

Okra

Area Under Cultivation

The major bhendi (okra) producing states are Uttar Pradesh, Bihar, West Bengal, Orissa, Assam, Andhra Pradesh and Karnataka.

Botanical Name : *Abelmoschus esculentus*

Family : Malvaceae

Plant Discription :

It is an annual erect herb 0.9 to 2.1 m in height, hairy, with 3 to 5 lobed palmately cordate leaves. The plants bear 12.5 to 30 cm pyramidal pods.

Centre of origin : Africa

Pollination system : Cross pollinated

Chromosome no : $2n=72,120,130,132$

Nutritional Levels :

Moisture (%)	Protein (%)	Fat (%)	Mineral matter (%)	Fibre (%)	Carbohydrate (%)	Calories (K Cal)
89.6	1.9	0.2	0.7	1.2	6.4	35
Minerals						
Phosphorus (mg/100g)	Potassium (mg/100g)	Calcium (mg/100g)	Magnesium (mg/100g)	Iron (mg/100g)	Sodium (mg/100g)	Copper (mg/100g)
56	103	66	53	0.35	6.9	0.11
Manganese (mg/100g)	Zinc (mg/100g)	Sulphur (mg/100g)	Chlorine (mg/100g)	Molybdiium (mg/100g)	Cromium (mg/100g)	
0.15	0.42	30	41	0	0.005	
Vitamins						
Carotene (mg/100g)	Thiamine (mg/100g)	Riboflavin (mg/100g)	Niacin (mg/100g)	Vitamin C (mg/100g)	Choline (mg/100g)	Folic acid-Free (mg/100g)
52	0.07	0.1	0.6	13	0	25.3
Folic acid- Total (mg/100g)						
105.1						