

ALL ABOUT OKRA

IMPORTANCE AND CHARACTERISTICS

Okra is an annual herb with very wide adaptability both in soil and climatic condition. Its mucilaginous fruits are used as vegetable which are rich in pectin and are also a fair source of iron and calcium. The fresh fruit contains Vitamin A, B complex and C. It has low calories, a good source of dietary fiber and is fat free.

This vegetable grows in any type of soil but it thrives best in well drained sandy and clay-loam soils. It is best adapted at low elevated zones.

HOW TO GROW

1. Prepare the land thoroughly.
2. Plow and harrow the land 2 to 3 times.
3. There are different methods of planting okra.
 - a. One is drilled method in which the seeds are drilled in furrows 80 cm to 1 meter apart.
 - b. Another is the hill method which requires a distance of 50 cm between hills and 80 cm between rows at the rate of 8 kg of seeds per hectare.
4. Apply minimal amount of inorganic fertilizer and compost at planting.
5. Water the plants regularly.
6. Weed and cultivate the plants.

PEST MANAGEMENT

The most serious insect pests of okra are aphids, leafhopper, corn earworm and cut worm. Integrated pest management is recommended. Spray recommended insecticide if necessary.

The common disease affecting okra is mosaic virus. The best way to protect the plant is to eliminate the infected plants and control the aphids that carry and transfer the disease organism.

HARVESTING

Harvest the fruits as soon as the fruits developed fully.

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VISION

A recognized and leading Research,
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MISSION

Generate crop farming technologies and
produce quality seeds of lowland
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production.

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OKRA

(Abelmoschus esculentus)

