA

Challenges We Acknowledge

- About the challenges:
 - Climate variability affects yields.
 - Global price fluctuations create uncertainty for farmers.
 - Need for more investment in processing and storage.
- However, these challenges are opportunities for cooperation – especially with Chinese technology and investment.

Opportunities for Cooperation

We see great potential in:

- ❖ Joint ventures for sesame cleaning, hulling, and oil extraction plants.
- ❖ Technology transfer for mechanized harvesting.
- ❖ Branding Myanmar sesame as a premium product in the Chinese market.

Policy & Trade Facilitation

- Our government is working to:
 - Simplify export documentation.
 - Align quality standards with Chinese requirements.
 - Promote cross-border trade efficiency.
- We are committed to making trade faster, safer, and more profitable for both sides.

Looking Ahead

- We believe Myanmar sesame can move from being just a raw material supplier to being a trusted brand in China's sesame industry – through quality, consistency, and long-term partnerships.

Conclusion

- “Good seeds bring good harvests, and good partnerships bring shared prosperity.”
- We invite Chinese buyers, processors, and investors to work with us in building a brighter sesame future together.