

Okra

YES NO



REFRIGERATION



TEMPERATURE
7-10°C (45-50°F)



GOOD

Storage/Display

- Sensitive to ethylene; keep away from moderate to high ethylene producing fruits/vegetables
- Separate from heavier items
- Keep cool
- Water sprinkle is unnecessary



BAD

Handling

- Okra bruises easily; handle carefully
- Do not drop, toss or roll

Basic Info

- Okra is a highly perishable commodity
- Look for uniform shape and size