

Okra

(*Abelmoschus esculentus*)

Nutrition and cooking:

Young okra fruits are rich in protein, vitamins A and B, calcium, iron and dietary fiber. Young fruits are also rich in mucilage with a special taste, and they can be stir-fried, deep-fried, put in soups, or boiled to serve cold with dressing.

Characteristics:

Okra grows well under hot-wet conditions. The optimum temperature for germination, growth and fruiting is 25-30°C. Okra is adaptable to different kinds of soil conditions and is easy to cultivate. Normally, pest and disease damage is relatively low on okra. However, it is not tolerant to cold.

Cultivation instructions:

Sow okra seeds directly in the field after soaking in water for one day. Distance between plants should be 50 cm. Flowering occurs 45-50 days after sowing. Harvest young fruits when they reach 6-8 cm in length. Fruits are too fibrous to consume if harvested too late. Young fruits can be harvested every 2-3 days. Apply fertilizer periodically during the harvesting period. Maintain good air ventilation between plants and good drainage.



AVRDC – The World Vegetable Center
Global Technology Dissemination
P.O. Box 42
Shanhua, Tainan 74199
Taiwan

tech_dissemination@worldveg.org



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The World Vegetable Center

www.avrdc.org