

SPECIALITY VEGETABLES

Okra

Green, tender okra, essential in Creole, African and Middle Eastern kitchens.

Okra is an elongated green ribbed pod, harvested young to stay tender. Its flesh holds small seeds and a mucilaginous texture that naturally binds sauces and stews. Quickly seared or grilled whole, it stays crunchy by contrast. It holds a central place in many cuisines, from sauces to curries and slow-cooked dishes.

FLAVOUR
mild, vegetal, close to green bean

ORIGIN
Honduras

Seasons and origins

Peak season · Early · Late · Rare

	J	F	M	A	M	J	J	A	S	O	N	D
Honduras	●	●	●	●	●	●	○	●	●	○	○	●

Indicative calendar based on our sales. Our sales team will confirm current availability.

Pack sizes

- **Loose 5 kg** — Honduras
- **Bulk 4 kg**

In the kitchen

- Simmered in a sauce, stew or gumbo
- Whole grilled or deep-fried as tempura
- Sautéed with spices in a curry

Orders and prices
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