



Okra

Purchasing Specifications

Availability:

Year round

Growing Regions:

Imports, USA

Receiving Information:

- Selection: Look for bright green pods. Choose okra that is firm to the touch. Avoid soft or shriveled pods.
- Storage: Okra needs to be handled carefully as it can easily bruise and deteriorate. Do not ice or sprinkle product.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: Yes
- Water Sprinkle: No
- Odor Producer: No
- Ripens After Harvest: No
- Mist: No

- Odor Sensitive: No
- Black discoloration: Okra is very susceptible to bruising and will turn black - keep handling to a minimum; do not drop shipping containers on the floor.
- Pitting; discoloration; water-soaked spots; decay: Indication of chill injury.
- Yellowing; loss of green color: Indication of ethylene exposure - keep okra away from ethylene-producing produce and ripening rooms.
- Shriveling: Indication of exposure to low humidity.
- Yellow discoloration; tough texture; rapid decay: Indication of storage at high temperatures.

- Scientific Name: *Abelmoschus esculentus*.
- Health: Okra contains folate, which has been shown to help reduce neural tube birth defects.
- Taste: Okra has a distinct, slightly sweet taste when cooked.
- Usage: Okra is most often eaten as a side dish or in gumbo.

Nutrition Facts

**Serving Size: 1 cup Okra, fresh, cooked
(no salt or fat added)**

Amount Per Serving

	Fat Calories	% Daily Value*
Calories 35		
Total Fat 0 g		
Sat Fat 0 g		
Trans Fat		
Cholesterol 0 mg		
Sodium 10mg	0%	
Total Carbohydrates 7g	6%	
Dietary Fiber 4g	16%	
Sugars 4g		
Protein 3g	6%	
Potassium 214mg	5%	
Vitamin A 3%	Vitamin C 35%	
Calcium 12%	Iron 2%	