

## EDIBLE GARDEN



### LADY'S FINGER (OKRA)

*Abelmoschus esculentus*, also known as ladies' fingers or okra, is a flowering plant in the mallow family. It originates from the West African, Ethiopian and South Asia regions, and is cultivated in warm and temperate climates around the world for its edible green seed pods.

Lady's finger is an inseparable part of Indian cuisine. It is rich in fibre and many essential nutrients including vitamin C for improving immunity, vitamin A for enhancing eyesight and soluble fibre pectin to prevent heart ailments.