

About the Book

The book basically delivers the health benefits of vegetables. The book contains many chapters. These chapters provide the information about vegetables and its health benefits on human health like health benefits of carrot, tomato, cauliflower, bitter gourd, radish, drumstick, cabbage etc.

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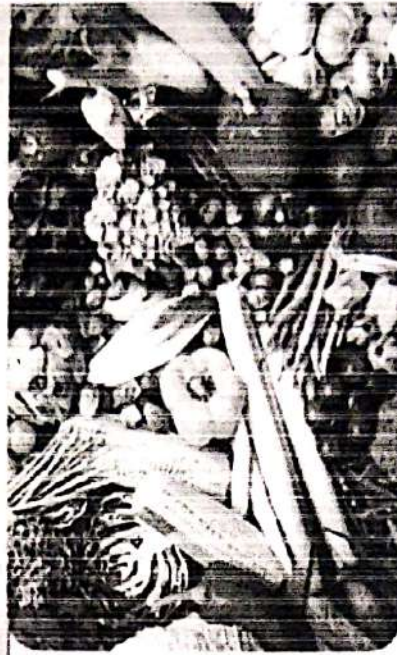


Vegetables & its Health Benefits

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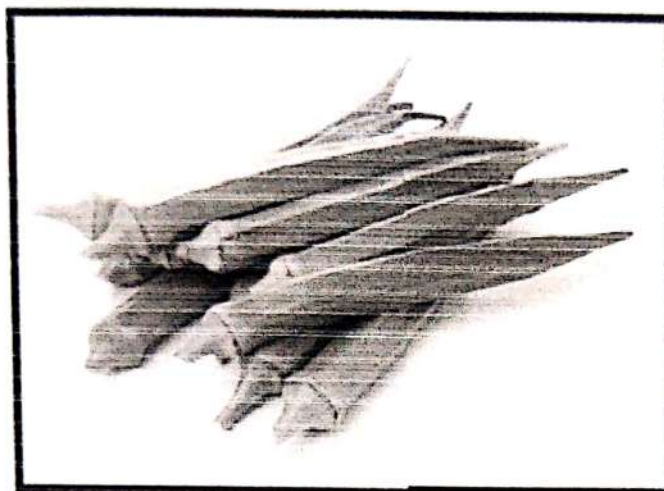
Authors' details

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<p>4. Dr. Murli Ingale</p> 	Broccoli	Ph.D. with specialization in Food Science and Technology from MPKV Rahuri in 2017. He joined Food Technology College, Sangamner as Principal in charge and had total 6 years of experience in same field. Thereafter in 2019, he joined JNKVV Krishi Vigyan Kendra, Balaghat.

CHAPTER-1

HEALTH BENEFIT OF OKRA

Dr. Chandore H.D.



Okra	
Scientific classification	
Kingdom:	Plantae
Clade:	Tracheophytes
Clade:	Angiosperms
Clade:	Eudicots
Clade:	Rosids
Order:	Malvales
Family:	Malvaceae
Genus:	<i>Abelmoschus</i>
Species:	<i>A. esculentus</i>
Binomial name	
<i>Abelmoschus esculentus</i> (L.)	

Introduction

Okra is most important vegetables of Indian diet. Botanical name of this plant is *Abelmoschus esculentus* and family is Malvaceae. Although in previous times it was included in Hibiscus genus which now distinguished as from hibiscus as

Abelmoschus genus. Origin of okra is Ethiopia which later on planted in North Africa, in the Mediterranean, in Arabia and India by the 12th century BC.

Okra has different names like ladies finger in England, gumbo in the United States of America, guino-gombo in Spanish, guibeiro in Portuguese and bhindi in India, Kenkase (Berta), Andeha (Gumuz), Bamia (Oromica/Amharic) in Ethiopia. The name of Okra derives from the Niger-Congo Group languages where in Twi languages is referred as nukuruma but in real sense name okra was used by English in late 18th century. Some other names are Okro in Caribbeans, Qui-qui in China, Quibao in Europe, Guigambo in Portuguese.

India is the largest producer of okra with 3.5 million tonnes (70% of the total world production) of okra produced from over 0.35 million-hectare land (FAOSTAT, 2008). Other important countries are Nigeria, Pakistan, Ghana, Benin and Egypt.