

Okra

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Okra reduces birth defects and prevents stomach ulcer.

GEEK TALK

Abelmoschus esculentus

BUT WE TALK

Lady's fingers, Bhindi (Hindi), Quimbombó

DID YOU KNOW?

'Okra' is a flowering plant and a member of the mallow family. The mallow family resemblance is best identified in 'Okra' in its flower form when it is funnel-shaped with five overlapping and heart-shaped petals flaring out.

There has been a lot of debate on the place of origin of 'Okra' as some say it originated in Ethiopia while some argue about its origin in India.

The story about the name 'Okra' is assumed that it derives its name from one of the Niger-Congo group of languages.

Okra is a tropical plant and best cultivates in a warm climate. India followed by Nigeria, are the top producers of 'Okra' in the world in 2011.

KITCHEN PHARMACY

The study published in the American Journal of Clinical Nutrition describes the importance of whole wheat rather than refined to maintain healthy body weight.

Wheat bran contains phytochemicals such as phytic acid and lignins that have shown to inhibit in vitro and in vivo growth of mammary cancer.

The protective effect of wheat bran in breast carcinogenesis is greatest at the promotional phase when supplemented to a high-fat diet. Few Other Kitchen Pharmacy is:

- Eating okra helps to rid the body of toxins and excess cholesterol.
- Okra helps to control blood sugar & improving immunity.
- Okra helps in protection against developing stomach ulcers.
- Okra reduces birth defects.

CONTENT PARTNER

